



BREAKFAST-TO-GO



Everything you need to offer your customers and colleagues a safe, convenient breakfast

Featuring

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BRAKE.CO.UK

A KEY OPPORTUNITY TO BUILD BOTH CONFIDENCE AND TRADE

As your customers and colleagues start returning, they want to see you're taking their concerns around health, hygiene and social distancing seriously.

Alongside the commercial opportunity, offering an adapted, professional Breakfast-to-Go service can also reduce queuing and speed up footfall in your service areas, ease pressure on restricted eating areas and demonstrate your commitment to maintaining a clean and safe environment.

ALL THE SUPPORT YOU NEED

In this Guide, you'll find details of our full range of food, drink and other essentials to help you set up and run an effective Breakfast-to-Go service.

Our solutions are perfect for limited kitchen facilities, staff or skills, or for offering a simple, cost-effective service.

We also have all the ingredients and packaging to replace a conventional breakfast buffet with bespoke items to suit your brand and clientele.

We understand you're likely to be dealing with uncertain and fluctuating customer numbers for some time to come. We have therefore extended our range of pack sizes and formats to help you minimise waste and prep time, reducing costs and protecting your margins.

The Guide also includes recipe ideas and product recommendations from our specialist development chefs to help you get your Breakfast-to-Go service up and running, whether you plan to offer pre-packaged cereal, yogurt and drinks, or make up your own items from ingredients and packaging.

SETTING UP YOUR BREAKFAST TO GO SERVICE

Your Breakfast-to-Go solution will depend on your business type, kitchen facilities and skills.

Key principles:

- The safety of your team and customers is your top priority
- Base your offer on available resources and capabilities; simplify your menu if necessary to ensure you can deliver it consistently and safely
- Communicate clearly what your offer is, what precautions are in place and what customers need to do

Practical hints and ideas:

- Consider setting up delivery to guestrooms and workspaces...
- ...or making up breakfast bags and leaving them at a collection point, with clear hygiene and social distancing instructions
- Enable customers to order breakfast at check-in to establish numbers and reduce waste
- If space allows, lay out items for customers to self-serve. Provide clear instructions, set up one-way systems, screens or spacing products, and make payments contactless where possible
- Use pre-made and pre-wrapped options, or your own pots made up in-house, to provide a simple hot choice
- Use pre-packaged individual drinks, including hot options, to reduce handling and wastage
- Replace bulk condiments with individual sachets
- Select packaging from our range to match your price-point and environmental credentials
- Don't forget hand wipes as access to bathrooms may be difficult



OUR RANGE

At Brakes, we have all the food, drink and other essentials you need to set up and run an effective breakfast-to-go service, whatever your kitchen facilities and skill levels, including: **hot & cold food and drink; pre-packed solutions; ingredients** as well as **packaging, formats and pack sizes** to help you minimise waste, save time and labour, control costs and maintain a quick, efficient and safe service

COLD SOLUTIONS

A range of cold breakfast items perfect for eating on the move, plus packaging you can personalise with your logo to create a more bespoke offer.

HIGHLIGHTS

CODE	NAME	PACK SIZE
F 67597	Delifrance Wrapped All Butter Croissant Traditional buttery croissant wrapped and ready to display on your counter. Simply thaw & serve	32 x 40g
F 4581	La Boulangerie 5" Fully Baked Pre-Sliced White Floured Bap Pre-sliced our fully baked floured baps make the best bacon bap, great for a quick breakfast meal deal alongside a hot drink	48 x 85g

CODE	NAME	PACK SIZE
F 30294	La Boulangerie Ready to Bake Pain au Chocolat Rolled all-butter pain with two full-length strips of chocolate filling. Bake on site from frozen for a homemade feel, bite and taste	48 x 75g
C 10677	Del Monte Apple & Grape Snack Bags A ready to eat bag of grapes and apples, great for meal deals at breakfast or lunch	20 x 80g

CODE	NAME	PACK SIZE
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DAIRY

C 74117	1 UHT Semi Skimmed Milk Cartons	27 x 200ml
C 107121	Fresh Semi Skimmed Milk Poly Bottles	10 x 189ml
C 74025	Fresh Semi Skimmed Milk	10 x 1 pint
C 74549	Brakes Low Fat Natural Yogurt	1 x 5kg
C 74550	Brakes Low Fat Natural Yogurt	1 x 2kg
C 115797	2 Brakes Organic Smooth Strawberry Yogurt	1 x 2kg
C 115794	Brakes Organic Natural Yogurt	1 x 2kg
C 114931	Brakes Greek Style Yogurt	1 x 5kg
C 77966	Low Fat Bulk Natural Yogurt	1 x 4.6ltr
C 130543	Organic Coconut Yoghurt Alternative	1 x 1kg
A 119929	Golden Acre Fat Free Pasteurised Fruit Yogurt Assorted Flavours	20 x 100g
C 71156	Müllerlight Mixed Tray Yogurt	12 x 160g
C 28419	Müllerlight Assorted Strawberry, Mango & Passionfruit, Mandarin	12 x 100g



CODE	NAME	PACK SIZE
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C 15958	Yeo Valley Organic Natural Yogurt	12 x 120g
C 129540	Danone Glass Pot Plain Yogurt	12 x 135g
C 71954	3 Ubley Low Fat Fruit - Mixed Case Yogurt	12 x 115g
C 71955	Ubley Low Fat Natural Yogurt	12 x 115g
C 15626	Müller Healthy Balance Smooth Strawberry Yogurt	12 x 110g
C 15627	Müller Healthy Balance Smooth Peach Yogurt	12 x 110g
C 121114	Müller Fruit Corner Strawberry Spoon On Pot	6 x 143g
C 14804	Müller Fruit Corner Mixed Tray Yogurts	12 x 143g
C 74766	Rachel's Organic Greek Style Vanilla Yogurt & Granola Breakfast Pot	6 x 135g
C 16174	Rachel's Organic Creamy Cherry Bio-Live Yogurt	6 x 150g
C 74768	Rachel's Organic Creamy Strawberry/Peach Bio-Live Yogurt	12 x 150g
C 15891	Rachel's Organic Luscious Peach Naturally Bio-Live Yogurt	6 x 150g
C 74766	Rachel's Organic Greek Style Vanilla Yogurt & Granola Breakfast Pot	6 x 135g

