

RECIPE  
ON BACK

# Omelets done right.

Plain  
Skillet

Cheddar  
Cheese

White  
Cheddar  
Cheese

Zero  
Cholesterol

Garden  
Vegetable

Western  
Frittata

## MENU BENEFITS

- ideal centre-of-plate menu alternatives to scrambled eggs
- made from farm fresh eggs and real cheddar cheese
- homestyle taste and appearance
- omelet options at every price point

## KITCHEN BENEFITS

- consistent taste, appearance & product performance
- ideal for portion control & menu cost planning
- frees up labour and improves operation efficiency

## HEATING INSTRUCTIONS

- Can be reheated from frozen or thawed in steamer (recommended), retherm oven, convection oven, flat top grill, panini press or microwave

Let EggSolutions® help streamline your menu costs and kitchen prep time. **Contact us today.**



Real Eggs. Simplified.™





We've done the work for you.

### Plain Skillet Omelet

30168



48 x 85 g (3 oz)

### Cheddar Cheese Skillet Omelet

30169



48 x 99 g (3.5 oz)

### White Cheddar Cheese Omelet

30180



48 x 90 g (3.2 oz)

**+**HealthPLUS™

LOW FAT  
LOW SODIUM\*

### Zero Cholesterol Skillet Omelet

30165



48 x 85 g (3 oz)

### Garden Vegetable Cheese Omelet

30175



48 x 85 g (3 oz)

### Western Skillet Frittata®

30186



48 x 85 g (3 oz)

For nutritional information, ingredients, allergens, and suggested cooking times, please visit [www.eggsolutions.com](http://www.eggsolutions.com).

\*compared to other EggSolutions® frozen omelets.

#### STORAGE

- 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 2-3 days.

SUPC	Product Description	Pack Size	Format	Shelf Life*	SCC
30168	Plain Skillet Omelet	48 x 85 g (3 oz)	4.08 kg case	1 year	106 65079 30168 6
30169	Cheddar Cheese Skillet Omelet	48 x 99 g (3.5 oz)	4.75 kg case	1 year	106 65079 30169 3
30180	White Cheddar Cheese Omelet	48 x 90 g (3.2 oz)	4.32 kg case	1 year	006 65079 30180 1
30165	Zero Cholesterol Skillet Omelet	48 x 85 g (3 oz)	4.08 kg case	9 months	106 65079 30165 5
30175	Garden Vegetable Cheese Omelet	48 x 85 g (3 oz)	4.08 kg case	1 year	006 65079 30175 7
30186	Western Skillet Frittata®	48 x 85 g (3 oz)	4.08 kg case	9 months	100 38057 30186 0

\*Shelf life for unopened or frozen product.

## RECIPE

### Bruschetta Omelet

#### Ingredients:

- 25 omelets, thawed
- 8 ea tomatoes, finely diced
- 3 ea green onions, finely chopped
- 1 ea red onions, finely chopped
- 2 tbsp olive oil
- ½ cup shredded parmesan cheese
- 2 tsp oregano
- 2 tsp basil
- 2 tsp garlic, chopped
- 1 tsp black pepper (to taste)

Makes 25 servings.



#### Directions:

- Mix tomatoes, onions, parmesan cheese, oregano, garlic, basil, pepper & oil together.
- Place 2 tbsp of filling inside each omelet, then place on lined baking tray.
- Heat stuffed omelets in preheated 400°F oven, until omelet reaches an internal temperature of 165°F (74°C).



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