

Fredwell Food Sheet

Dish / Ingredients	GLUTEN	SULPHUR DIOXID	MUSTARD	NUTS	SEEDS	FISH/LUPIN	SHELLFISH	SOYA	MILK	EGG
Eggs Benedict	YES - BREAD	YES - BACON	YES - SAUCE	YES - TOPPING	YES - TOPPING	NO, BUT*	NO, BUT*	YES - SAUCE	YES - SAUCE	YES
Eggs Royale	YES - BREAD	YES - SALMON	YES - SAUCE	YES - TOPPING	YES - TOPPING	YES - SALMON	TRACES	YES - SAUCE	YES - SAUCE	YES
Eggs Florentine	YES - BREAD	NO, BUT*	YES - SAUCE	YES - TOPPING	YES - TOPPING	NO, BUT*	NO, BUT*	YES - SAUCE	YES - SAUCE	YES
The Bacon and Sausage Baguette	YES - BREAD	YES - MEAT	TRACES - MEAT	TRACES - MEAT	TRACES - MEAT	NO, BUT*	NO, BUT*	YES - MEAT	TRACES	TRACES
The Breakfast	YES - BREAD	YES - MEAT	TRACES - MEAT	TRACES - MEAT	TRACES - MEAT	NO, BUT*	NO, BUT*	YES - MEAT	TRACES	YES
Avocado & Toast	YES - BREAD	NO, BUT*	NO, BUT*	YES - TOPPING	YES - TOPPING	NO, BUT*	NO, BUT*	NO, BUT*	NO, BUT*	TRACES
Feta on French / Goat on French	YES - BREAD	TRACES	NO, BUT*	TRACES - ALL	TRACES - ALL	NO, BUT*	NO, BUT*	NO, BUT*	YES - ALL	YES
The French Toast	YES - BREAD	NO, BUT*	NO, BUT*	TRACES - ALL	TRACES - ALL	NO, BUT*	NO, BUT*	TRACES	YES - ALL	YES
The Waffles with Chicken	YES - WAFFLE / BREADCRUMB	YES - MEAT	TRACES - MEAT	YES - TOPPING	YES - TOPPING	NO, BUT*	NO, BUT*	YES - MEAT	YES - ALL	YES
The Pancakes with Berries and Honey	YES - PANCAKES	TRACES	NO, BUT*	YES - BERRIES	YES - BERRIES	NO, BUT*	NO, BUT*	TRACES	YES - ALL	YES
The Pancakes with Bacon and Honey	YES - PANCAKES	TRACES	NO, BUT*	TRACES	TRACES	NO, BUT*	NO, BUT*	YES - MEAT	YES - ALL	YES
Salmon and Eggs	YES - BREAD	YES - SALMON	NO, BUT*	NO, BUT*	NO, BUT*	YES - SALMON	TRACES	TRACES	YES - ALL	YES
The Continental-ish	YES - PANCAKES	YES - BACON	TRACES - MEAT	TRACES - ALL	TRACES - ALL	NO, BUT*	NO, BUT*	YES - MEAT	YES - ALL	YES
Morning Oats	YES - OATS	NO, BUT*	NO, BUT*	TRACES	TRACES	NO, BUT*	NO, BUT*	NO, BUT*	YES - ALL	NO, BUT*
Sourdough Toast	YES - BREAD	NO, BUT*	NO, BUT*	NO, BUT*	NO, BUT*	NO, BUT*	NO, BUT*	NO, BUT*	TRACES	NO, BUT*
Croque Monsieur	YES - BREAD	YES - MEAT	YES - DIJON	TRACES	TRACES	NO, BUT*	NO, BUT*	YES - MEAT	YES - ALL	TRACES
The Jacket Potato (with Cheese)	NO, BUT*	NO, BUT*	NO, BUT*	NO, BUT*	NO, BUT*	NO, BUT*	NO, BUT*	NO, BUT*	YES - CHEESE	NO, BUT*
The Brie and Cranberry	YES - BREAD	TRACES	NO, BUT*	TRACES	TRACES	NO, BUT*	NO, BUT*	TRACES	YES - ALL	TRACES
The Breakfast Burrito	YES - BREAD	YES - MEAT	TRACES - MEAT	TRACES - MEAT	TRACES - MEAT	NO, BUT*	NO, BUT*	YES - MEAT	TRACES	YES
The Breakfast Bagel	YES - BREAD	YES - MEAT	TRACES - MEAT	TRACES - MEAT	TRACES - MEAT	NO, BUT*	NO, BUT*	YES - MEAT	TRACES	YES