BREAKFAST-TO-GO PRODUCT GUIDE

CODE	NAME	PACK SIZE
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CEREAL

A 109630	1 Kellogg's Cereal to Go Corn Flakes 35g	1 x 8
A 109631	Kellogg's Cereal to Go Crunchy Nut 45g	1 x 8
A 89436	Kellogg's Corn Flakes	40 x 24g
A 89427	Kellogg's Crunchy Nut	40 x 35g
A 89430	2 Kellogg's Rice Krispies	40 x 22g
A 89433	Kellogg's Special K Portion Pack	40 x 30g
A 89434	Kellogg's Bran Flakes Original Cereal	40 x 40g
A 89435	Kellogg's All-Bran	40 x 45g
A 89427	Kellogg's Crunchy Nut	40 x 35g
A 89431	Kellogg's Fruit 'n Fibre Cereal	40 x 45g
A 84729	3 Weetabix Twin Pack Biscuits	48 x 2
A 121750	Weetabix Alpen Muesli Sachets	30 x 50g
A 121751	Alpen No Added Sugar Muesli Sachets	30 x 41g
A 128997	Schär Gluten Free Corn Flakes	20 x 25g
A 128998	Schär Muesli	24 x 50g
C 119295	MOMA Bircher Muesli Wild Berry	6 x 220g
C 119326	MOMA Bircher Muesli Strawberry & Banana	6 x 220g

BAKERY

F 30149	La Boulangerie Ready to Bake Straight All Butter Croissant	50 x 60g
F 33517	La Boulangerie Ready to Bake Large Croissant	48 x 85g
F 33516	La Boulangerie Ready to Bake Mini Croissant	120 x 25g
F 33887	La Boulangerie All Butter Croissants	48 x 70g



CODE	NAME	PACK SIZE
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F 31205	La Boulangerie Ready to Bake Almond Croissants	48 x 95g
F 113165	Banquet D'or Ready to Prove Croissant	1 x 240
F 3647	La Boulangerie Fully Baked Croissants	50 x 40g
F 30119	La Boulangerie Fully Baked Croissants	30 x 70g
F 52367	La Boulangerie Fully Baked Croissants	45 x 40g
F 31995	La Boulangerie Fully Baked Croissants	60 x 34g
F 67597	Deli france wrapped all butter croissants	32 x 40G
A 36163	La Boulangerie Fully Baked Danish Pastry Assortment	36 x 81g
F 30320	La Boulangerie Ready to Bake Pain aux Raisins	36 x 96g
F 32731	La Boulangerie Ready to Bake Chocolate Twist	48 x 90g
F 30294	La Boulangerie Ready to Bake Pain au Chocolat	48 x 75g
F 32326	4 La Boulangerie Fully Baked Pain au Chocolat	30 x 53g

MUFFINS

F 33537	5 La Boulangerie Blueberry Crumble Tulip Muffin	24 x 126g
F 33536	La Boulangerie Triple Chocolate Tulip Muffin	24 x 130g
F 33540	La Boulangerie Fruity Carrot Cake Tulip Muffin	24 x 140g
F 34245	La Boulangerie Lemon Meringue Tulip Muffin	24 x 130g
F 33539	La Boulangerie Treacle Toffee Apple Tulip Muffin	24 x 126g
F 34246	La Boulangerie Victoria Sponge Tulip Muffin	24 x 130g
F 33538	La Boulangerie Apricot Tulip Muffin	24 x 133g
F 110786	La Boulangerie Salted Caramel Tulip Muffin	1 x 24

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CODE	NAME	PACK SIZE
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BARS

F 104547	1 We Love Cake Cranberry and Pecan Flapjacks	1 x 18
A 35489	2 Alpen Bars Fruit & Nut	1 x 24
A 35490	Alpen Bars Strawberry & Yogurt	1 x 24
A 88379	Alpen Light Bar Summer Fruit	24 x 21g
A 35488	Alpen Bars Fruit & Nut with Milk Chocolate	1 x 24
A 84435	Kellogg's Nutri-Grain Bars Strawberry	25 x 37g
A 84436	Kellogg's Nutri-Grain Bars Blueberry	25 x 37g
A 84437	3 Kellogg's Nutri-Grain Bars Apple	25 x 37g
A 84432	Kellogg's Special K Red Berry Cereal Bars 23g	1 x 30
A 122377	Quaker Porridge To Go Golden Syrup Breakfast Bar	12 x 55g
A 122378	Quaker Porridge To Go Mixed Berries Breakfast Bar	12 x 55g
A 117872	Belvita Breakfast Biscuits Soft Bakes Choc Chip 50g	1 x 20
A 110011	Belvita Breakfast Biscuits Honey and Nuts 50g	1 x 20



CODE	NAME	PACK SIZE
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FRUIT

C 10264	Easy Peeler Citrus	1 x 10
C 10354	4 Bananas	1 x 1.5kg
C 10597	Ripe Pears	1 x 6
C 118138	Apples Red Delicious	1 x 8
C 450528	Golden Delicious Apples	1 x 8
C 10677	Del Monte Apple & Grape Snack Bags	20 x 80g
C 74539	Del Monte Mango Sliced Fruit Bags	10 x 100g
C 74540	5 Del Monte Pineapple Sliced Fruit Bags	10 x 100g
C 112663	Classic Fruit Salad Pot	12 x 170g

HOT SOLUTIONS

A selection of labour-saving cooked and uncooked products to help you create a hot breakfast offer and manage your stock effectively.

HIGHLIGHTS

CODE	NAME	PACK SIZE
F 3559	Brakes Cooked Pork Sausage Eights	48 x 49g
Seasoned with herbs and spices, ready to reheat from frozen in the oven, or in the microwave		
C 29566	Brakes Crispy Cooked Smoke Flavoured Streaky Bacon Pieces	1 x 500g
Approximately 180 pieces per pack. Small pack size for easy handling and reduced wastage. Rindless and pre-cooked for convenience, consistency ... and no shrinkage! Use cold or reheat in a microwave		
A 15136	Brakes Baked Beans in Tomato Sauce	1 x 840g
Created specifically for foodservice requirements, these beans are firmer for longer bain marie stability, and have more beans per kg than the leading brand, ensuring the highest quality		
C 78245	Brakes Free Range Poached Eggs	1 x 24
These soft, cooked poached eggs have a runny centre every time! Ideal for Eggs Benedict and other breakfasts, to make scotch eggs, or to top kedgeree		

CODE	NAME	PACK SIZE
F 62616	Bacon Panini	24 x 186g
Low skill and low labour, simply defrost, heat and serve		
F 62617	Sausage Panini	24 x 216g
Low skill and low labour, simply defrost, heat and serve		
F 62618	Ham and Cheese Panini	24 x 195g
Low skill and low labour, simply defrost, heat and serve		
F 62619	Four Cheese and Onion Panini	24 x 197g
Low skill and low labour, simply defrost, heat and serve		
F 36225	All Day Breakfast Panini	12 x 122g
Free range egg mayonnaise with pieces of smoked bacon, sliced mushrooms & tomato sauce in a ciabatta roll		

CODE	NAME	PACK SIZE
PORRIDGE		
A 85041	1 Oatburst Plain Instant Porridge	8 x 57g
A 84743	Oatburst Golden Syrup Flavour Instant Porridge	8 x 57g
A 84742	Oatburst Apple & Blueberry Instant Porridge	8 x 57g
A 28676	Quaker Oat So Simple Original Porridge Pot	8 x 45g
A 28678	2 Quaker Oat So Simple Golden Syrup Porridge Pot	8 x 57g
A 109637	Quaker Oat So Simple Banana & Strawberry Porridge Pot	8 x 58g
A 109638	Quaker Oat So Simple Summer Berries Porridge Pot	8 x 58g
A 28677	Quaker Oat So Simple Apple & Blueberry Porridge Pot	8 x 57g



