



Eggs. Cheese.
Onions. Peppers.
Perfection.

Garden Vegetable Cheese Omelet



We've done the work for you.

We've cracked farm fresh eggs and seasoned them just right. Then we blended in **flavourful red & green peppers, onions and cheeses**, and skillet cooked them to get that natural, homestyle look – **every single time.**

Let Q Foods Canada help streamline your menu costs and kitchen prep time. **Contact us today.**



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for you.

HEATING INSTRUCTIONS*

For best results, prepare omelets from a fully- or semi- thawed state.

Heat to an internal temperature of 165°F (74°C).

Can be reheated using:

- steamer (recommended)
- retherm oven
- convection oven
- flat top grill
- panini press
- microwave

STORAGE AND SHELF LIFE

Store frozen at

-18°C (0°F) or colder.

Once thawed, do not refreeze.

Refrigerate thawed product at 4°C (39°F) or colder and use within 3 days.

Shelf Life = 1 year

Nutrition Facts

Serving Size 85 g	
Calories 117.89	% Daily Value*
Fat 8.29 g	13 %
Saturated 2.65 g	14 %
+ Trans 0.07 g	
Carbohydrate 2.76 g	1 %
Fibre 0.16 g	1 %
Sugars 1.34 g	
Protein 7.67 g	
Cholesterol 195.50 mg	
Sodium 284.41 mg	12 %
Potassium 107.86 mg	2 %
Vitamin A 76.50 RE	8 %
Vitamin C 2.80 mg	4 %
Calcium 64.85 mg	6 %
Iron 0.96 mg	6 %
*5% or less is a little	
15% or more is a lot	

INGREDIENTS:

Whole egg, water, onions, red peppers, green peppers, processed cheese food [cheese (milk, bacterial culture, salt, calcium chloride, lipase, microbial enzyme, colour), natural cheese flavour, modified milk ingredients, sodium phosphate, cellulose, lactic acid, salt, sorbic acid, citric acid, colour], soybean oil, whole milk powder, modified corn starch, salt, xanthan gum, citric acid.

ALLERGENS: Egg, milk, soy.



Garden Vegetable Cheese Omelet

48 x 85 g (3 oz)

- a great alternative to plain or cheese omelets
- made with farm fresh eggs, peppers, onions and cheese
- homestyle taste and appearance
- re-heat from frozen or thawed

KITCHEN BENEFITS

- suitable for all types of food service operations - restaurants, deli, catering, health care
- consistent taste, appearance & product performance
- pre-portioned and ready to heat-and-serve
- ideal for portion control & menu cost planning
- frees up labour and improves operation efficiency

Order Code	Product Description	Pack Size	Format	Shelf Life	SCC
30175	Garden Vegetable Cheese Omelet	48 x 85 g (3 oz)	4.08 kg case	1 year	006 65079 30175 7

Also available from Q Foods Canada:

- Plain Skillet Omelet (30168)
- Cheddar Cheese Skillet Omelet (30169)
- Western Skillet Frittata® (30186)
- Zero Cholesterol Plain Skillet Omelet (30165)

Our value-add eggs add value to your bottom line. Let Q Foods Canada help streamline your menu costs and kitchen prep time. **Contact us today.**



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