The Beef (Burger)	YES - BREAD	YES - MEAT	TRACES - MEAT	TRACES - MEAT	TRACES - MEAT	NO, BUT*	NO, BUT*	YES - MEAT	YES - CHEESE	YES
The Cheese (Burger)	YES - BREAD	YES - MEAT	TRACES - MEAT	TRACES - MEAT	TRACES - MEAT	NO, BUT*	NO, BUT*	YES - MEAT	YES - CHEESE	YES
The Chicken (Burger)	YES - BREAD	YES - MEAT	TRACES - MEAT	TRACES - MEAT	TRACES - MEAT	NO, BUT*	NO, BUT*	YES - MEAT	YES - CHEESE	YES
The Veggie (Burger)	YES - BREAD	YES - MEAT SUB	TRACES - MEAT	TRACES - MEAT	TRACES - MEAT	NO, BUT*	NO, BUT*	YES - MEAT	YES	YES
The Yoghurt	NO, BUT*	NO, BUT*	NO, BUT*	YES - ALL	YES - ALL	NO, BUT*	NO, BUT*	YES	YES	YES
Truffled Champignon	YES - BREAD	NO, BUT*	YES	YES - ALL	YES - ALL	NO, BUT*	NO, BUT*	YES	YES	YES
Boursin Salmon Bites	YES - BREAD	YES - SALMON	NO, BUT*	TRACES	TRACES	YES - SALMON	TRACES	NO, BUT*	YES	YES
Fromage Trois	YES - BREAD	YES	NO, BUT*	YES - ALL	YES - ALL	NO, BUT*	NO, BUT*	YES	YES	YES
The Baked Croque	YES - BREAD	YES	YES	TRACES	TRACES	NO, BUT*	NO, BUT*	YES	YES	YES
Waffle Benedict	YES	YES	NO, BUT*	YES	YES - ALL	NO, BUT*	NO, BUT*	YES	YES	YES
The Normandy Coastal	NO, BUT*	YES	YES	YES	YES	YES	YES	YES	YES	YES
The Montpellier Seabass	NO, BUT*	YES	YES	YES	YES	YES	YES	YES	YES	YES
The Mayenne Chicken	YES - BREAD	YES	YES	YES	YES	YES	YES	YES	YES	YES
*DOES NOT CONTAIN BUT MADE IN AN ENVIRONMENT THAT DOES HEAVILY USE										
Sausage	YES	YES	TRACES - MEAT	TRACES	TRACES	NO, BUT*	NO, BUT*	YES - MEAT	TRACES	YES
Bacon	NO, BUT*	YES	TRACES - MEAT	NO, BUT*	NO, BUT*	NO, BUT*	NO, BUT*	YES - MEAT	NO, BUT*	NO, BUT*
Chicken	NO, BUT*	YES	TRACES - MEAT	NO, BUT*	TRACES	NO, BUT*	NO, BUT*	YES - MEAT	NO, BUT*	YES
Smoked Salmon	NO, BUT*	YES	TRACES - MEAT	NO, BUT*	NO, BUT*	YES	TRACES	YES - MEAT	NO, BUT*	NO, BUT*
Sourdough Loaf	YES	NO, BUT*	NO, BUT*	TRACES	TRACES	NO, BUT*	NO, BUT*	TRACES	TRACES	NO, BUT*
Sliced Sourdough Loaf	YES	NO, BUT*	NO, BUT*	TRACES	TRACES	NO, BUT*	NO, BUT*	TRACES	TRACES	NO, BUT*
Baguette	YES	NO, BUT*	NO, BUT*	TRACES	TRACES	NO, BUT*	NO, BUT*	TRACES	TRACES	NO, BUT*
Bagel	YES	NO, BUT*	NO, BUT*	TRACES	TRACES	NO, BUT*	NO, BUT*	TRACES	YES	YES
Tortilla Wrap	YES	NO, BUT*	NO, BUT*	TRACES	TRACES	NO, BUT*	NO, BUT*	TRACES	TRACES	NO, BUT*
Hollandaise Sauce	NO, BUT*	NO, BUT*	YES	TRACES	TRACES	NO, BUT*	NO, BUT*	TRACES	YES	YES
Brioche Bun	YES	NO, BUT*	NO, BUT*	TRACES	TRACES	NO, BUT*	NO, BUT*	TRACES	YES	YES
Pancakes	YES	NO, BUT*	NO, BUT*	TRACES	TRACES	NO, BUT*	NO, BUT*	TRACES	YES	YES
Berries	NO, BUT*	NO, BUT*	NO, BUT*	TRACES	TRACES	NO, BUT*	NO, BUT*	TRACES	TRACES	NO, BUT*

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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	