CODE	NAME	PACK SIZE
COOKED BREAKFAST		
C 70197	Prime Meats British Pork Sausage Eights	3 x 8 x 57g
C 70196	3 Prime Meats British Cumberland Eights	3 x 8 x 57g
C 70195	Prime Meats British Lincolnshire Eights	3 x 8 x 57g
C 70071	Prime Meats Rindless Back Bacon	1 x 2.27kg
C 27850	Brakes Rindless Streaky Bacon	1 x 2.27kg
F 30579	Brakes Vegetable Sausages	30 x 50g
C 112443	Brakes Free Range Cooked Scrambled Eggs	4 x 1kg
C 74006	Brakes Cooked Scrambled Eggs	2 x 1kg (20 ptn)
C 10330	Breakfast Mushrooms	1 x 1.8kg
C 10357	Plum Tomatoes	1 x 1.5kg
A 70893	Brakes 15 Dozen British Fresh Medium Eggs	1 x 180

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PANINI SELECTION

F 62616	1 Bacon Panini	24 x 186g
F 62617	2 Sausage Panini	24 x 216g
F 62618	3 Ham and Cheese Panini	24 x 195g
F 62619	Four Cheese and Onion Panini	24 x 197g
F 36225	4 All Day Breakfast Panini	12 x 122g



CODE	NAME	PACK SIZE
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HEAT AND SERVE

F 4396	Brakes Bacon & Cheese Turnovers	30 x 119g
F 36228	5 Cheese & Ham Toastie	12 x 129g
F 129421	Big Al's Italian Breakfast Twist	1 x 28
F 129422	Big Al's Italian Sausage & Mushroom Pizza Twist	28 x 175g
F 129397	Danora Croque Mushroom & Emmental Toastie	1 x 24
F 129392	Danora Sourdough Toastie with Smoked Ham & Cheese	1 x 22
F 129396	Danora Croque Ham & Cheese Toastie	1 x 24

TOAST AND PRESERVES

A 130706	6 Jacksons Medium Sliced White Bread	6 x 800g
A 130707	Jacksons Medium Sliced Wholemeal Bread	6 x 800g
F 102444	La Boulangerie Thick Square Sliced White Loaves	8 x 800g



CODE	NAME	PACK SIZE
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F 102445	La Boulangerie Thick Square Sliced Wholemeal Loaves	8 x 800g
F 2815	La Boulangerie English Muffins	48 x 72g
A 2911	Hartley's Assorted Jam Portions	100 x 20g
A 33739	7 Brakes Mixed Fruit Jam	1 x 2.72kg
A 141	Robertsons Assorted Marmalade Portions	100 x 20g
C 74153	Brakes Margarine	1 x 2kg
C 78252	Brakes Butter Portions	6 x 100 (6.2g ptns)
F 33040	La Boulangerie Round Crumpets	6 x 6 x 50g
F 3685	La Boulangerie 4" Pre-sliced Teacakes	48 x 57g
C 70978	8 Brakes Sunflower Spread Dishes	1 x 100
C 78252	Brakes Butter Portions	6 x 100 (6.2g ptns)
C 33603	Brakes Mixed Cheese Portions	50 x 20g
A 34022	Brakes Assorted Jam Portions	100 x 20g
A 29379	Brakes Clear Blossom Honey Portions	100 x 20g
A 84480	Nutella Chocolate Spread Portions	120 x 15g
A 100050	Marmite Portions	4 x 24 x 8g
A 121046	Sun-Pat Peanut Butter Portions	160 x 15g
A 111360	Bonne Maman Bitter Orange Marmalade	60 x 30g
A 111356	Bonne Maman Strawberry Jam	60 x 30g
A 111357	Bonne Maman Raspberry Jam	60 x 30g
A 111358	Bonne Maman Blackcurrant Jam	60 x 30g
A 111359	Bonne Maman Apricot Conserve	60 x 30g

DRINKS

All your hot and cold breakfast drinks including individual cartons for a pre-made breakfast bag and buy-in-bulk packs you can decant into your own personalised containers.

HIGHLIGHTS

CODE	NAME	PACK SIZE
A 89657	The Juice Apple Juice	27 x 200ml
Individual cartons that can be stored ambient ideal to add to an on-the-go breakfast bag		

CODE	NAME	PACK SIZE
C 111396	Brakes Freshly Squeezed Orange Juice	1 x 2.27ltr
A more premium product giving that freshly squeezed feel, perfect for serving in one of many disposable cups		

CODE	NAME	PACK SIZE
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COLD DRINKS (INDIVIDUAL)

A 89657	1 The Juice Apple Juice	27 x 200ml
A 89656	The Juice Orange Juice	27 x 200ml
A 89660	The Juice Tropical Juice	27 x 200ml
A 89658	The Juice Pineapple Juice	27 x 200ml
C 74794	Tropicana Smooth Orange Juice	48 x 250ml
C 110014	Tropicana Smooth Orange Juice	24 x 150ml
C 110015	Tropicana Apple Juice	24 x 150ml
A 85099	Priory Spring Still Spring Water	30 x 330ml
C 15441	2 Innocent Smoothie Pomegranates, Blueberries & Acai	8 x 250ml
C 16518	Innocent Smoothie Gorgeous Greens Fruit & Veg	8 x 250ml
C 74607	Innocent Smoothie Pineapples Bananas & Coconuts	8 x 250ml
C 84326	Innocent Smoothie Strawberries & Bananas	8 x 250ml
C 84327	Innocent Smoothie Mangoes & Passion Fruits	8 x 250ml
A 124283	Nescafé Azera Nitro Latte	12 x 192ml
A 125110	Jimmy's Iced Coffee Dairy Free	1 x 12



CODE	NAME	PACK SIZE
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A 125417	Honest Coffee Latte	12 x 240ml
A 128945	Jude's Flat White Coffee	12 x 250ml
A 129046	Vita Coco Cold Brew Dairy Free Coffee	12 x 330ml
A 131147	Jimmy's Flat White Extra Shot	12 x 250ml
A 22384	Lipton Iced Tea, Peach	12 x 500ml
A 22385	Lipton Iced Tea, Lemon	12 x 500ml
A 111388	Yazoo Chocolate	12 x 300ml
A 125046	Little Jude's Chocolate Milk	6 x 4 x 180ml
A 25577	Viva Chocolate Flavoured Semi-Skimmed Milk UHT	27 x 200ml

COLD DRINKS (BULK)

A 100243	The Juice Orange Juice	12 x 1ltr
A 100244	The Juice Apple Juice	12 x 1ltr
C 14409	The Juice Freshly Squeezed Pink Grapefruit Juice	1 x 2.27ltr
C 111396	Brakes Freshly Squeezed Orange Juice	1 x 2.27ltr
C 112196	3 Tropicana Pressed Apple Juice	1 x 1.6ltr

