

Dish / Ingredients	GLUTEN	SULPHUR DIOXID	MUSTARD	NUTS	SEEDS	FISH/LUPIN	SHELLFISH	SOYA	MILK	EGG

Fredwell Food Sheet

Dish	INGREDIENTS	TEMPS	STEP 1	STEP 2	STEP 3	STEP 4	STEP 5
Eggs Benedict	2 POACHED EGGS, 1 BAGEL OR 1 PIECE OF TOAST, 1 SPOON OF HOLLANDAISE, DASH OF PAPRIKA, DASH OF SESAME SEEDS, DASH OF CHIVES. 2 BACON	60C	ADD 2 EGGS TO BOILING WATER FOR A MINIMUM OF 90 SECONDS	TOAST BREAD	DASH PAPRIKA ONTO PLATE THEN ADD TOAST ABOVE THAT	ADD POACHED EGGS ON TOP OF BACON AND ADD HOLLANDAISE SAUCE TO ENVELOPE THE EGGS	ADD A DASH OF PAPRIKA, SESAME AND CHIVES TO THE TOP OF THE EGGS AS DRESSING. ADD TWO HALF TOMATOES TO SIDE AS GARNISH
Eggs Royale	2 POACHED EGGS, 1 BAGEL OR 1 PIECE OF TOAST, 1 SPOON OF HOLLANDAISE, DASH OF PAPRIKA, DASH OF SESAME SEEDS, DASH OF CHIVES. 2 SMALL SAL,MON	60C	ADD 2 EGGS TO BOILING WATER FOR A MINIMUM OF 90 SECONDS	TOAST BREAD	DASH PAPRIKA ONTO PLATE THEN ADD TOAST ABOVE THAT	ADD POACHED EGGS ON TOP OF SALMON AND ADD HOLLANDAISE SAUCE TO ENVELOPE THE EGGS	ADD A DASH OF PAPRIKA, SESAME AND CHIVES TO THE TOP OF THE EGGS AS DRESSING. ADD TWO HALF TOMATOES TO SIDE AS GARNISH
Eggs Florentine	2 POACHED EGGS, 1 BAGEL OR 1 PIECE OF TOAST, 1 SPOON OF HOLLANDAISE, DASH OF PAPRIKA, DASH OF SESAME SEEDS, DASH OF CHIVES. 1 CUP ROCKET.	60C	ADD 2 EGGS TO BOILING WATER FOR A MINIMUM OF 90 SECONDS	TOAST BREAD	DASH PAPRIKA ONTO PLATE THEN ADD TOAST ABOVE THAT	ADD POACHED EGGS ON TOP OF ROCKET AND ADD HOLLANDAISE SAUCE TO ENVELOPE THE EGGS	ADD A DASH OF PAPRIKA, SESAME AND CHIVES TO THE TOP OF THE EGGS AS DRESSING. ADD TWO HALF TOMATOES TO SIDE AS GARNISH
The Bacon and Sausage Baguette	2 SAUSAGES, 2 BACON, CUP OF POTATO PRODUCT, 2 HALF TOMATO, CUP OF BAKED BEANS, CUP OF MUSHROOMS, HALF BAGUETTE.	MEAT 85C	PLACE POTATO PRODUCT, MUSHROOMS AND TOMATOES ON GRIDDLE TO WARM/COOK	SLICE SAUSAGES INTO HALVES AND PLACE INSIDE THE BAGUETTE WITH THE BACON. ADD BAGUETTE TO GRIDDLE TO WARM	PLACE BEANS INTO BOWL AND ONTO PLATE	ADD GRIDDLE ITEMS TO THE PLATE SEPARATELY	SLICE BAGUETTE INTO TWO AND PLACE ONTO PLATE.
The Breakfast	2 SAUSAGES, 2 BACON, CUP OF POTATO PRODUCT, 2 HALF TOMATO, CUP OF BAKED BEANS, CUP OF MUSHROOMS, 2 POACHED EGGS, TOAST	MEAT 85C	PLACE POTATO PRODUCT, MUSHROOMS AND TOMATOES ON GRIDDLE TO WARM/COOK. ADD BREAD TO BE TOASTED	ADD 2 EGGS TO BOILING WATER FOR A MINIMUM OF 90 SECONDS	PLACE BEANS INTO BOWL AND ONTO PLATE	PLACE ALL ITEMS ONTO PLATE	
Avocado & Toast	1 SLICE OF TOAST, CUP OF AVOCADO, PINE NUTS, SESAME SEEDS, DASH OF PAPRIKA, ONE TOMATO.	NONE	PLACE FROZEN AVOCADO INTO BOILING WATER FOR MINIMUM 120 SECONDS	SLICE TOMATO INTO THIN SLICES AND TOAST BREAD	DASH PAPRIKA ONTO PLATE AND ADD TOAST ABOVE PAPRIKA	ADD TOMATO ONTO ONE SIDE OF TOAST AND AVOCADO ON OTHERSIDE	ADD REMAINING ITEMS TO DRESS
Feta on French	1 CUP WHIPPED FETA, TWO SLICE FRENCH TOAST, 1 CHOPPED CHILLI, DASH OF CHIVE, DASH OF HONEY	65C	THOROUGHLY WARM FRENCH TOAST ON GRIDDLE	ADD WHIPPED FETA TO TOP OF EACH SLICE. ROUGHLY 1CM THICK	ADD REMAINING ITEMS TO DRESS		
The French Toast	2 SLICE FRENCH TOAST, CUP OF MIXED BERRIES, DASH OF HONEY, DASH OF ICING SUGAR.	65C	THOROUGHLY WARM FRENCH TOAST ON GRIDDLE	ADD BERRIES IN A PLEASANT APPEARANCE	ADD REMAINING ITEMS TO DRESS		
The Waffles with Chicken	2 PREPACKED WAFFLES, 4 PIECE CHICKEN, DASH OF CHIVES, DASH OF HONEY, DASH OF ICING SUGAR.	MEAT 100C	FRY CHICKEN FOR 4 MINUTES	PLACE WAFFLES IN OVEN FOR 3 MINUTES	ADD WAFFLES TO PLATE AND PLACE CHICKEN ON TOP	ADD REMAINING ITEMS TO DRESS	
The Pancakes with Berries and Honey	1 PACK OF PANCAKES, 1 CUP OF MIXED BERRIES, DASH OF HONEY, DASH OF ICING SUGAR.	65C	WARM PANCAKES IN OVEN FOR 5 MINUTES	ADD BERRIES IN A PLEASANT APPEARANCE	ADD REMAINING ITEMS TO DRESS		