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CODE	NAME	PACK SIZE
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HOT DRINKS (INDIVIDUAL)

A 101906	1 PG Tips Black Tea 2.5g	20 x 8
A 101904	2 Kenco Rich Black Coffee 2.6g	20 x 8
A 87940	Brakes UHT Semi-Skimmed Milk Portions	1 x 120
A 34030	Brakes White Sugar Sticks	1 x 1000
A 34031	Brakes Demerara Sugar Sticks	1 x 1000
A 129443	Champion Soya Milk Jiggers	80 x 12g
A 16808	Brakes Fairtrade Instant Hot Chocolate Sachets	1 x 50
A 101901	3 Kenco 2 Go Cadbury Hot Chocolate	20 x 8
A 122084	Tetley On the Go Tea Bags Cups & Lids	1 x 100



CODE	NAME	PACK SIZE
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HOT DRINKS (BULK)

A 1791	4 Nescafé GOLD BLEND Instant Coffee	1 x 750g
A 100053	Tetley 1 Cup Catering Teabags	1 x 1100
A 115080	Twinnings English Breakfast Enveloped Tagged Teabags	6 x 50 x 2g
A 509	Cadbury Drinking Hot Chocolate	1 x 2kg
A 88549	Arriba Rich Roast	1 x 750g
A 86153	Arriba 100% Arabica Coffee Beans	16 x 500g
A 88818	Arriba Fairtrade Espresso Beans	8 x 500g
A 84526	Kenco Italia Coffee Beans	1 x 1kg
A 28502	5 Ovaltine Original	1 x 800g

PACKAGING & CUTLERY

Everything you need to create your own Breakfast to Go offer, including cups, pots, cutlery, napkins and carrier bags, with biodegradable and compostable options.

HIGHLIGHTS

CODE	NAME	PACK SIZE	CODE	NAME	PACK SIZE
A 35051	Film Front Bags 7x7"/17.7x17.7cm Great for packaging up sandwiches and pastries	1 x 1000	A 86593	Paper Soup Container & Lid 16oz/454ml Ideal for portioning porridge. Box includes lids so no need to bulk buy both pot and lid	1 x 250
			A 132389	4-1 Knife, Fork, Teaspoon, 2ply Napkin Set All the items you need to enjoy an on the go breakfast pre wrapped and ready to go	1 x 250

CODE	NAME	PACK SIZE	CODE	NAME	PACK SIZE
MULTI-PURPOSE CONTAINERS AND LIDS					
A 87831	Microwaveable Clear Food Container & Lid 23oz/650ml	1 x 250	A 128899	Vegware Bon Appetite Noodle Bowl Paper Lid 32oz/909ml	1 x 300
A 21884	Fuzione Tray & Lid Large 190x140x45mm 1000ml/35fl.oz	1 x 250	A 128900	Vegware Gourmet Dipping Base 12oz/340ml	1 x 600
A 21131	Fuzione Pot & Lid Small 110x89x72mm 500ml/17.5fl.oz	1 x 500	A 128901	Vegware Gourmet Dipping Base Clear PLA Lid 12oz/340ml	1 x 600
A 555888	Medium Food To Go Box	1 x 270	A 128902	Vegware Gourmet Square Base 32oz/909ml	1 x 600
A 555889	Large Food To Go Box	1 x 180	A 128903	Vegware Gourmet Square Base Clear PLA Lid 32oz/909ml	1 x 600
A 113988	Small Food To Go Box (Window)	1 x 360	A 85279	Vegware Kraft Takeaway Container 700ml (11x9x6.5cm)	1 x 450
A 555890 ①	Medium Food To Go Box (With Window)	1 x 270	FOIL CONTAINERS		
A 555891	Large Food To Go Box (With Window)	1 x 180	A 87742	No.2 Small Containers Size 145x120x40mm/440ml	1 x 1000
A 104052 ②	16oz Noodle Box (White)	1 x 500	A 87744	No.2 Small Container Lids	1 x 1000
A 104053	19oz Ripple Pot (Black)	1 x 500	A 87745	No.6A Large Containers Size 195x105x48mm/670ml	1 x 500
A 104055	16-22oz Ripple Pot Lid	1 x 500	A 87746	No.6A Large Container Lids	1 x 500
A 114081	Multi Food Pot and Lid 500/20oz	1 x 250	A 87747 ③	9x9" Foil Trays	1 x 250
A 128898	Vegware Bon Appetit Noodle Bowl 32oz/909ml	1 x 300	A 87748	Migi 9x9" Foil Tray Lids	1 x 250
			A 86606	Small Gold General Purpose Boxes 6.8x5.3x3"/17.3x13.5x7.5cm	1 x 500



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CODE	NAME	PACK SIZE
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A 111199	1 Champagne Meal Box	1 x 250
A 87977	One Compartment Champagne Meal Boxes 8.9x7.5x3"/22.7x19.2x7.7cm	1 x 200
A 87978	Two Compartment Champagne Meal Boxes 8.9x7.5x3"/22.7x19.2x7.7cm	1 x 200
A 86611	Oval Jacket Potato Box Gold 5.9x4.3x3.2"/15x11x8.2cm	1 x 500
A 85326	Vegware White Bagasse Lunch Box 9x8"/21x23.5x8cm	1 x 200
A 85331	Vegware White Bagasse Square Lunch Box 8x8"/21x21x7.5cm	1 x 200
A 85323	2 Vegware White Medium Bagasse Chip Tray (7x5")	1 x 500

SALAD POTS

A 119950	Vegware PLA Hinged Clear Lid Container 8oz	1 x 300
A 119951	Vegware PLA Hinged Clear Lid Container 12oz	1 x 300
A 119952	Vegware PLA Hinged Clear Lid Container 16oz	1 x 300
A 119953	3 Vegware PLA Hinged Clear Lid Container 24oz	1 x 200
A 122962	Salad Box 750cc	1 x 500
A 87514	Fresco Salad Box 500cc	1 x 400
A 122964	Salad Box 375cc	1 x 330
A 123668	Twisty Salad Bowl 750cc	1 x 200
A 123669	Twisty Salad Bowl 500cc	1 x 200
A 123670	Twisty Salad Bowl 375cc	1 x 600
A 123678	Contour Salad Bowl 750cc	1 x 200
A 123679	Contour Salad Bowl 500cc	1 x 200
A 123686	Contour Salad Bowl 375cc	1 x 550
A 119956	Vegware Medium window box 650ml/22oz (12x12x4.5cm)	1 x 300
A 119957	Vegware Large window box 1100ml/32oz (18x13.5x4.5cm)	1 x 300



CODE	NAME	PACK SIZE
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LARGE PORTION POTS

A 102563	Clear Portion Pot 6oz/171g	1 x 1000
A 102564	Clear Portion Pot 8oz/227g	1 x 1000
A 102565	4 Clear Portion Pot 12oz/341g	1 x 1000
A 102566	Clear Portion Pot Lid for 5-16oz/171-453g	1 x 1000
A 123692	16oz OHCO Pot	1 x 1200
A 123690	OHCO Lid	1 x 1800
A 123689	OHCO Pot Insert	1 x 2000
A 85350	Vegware PLA Deli Round Clear Container 8oz/236ml	1 x 500
A 85351	Vegware PLA Deli Round Clear Container 12oz/354ml	1 x 500
A 85352	Vegware PLA Deli Round Clear Container 16oz/450ml	1 x 500
A 119948	5 Vegware PLA Clear Round Deli Container 24oz	1 x 500
A 85319	Vegware PLA Lid for 8-24oz	1 x 500

SMALL PORTION POTS

A 127111	Migi Clear Dip 2oz Pots	1 x 2500
A 127113	Migi Clear Dip 4oz Pots	1 x 2500
A 127109	Migi Clear Dip Pot Lid 2oz	1 x 2500
A 127110	Migi Clear Dip Pot Lids for 3 & 4oz Pots	1 x 2500
A 89002	Servipack Clear Food Pot 100ml	1 x 1000
A 89003	Servipack Clear Food Pot Lid 100ml	1 x 1000
A 89001	Servipack Clear Pot 150ml/6oz	1 x 1000
A 104091	Vegware PLA Clear Pot 1oz	1 x 5000
A 104107	Vegware PLA Clear Pot Lid 1oz	1 x 5000

BREAKFAST-TO-GO PRODUCT GUIDE

CODE	NAME	PACK SIZE
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A 104092	Vegware PLA Clear Pot 2oz	1 x 2000
A 104093	Vegware PLA Clear Pot 3oz	1 x 2000
A 104094	Vegware 2 - 4oz Clearpot Lid	1 x 2000

SOUP CONTAINERS

A 86592	1 Huhtamaki 12oz Squat White Food Container with Paper Lid	1 x 250
A 86593	Paper Soup Container & Lid 16oz/454ml	1 x 250
A 85320	2 Vegware Soup Container 12oz/340ml	1 x 500
A 85324	Vegware White Soup Container 16oz/454ml	1 x 500
A 85336	Vegware CPLA Flat Container Lid 12/16/32oz	1 x 500

PIZZA BOXES

A 113994	Chicago Town The Takeaway Pizza Box	1 x 100
A 86911	Corrugated Pizza Boxes 12"/30cm	1 x 100
A 119958	Vegware Brown Kraft Pizza Box 9"	1 x 100
A 119959	3 Vegware Brown Kraft Pizza Box 12"	1 x 100

FISH & CHIPS

A 21711	Printed Food to Go Box Medium 220x95x60mm	1 x 150
A 104016	Chip Bag 10x15x11cm	1 x 1000

BURGERS

A 86605	4 Small Square Gold Burger Boxes 4.5x4.5x3"/12x12x7.5cm	1 x 500
A 86604	Large Square Gold Burger Boxes 5.3x5.3x3"/13.5x13.5x7.5cm	1 x 500
A 85321	Vegware White Bagasse Burger Box 6in	1 x 500



CODE	NAME	PACK SIZE
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FOOD WRAPS

A 114649	Street Food Deli Paper	1 x 1000
A 86524	Blue Burger Wraps 10x13.6"/25x34cm	1 x 1000
A 86525	Red Burger Wraps 10x12.8"/25x32cm	1 x 1000
A 22344	White News Offcuts 18x20"/45.7x50.8cm	1 x 10kg
A 107332	Generic Newsprint Greaseproof	1 x 500

SANDWICHES

A 105607	Kraft Long Tortilla Wrap & Film	1 x 800
A 106399	Kraft Baguette Collar Tray/Film	1 x 1000
A 101375	FFW Kraft Effect Bloomer with Film	1 x 500
A 21576	Vegware 100x50x355mm brown greaseproof PLA Window Bag	1 x 1000
A 555896	Vegware kraft NatureFlex window bloomer bag 6x3x9"	1 x 250
A 35051	Film Front Bags 7x7"/17.7x17.7cm	1 x 1000
A 85532	Clear Polythene Food Bags 10x12"/25.4x30cm	1 x 1000

CAKE CONTAINERS

A 123672	5 Hinged Gateau Wedge	1 x 500
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CARRIER BAGS

A 31228	White Paper Bags with Handles 7x11x9"/17.7x27.9x22.8cm (approx)	1 x 100
A 29590	White Paper Bags with Handles 9x13x10"/22.8x33x25.4cm (approx)	1 x 100
A 86526	White Paper Bags with Handles 10x16x12"/25.4x40.6x30.4cm (approx)	1 x 100
A 86529	Brown Paper Bags with Handles 10x16x12"/25.4x40.6x30.4cm (approx)	1 x 100

BREAKFAST-TO-GO PRODUCT GUIDE

CODE	NAME	PACK SIZE
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A 86527	1 Brown Paper Bags with Handles 7x11x9"/17.7x27.9x22.8cm (approx)	1 x 100
A 86528	Brown Paper Bags with Handles 9x13x10"/22.8x33x25.4cm (approx)	1 x 100
A 117864	White Patch Handle Carrier Bags	1 x 100

HOT CUPS & LIDS

A 110612	2 Go-Pak Double Wall Ripple Cup Kraft 12oz	1 x 500
A 85356	Vegware Kraft Double Walled Cups 16oz/454ml	1 x 400
A 130699	Amamry Reuseable 12oz Oyster Grey Coffee Cup	1 x 96
A 86579	Migi Hot Cup Lid White Sip-Thru 8-9oz/230-255ml	1 x 1000
A 86575	Migi Single Wall Hot Cup 8-9oz/230-255ml	1 x 1000
A 131229	Reuseable lid for 12oz Cup	1 x 1000
A 110615	Go-Pak 12-16oz White Sip-Through Lid	1 x 1000
A 85333	Vegware CPLA Lids (Domed Sip-Thru) 12-20oz/340-454ml	1 x 1000
A 129423	Huhtamaki Single wall Specialty Hot Cup 9oz	1 x 1000
A 21649	Huhtamaki Hot Cup Lid White Sip-Thru 8-9oz/230-255ml	1 x 1000
A 129424	Huhtamaki Single Wall Specialty Hot Cup 12oz	1 x 1000
A 21652	Huhtamaki Hot Cup Lid White Sip-Thru 10-12oz/280-340ml	1 x 1000
A 129425	Huhtamaki Single Wall Specialty Hot Cup 16oz	1 x 1000
A 21645	Huhtamaki Hot Cup Lid White Sip-Thru 12-20oz/340-560ml	1 x 1000

COLD CUPS

A 104087	Vegware PLA Slim Clear 9oz	1 x 1000
A 128458	Vegware PLA Cold Cup 12oz	1 x 1000
A 128459	Vegware PLA Flat Lid with Straw Hole	1 x 1000