Dish	INGREDIENTS	TEMPS	STEP 1	STEP 2	STEP 3	STEP 4	STEP 5
The Pancakes with Bacon and Honey	1 PACK OF PANCAKES, 2 SLICE BACON, DASH OF HONEY, DASH OF ICING SUGAR.	65C	WARM PANCAKES IN OVEN FOR 5 MINUTES	ADD BACON ON TOP OF PANCAKES	ADD REMAINING ITEMS TO DRESS		
Salmon and Eggs	1 SLICE TOAST, 2 PIECES OF SALMON, 2 EGGS, CREAM, DASH OF CHIVES, DASH OF PAPRIKA.	EGGS 85C	COMBINE CREAM AND EGGS AND MICROWAVE	TOAST BREAD	DASH PAPRIKA ONTO PLATE AND ADD TOAST	ADD SALMON AND THEN ADD EGGS	ADD REMAINING ITEMS TO DRESS
The Continental-ish	1 PACK OF PANCAKES, 1CM WEDGE BRIE, 2 BACON, 1 CUP POTATO PRODUCT, 2 HALF TOMATO, 1 CUP MUSHROOM, DASH HONEY.	NONE	PLACE POTATO PRODUCT, MUSHROOMS AND TOMATOES ON GRIDDLE TO WARM/COOK. ADD BREAD TO BE TOASTED	WARM PANCAKES IN OVEN FOR 5 MINUTES. ADD BRIE ONTO THE TOP OF ONE OF THE PANCAKES WHEN IN THE OVEN	ADD GRIDDLED ITEMS TO PLATE	ADD BACON AND PANCAKES TO THE PLATE WITH THE BRIE PANCAKE ON TOP OF THE REST	ADD REMAINING ITEMS TO DRESS
Morning Oats	2 LARGE CUP OATS, 1 STEAMED MILK, 1 CUP BERRIES, DASH HONEY	80C	STEAM MILK	ADD THE OATS TO A BOWL	ADD STEAMED MILK	ADD BERRIES TO ONE SIDE OF THE BOWL DECORATIVELY	ADD HONEY
Sourdough Toast	2 SLICE TOAST, 2 PORTION BUTTER, 1 PORTION JAM	NONE	TOAST BREAD	SLICE IN HALF TRIANGLE	ADD SIDES		
Croque Monsieur	3 SLICE BREAD, 1 SLICE HAM, 1 CUP BECHAMEL, 1 CUP MOZZARELLA, DASH DIJON, SIDE SALAD	NONE	ADD DIJON THEN BECAHMEL TO BASE LAYER OF BREAD	ADD HAM TO SECOND LAYER AND PLACE ON TOP OF BASE LAYER	ADD TOP LAYER OF BREAD AND TOP WITH BECHAMEL AND MOZZARELLA	TOAST UNTIL GRIDDLE FOR 5 MINUTES OR UNTIL TOP IS GOLDEN BROWN	ADD SIDE SALAD TO PLATE AND SERVE
The Jacket Potato (with Cheese)	1 JACKET POTATO, 1 CUP MOZZARELLA, DASH HONEY, DASH CHIVES, SIDE SALAD	70C	WARM POTATO IN MICROWAVE FOR 6 MINUTES OR UNTIL EXCEEDS 70C ON PROBE	ADD MOZZARELLA TO CENTRE AND TOP	ADD SIDE SALAD TO PLATE	ADD HONEY TO DRESS	
The Brie and Cranberry	3 1CM SLICE OF BRIE, 1 LARGE CUP CRANBERRY SAUCE, 1 HALF BAGUETTE, SIDE SALAD	NONE	SLICE BAGUETTE AND ADD CRANBERRY	ADD BRIE. DON'T OVERLOAD	TOAST	ADD SIDE SALAD	