CODE	NAME	PACK SIZE
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A 104090	Cold Domed Lid With Hole 7-9oz	1 x 1000
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CUP TRAYS

A 111240	3 Carry Tray for 2 Cups	8 x 50
A 111241	Carry Tray for 4 Cups	8 x 50

STIRRERS

A 87888	White Plastic Tea Stirrer	1 x 1500
A 21622	Wooden Coffee Sticks 140mm	1 x 10000
A 86418	Wooden Coffee Sticks 190mm	1 x 1000

PLATES AND BOWLS

A 87731	Duet Bowls 7oz / 200ml	1 x 50
A 87730	4 Duet Large Plates 9.6" / 24cm	1 x 50

CUTLERY

A 86416	Plastico Economy Meal Pack Cutlery Set	1 x 250
A 132389	4-1 Knife, Fork, Teaspoon, 2ply Napkin Set	1 x 250
A 132152	Meal Pack 4 in 1 Cutlery & Napkin set	1 x 500
A 132081	Plastico Deluxe Sunlight Cutlery Set	1 x 200
A 85018	White Plastic Knife	1 x 100
A 85017	White Plastic Dessert Spoon	1 x 100
A 24964	Plastico Wooden Forks	10 x 100
A 24967	Plastico Wooden Dessert Spoons	10 x 100
A 24963	Plastico Wooden Knife	10 x 100

NAPKINS

A 88289	Brakes White 2ply Napkin 33cm	2 x 300
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MISCELLANEOUS

A 86417	5 Plastico Lemon Towelette Freshener Wipes	1 x 1000
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- Creamy mango and passion fruit smoothie
- Minty pineapple, spinach and cashew nut smoothie
- Mixed berry breakfast smoothie
- Yoghurt and granola pot
- Quark bircher pot
- Spicy cheese and bean pot
- Spicy cheese and bean pot with chorizo
- Cheesy bean and sausage hash pot
- Ham hock, bubble and squeak and egg pot
- Smoked salmon, egg, bubble and squeak pot
- Smoked salmon spinach, egg and hollandaise pot
- All day breakfast pot
- Veggie breakfast pot

RECIPES

These recipes for hot and cold breakfast pots are all easy to prepare and serve; you'll find all the ingredients and products you need in the relevant listings included in this guide, or on our website.

CREAMY MANGO AND PASSION FRUIT SMOOTHIE

Serves 1

Code	Description	Qty	Units	mise en place / Preparation
C 115799	Brakes Organic Smooth Mango & Vanilla Yogurt	200	g	
C 70218	Brakes Fresh Semi Skimmed Milk	200	g	
A 88423	Brakes Passion Fruit Decorating Coulis	20	g	
F 33385	Diced Mango	50	g	

Allergens Contained in this recipe

Celery	No	Sesame	No
Crustaceans	No	Soya	No
Egg	No	Sulphites	No
Fish	No	Wheat	No
Lupin	No	Barley	No
Milk	Yes	Oats	No
Molluscs	No	Rye	No
Mustard	No	Spelt	No
Nuts	No	Kamut	No
Peanuts	No	Gluten	No

Method

- 1 Place mango, yoghurt and milk in a blender and blend until smooth
- 2 Serve in suitable food to go packaging

Nutrition (pre-cooking)

Energy per Portion (kcal)	350.4
Energy per Portion (kj)	1475.4
Protein per Portion	17.1
Carbohydrate per Portion	45.1
Sugars per Portion	43.5
Fat per Portion	11.2
Saturates per Portion	7.2
Fibre per Portion	0.7
Salt Equivalent per Ptn	0.6

* indicates incomplete information

Suitable for Vegetarians	Yes
Suitable for Vegans	No

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MINTY PINEAPPLE, SPINACH AND CASHEW NUT SMOOTHIE

Serves 1

Code	Description	Qty	Units	mise en place / Preparation
C 113882	Premium Large Mint Bunch	1	g	
C 10428	Baby Leaf Spinach	25	g	
A 1622	Brakes Whole Cashew Nut Kernels	10	g	
C 10395	Medium Pineapple	200	g	
A 25148	Osprio Flaked Oats	10	g	
0 water	water	200	ml	

Allergens Contained in this recipe

Celery	No	Sesame	No
Crustaceans	No	Soya	No
Egg	No	Sulphites	No
Fish	No	Wheat	No
Lupin	No	Barley	No
Milk	No	Oats	Yes
Molluscs	No	Rye	No
Mustard	No	Spelt	No
Nuts	Yes	Kamut	No
Peanuts	May	Gluten	Yes

Method

- 1 Place mint, spinach, cashew nuts, pineapple and oats in a blender
- 2 Add water and blend until smooth
- 3 Serve in suitable food to go packaging

Nutrition (pre-cooking)

Energy per Portion (kcal)	193.8
Energy per Portion (kj)	815.1
Protein per Portion	4.6
Carbohydrate per Portion	28.9
Sugars per Portion	21.1
Fat per Portion	6.2
Saturates per Portion	1
Fibre per Portion	4
Salt Equivalent per Ptn	0

* indicates incomplete information

Suitable for Vegetarians	Yes
Suitable for Vegans	No

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MIXED BERRY BREAKFAST SMOOTHIE

Serves 1

Code	Description	Qty	Units	mise en place / Preparation
F 4111	Brakes Fruits of the Forest	250	g	Defrost
C 115794	Brakes Organic Natural Yogurt	200	g	
C 70218	Brakes Fresh Semi Skimmed Milk	100	ml	
A 25148	Osprio Flaked Oats	25	g	

Allergens Contained in this recipe

Celery	No	Sesame	No
Crustaceans	No	Soya	No
Egg	No	Sulphites	No
Fish	No	Wheat	No
Lupin	No	Barley	No
Milk	Yes	Oats	Yes
Molluscs	No	Rye	No
Mustard	No	Spelt	No
Nuts	No	Kamut	No
Peanuts	No	Gluten	Yes

Method

- 1 Place oats, fruit, yoghurt and milk in a blender
- 2 Blend until smooth
- 3 Serve in suitable food to go packaging

Nutrition (pre-cooking)

Energy per Portion (kcal)	383.7
Energy per Portion (kj)	1608
Protein per Portion	18.8
Carbohydrate per Portion	46.2
Sugars per Portion	29.7
Fat per Portion	12.7
Saturates per Portion	6.8
Fibre per Portion	8
Salt Equivalent per Ptn	0.4

* indicates incomplete information

Suitable for Vegetarians	Yes
Suitable for Vegans	No

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YOGURT & GRANOLA POT

Serves 1

Code	Description	Qty	Units	mise en place / Preparation
C 115794	Brakes Organic Natural Yogurt	150	g	
A 114966	Brakes Granola	70	g	

Allergens Contained in this recipe			
Celery	No	Sesame	No
Crustaceans	No	Soya	No
Egg	No	Sulphites	No
Fish	No	Wheat	May
Lupin	No	Barley	No
Milk	Yes	Oats	Yes
Molluscs	No	Rye	No
Mustard	No	Spelt	No
Nuts	Yes	Kamut	No
Peanuts	No	Gluten	Yes

Method

- 1 Pour yoghurt into suitable food to go pot
- 2 Top with granola
- 3 Serve

Nutrition (pre-cooking)	
Energy per Portion (kcal)	425.6
Energy per Portion (kj)	1787.8
Protein per Portion	14.8
Carbohydrate per Portion	53.8
Sugars per Portion	19.9
Fat per Portion	15.5
Saturates per Portion	7.5
Fibre per Portion	5.6
Salt Equivalent per Ptn	0.2

* indicates incomplete information

Suitable for Vegetarians	Yes
Suitable for Vegans	No

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QUARK BIRCHER POT

Serves 1

Code	Description	Qty	Units	mise en place / Preparation
C 110738	Lake District Dairy Quark	120	g	
A 25148	Osprio Flaked Oats	30	g	Toast the oats
F 32815	Brakes Fruits of the Forest Berry Compotes	50	g	Defrost
A 89229	Brakes Red Berry Decorating Coulis	10	ea	

Allergens Contained in this recipe

Celery	No	Sesame	No
Crustaceans	No	Soya	No
Egg	No	Sulphites	No
Fish	No	Wheat	No
Lupin	No	Barley	No
Milk	Yes	Oats	Yes
Molluscs	No	Rye	No
Mustard	No	Spelt	No
Nuts	May	Kamut	No
Peanuts	No	Gluten	Yes

Method

- 1 Mix oats, quark and compot together
- 2 Spoon into suitable food to go container
- 3 Top with coulis
- 4 Serve

Nutrition (pre-cooking)

Energy per Portion (kcal)	6332.9
Energy per Portion (kj)	26741.5
Protein per Portion	40.6
Carbohydrate per Portion	1527.1
Sugars per Portion	1321.6
Fat per Portion	2.9
Saturates per Portion	0.2
Fibre per Portion	74.1
Salt Equivalent per Ptn	9.2

* indicates incomplete information

Suitable for Vegetarians	Yes
Suitable for Vegans	No

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SPICY CHEESE AND BEAN POT

Serves 1

Code	Description	Qty	Units	mise en place / Preparation
A 15136	Brakes Baked Beans in Tomato Sauce	200	g	
A 86972	Pan Asia Thai Sweet Chilli Dipping Sauce	30	g	Mix chilli sauce into beans
C 112831	Brakes Grated Tex Mex Cheese	50	g	

Allergens Contained in this recipe

Celery	No	Sesame	No
Crustaceans	No	Soya	No
Egg	No	Sulphites	No
Fish	No	Wheat	No
Lupin	No	Barley	No
Milk	Yes	Oats	No
Molluscs	No	Rye	No
Mustard	No	Spelt	No
Nuts	No	Kamut	No
Peanuts	No	Gluten	No

Method

- 1 Spoon beans into a suitable food to go container
- 2 Top with cheese
- 3 Microwave for approx. 1 minute or until core temp is achieved
- 4 Stir and serve

Nutrition (pre-cooking)

Energy per Portion (kcal)	421.8
Energy per Portion (kj)	1764.9
Protein per Portion	20.7
Carbohydrate per Portion	38.7
Sugars per Portion	23.5
Fat per Portion	18.4
Saturates per Portion	9.9
Fibre per Portion	10.3
Salt Equivalent per Ptn	3.2

* indicates incomplete information

Suitable for Vegetarians	Yes
Suitable for Vegans	No

SPICY CHEESE AND BEAN POT WITH CHORIZO

Serves 1

Code	Description	Qty	Units	mise en place / Preparation
A 15136	Brakes Baked Beans in Tomato Sauce	200	g	
A 86972	Pan Asia Thai Sweet Chilli Dipping Sauce	30	ml	Mix chilli sauce in with beans
C 112831	Brakes Grated Tex Mex Cheese	30	g	
C 70307	Chorizo Slices	40	g	Grill and slice and mix with beans

Allergens Contained in this recipe

Celery	No	Sesame	No
Crustaceans	No	Soya	Yes
Egg	No	Sulphites	No
Fish	No	Wheat	No
Lupin	No	Barley	No
Milk	Yes	Oats	No
Molluscs	No	Rye	No
Mustard	No	Spelt	No
Nuts	No	Kamut	No
Peanuts	No	Gluten	No

Method

- 1 Spoon bean mix into a suitable food to go container
- 2 Top with cheese
- 3 Microwave until core temp is achieved
- 4 Serve

Nutrition (pre-cooking)

Energy per Portion (kcal)	480
Energy per Portion (kj)	2006.5
Protein per Portion	24.1
Carbohydrate per Portion	39.4
Sugars per Portion	24.4
Fat per Portion	23
Saturates per Portion	10.1
Fibre per Portion	10.1
Salt Equivalent per Ptn	4.3

* indicates incomplete information

Suitable for Vegetarians	No
Suitable for Vegans	No

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CHEESY BEAN & SAUSAGE HASH POT

Serves 1

Code	Description	Qty	Units	mise en place / Preparation
F 3957	Brakes Pre-fried potato dice	70	g	Pre fry until crisp
F 3559	Brakes Cooked Pork Sausage Eights	1	ea	Defrost and slice into 5
C 112829	Brakes Gouda Cheese Slices	1	ea	Cut in half
A 11758	Orchard Farm Baked Beans in Tomato Sauce	120	g	

Allergens Contained in this recipe

Celery	No	Sesame	No
Crustaceans	No	Soya	No
Egg	No	Sulphites	No
Fish	No	Wheat	Yes
Lupin	No	Barley	No
Milk	Yes	Oats	No
Molluscs	No	Rye	No
Mustard	No	Spelt	No
Nuts	No	Kamut	No
Peanuts	No	Gluten	Yes

Method

- 1 Spoon beans into suitable food to go box
- 2 Top with sausage followed by cheese and potato dice
- 3 microwave for approx. 2 minutes or until core temp is achieved
- 4 Serve

Nutrition (pre-cooking)

Energy per Portion (kcal)	344.6
Energy per Portion (kj)	1441.1
Protein per Portion	17.5
Carbohydrate per Portion	29.7
Sugars per Portion	6.2
Fat per Portion	15.5
Saturates per Portion	6.8
Fibre per Portion	8
Salt Equivalent per Ptn	2.1

* indicates incomplete information

Suitable for Vegetarians	No
Suitable for Vegans	No

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HAM HOCK, EGG, BUBBLE & SQUEAK POT

Serves 1

Code	Description	Qty	Units	mise en place / Preparation
F 119858	Crops Bubble & Squeak 1kg	150	g	
C 78245	Brakes Free Range Poached Eggs	1	ea	
F 110768	Brakes Pulled Ham Hock	50	g	Defrost

Allergens Contained in this recipe

Celery	No	Sesame	No
Crustaceans	No	Soya	No
Egg	Yes	Sulphites	No
Fish	No	Wheat	No
Lupin	No	Barley	No
Milk	Yes	Oats	No
Molluscs	No	Rye	No
Mustard	No	Spelt	No
Nuts	No	Kamut	No
Peanuts	No	Gluten	No

Method

- 1 Pour bubble and squeak mix into a suitable food to go container
- 2 Top with pulled ham hock and egg
- 3 Microwave for approx. 1 minute or until core temp is achieve
- 4 Serve

Nutrition (pre-cooking)

Energy per Portion (kcal)	250.6
Energy per Portion (kj)	1046.2
Protein per Portion	18.7
Carbohydrate per Portion	17.4
Sugars per Portion	2.4
Fat per Portion	10.8
Saturates per Portion	2.6
Fibre per Portion	0*
Salt Equivalent per Ptn	1.8

* indicates incomplete information

Suitable for Vegetarians	No
Suitable for Vegans	No

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SMOKED SALMON, EGG, BUBBLE & SQUEAK POT

Serves 1

Code	Description	Qty	Units	mise en place / Preparation
F 119858	Crops Bubble & Squeak	150	g	
C 78245	Brakes Free Range Poached Eggs	1	ea	
C 71082	M&J Seafood Long Sliced Oak Smoked Salmon (skinless, boneless)	40	g	

Allergens Contained in this recipe

Celery	No	Sesame	No
Crustaceans	No	Soya	No
Egg	Yes	Sulphites	No
Fish	Yes	Wheat	No
Lupin	No	Barley	No
Milk	Yes	Oats	No
Molluscs	No	Rye	No
Mustard	No	Spelt	No
Nuts	No	Kamut	No
Peanuts	No	Gluten	No

Method

- 1 Pour bubble and squeak mix into a suitable food to go container
- 2 Top with smoked salmon and egg
- 3 Microwave for approx. 1 minute or until core temp is achieve

Nutrition (pre-cooking)

Energy per Portion (kcal)	256.9
Energy per Portion (kj)	1070.7
Protein per Portion	16
Carbohydrate per Portion	17.6
Sugars per Portion	2.4
Fat per Portion	12.7
Saturates per Portion	3.2
Fibre per Portion	0*
Salt Equivalent per Ptn	2.7

* indicates incomplete information

Suitable for Vegetarians	No
Suitable for Vegans	No

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SMOKED SALMON, SPINACH, EGG & HOLLANDAISE POT

Serves 1

Code	Description	Qty	Units	mise en place / Preparation
C 10428	Baby Leaf Spinach	50	g	Pick and wash
C 78245	Brakes Free Range Poached Eggs	1	ea	
C 71085	M&J Seafood Smoked Salmon Trimmings	75	g	
A 10156	Brakes Hollandaise Sauce	50	ml	

Allergens Contained in this recipe

Celery	No	Sesame	No
Crustaceans	No	Soya	No
Egg	Yes	Sulphites	No
Fish	Yes	Wheat	No
Lupin	No	Barley	No
Milk	Yes	Oats	No
Molluscs	No	Rye	No
Mustard	No	Spelt	No
Nuts	No	Kamut	No
Peanuts	No	Gluten	No

Method

- 1 Lay spinach in the bottom of a suitable food to go box
- 2 Top with smoked salmon and egg
- 3 Spoon over hollandaise
- 4 Heat in a micro wave for approx. 1 minute or until core temp is achieved
- 5 Serve

Nutrition (pre-cooking)

Energy per Portion (kcal)	322.6
Energy per Portion (kj)	1339.9
Protein per Portion	22.1
Carbohydrate per Portion	3.8
Sugars per Portion	1.3
Fat per Portion	24
Saturates per Portion	8.2
Fibre per Portion	1.4
Salt Equivalent per Ptn	3.8

* indicates incomplete information

Suitable for Vegetarians	No
Suitable for Vegans	No

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ALL DAY BREAKFAST POT

Serves 1

Code	Description	Qty	Units	mise en place / Preparation
F 3957	Brakes Pre-fried potato dice	30	g	Defrosted
F 3559	Brakes Cooked Pork Sausage Eights	1	ea	Defrosted and cut into 5
C 29566	Brakes Crispy Cooked Smoke Flavoured Streaky Bacon	30	g	Sliced into lardons
A 11758	Orchard Farm Baked Beans in Tomato Sauce	100	g	
C 78245	Brakes Free Range Poached Eggs	1	ea	

Allergens Contained in this recipe

Celery	No	Sesame	No
Crustaceans	No	Soya	No
Egg	Yes	Sulphites	No
Fish	No	Wheat	Yes
Lupin	No	Barley	No
Milk	No	Oats	No
Molluscs	No	Rye	No
Mustard	No	Spelt	No
Nuts	No	Kamut	No
Peanuts	No	Gluten	Yes

Method

- 1 Layer items in a suitable food to go container
- 2 Microwave for approx. 2 mins or until core temp is achieved
- 3 Serve

Nutrition (pre-cooking)

Energy per Portion (kcal)	393.6
Energy per Portion (kj)	1643.4
Protein per Portion	26.9
Carbohydrate per Portion	21
Sugars per Portion	5.5
Fat per Portion	21.1
Saturates per Portion	7.1
Fibre per Portion	6.2
Salt Equivalent per Ptn	3.1

* indicates incomplete information

Suitable for Vegetarians	No
Suitable for Vegans	No

VEGGIE BREAKFAST POT

Serves 1

Code	Description	Qty	Units	mise en place / Preparation
C 112443	Brakes Free Range Cooked Scrambled Eggs	100	g	
C 10428	Baby Leaf Spinach	10	g	Picked and washed
F 4800	Brakes Sliced Mushrooms	50	g	Defrosted
C 10163	Brakes Grated Mozzarella & Cheddar Cheese Mix	20	g	
A 11758	Orchard Farm Baked Beans in Tomato Sauce	100	g	

Allergens Contained in this recipe

Celery	No	Sesame	No
Crustaceans	No	Soya	No
Egg	Yes	Sulphite	Yes
Fish	No	Wheat	No
Lupin	No	Barley	No
Milk	Yes	Oats	No
Molluscs	No	Rye	No
Mustard	No	Spelt	No
Nuts	No	Kamut	No
Peanuts	No	Gluten	No

Method

- 1 Layer items in a suitable food to go container
- 2 Spinach, egg, beans, mushroom, cheese
- 3 Microwave for approx. 2 mins or until core temp is achieved
- 4 Serve

Nutrition (pre-cooking)

Energy per Portion (kcal)	261.4
Energy per Portion (kj)	1089.9
Protein per Portion	19.8
Carbohydrate per Portion	11.2
Sugars per Portion	5.2
Fat per Portion	13.8
Saturates per Portion	5.1
Fibre per Portion	6.3
Salt Equivalent per Ptn	2

* indicates incomplete information

Suitable for Vegetarians	Yes
Suitable for Vegans	No

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