

BREADS



Portion Size Serving Utensil

1 each Tongs and K

Production Area

Hot

Tongs and Knife
Estimated Cost Per
Serving
0.29

INGREDIENTS & INSTRUCTIONS

STEP 1					
Ingredients	50 (m)	10 (I)	Instructions		
Everything Bagel	50 each	10 each	Slice bagel in half horizontally. Toast until		
Cream Cheese	100 tbsp	20 tbsp	golden brown.		

STEP 2						
Ingredients	50	10	20	40	12	11
Tomato, Fresh	150 slices	30 slices	60 slices	120 slices	36 slices	33 slices
Red Onion	50 thin slices	10 thin slices	20 thin slices	40 thin slices	12 thin slices	11 thin slices

Instructions

Spread cream cheese on both toasted bagel halves.

STEP 3						
Ingredients	50	10	20	40	12	11
Fresh Dill	50 tsp	10 tsp	20 tsp	40 tsp	12 tsp	11 tsp
Black Pepper	50 pinch	10 pinch	20 pinch	40 pinch	12 pinch	11 pinch

Layer tomato and red onion on bottom half. Sprinkle with dill and pepper. Top with other bagel half.

MACRONUTRIE	ENTS
Calories	100 Kcal
Protein	3.5 g
Carbohydrate	18.5 g
Total Fat	0.5 g

MINERALS	
Sodium	135 mg
Potassium	25 mg
Calcium	38 mg
Iron	1.25 mg

FATS & CHOL	ESTEROL
Saturated Fat	0.15 g
Trans Fat	0 g
Cholesterol	0 mg

FIBRE & SUGAR	S
Dietary Fibre	1 g
Sugars	1 g



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INGREDIENTS & INSTRUCTIONS

STEP 1					
Ingredients	50 (m)	10 (I)	Instructions		
Everything Bagel	50 each	10 each	Slice bagel in half		
Cream Cheese	100 tbsp	20 tbsp	horizontally. Toast until golden brown.		

STEP 2						
Ingredients	50	10	20	40	12	11
Tomato, Fresh	150 slices	30 slices	60 slices	120 slices	36 slices	33 slices
Red Onion	50 thin slices	10 thin slices	20 thin slices	40 thin slices	12 thin slices	11 thin slices

Instructions

Spread cream cheese on both toasted bagel halves.

STEP 3						
Ingredients	50	10	20	40	12	11
Fresh Dill	50 tsp	10 tsp	20 tsp	40 tsp	12 tsp	11 tsp
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FIBRE & SUGARS	S
Dietary Fibre	1 g
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Iron	1.25 mg

FATS & CHOLESTEROL				
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Trans Fat	0 g			
Cholesterol	0 mg			

S
1 g
1 g



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1 each T

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Serving Utensil

Tongs and Knife

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MACRONUTRIENTS				
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Protein	3.5 g			
Carbohydrate	18.5 g			
Total Fat	0.5 g			

MINERALS	
o 1:	475
Sodium	135 mg
Potassium	25 mg
Calcium	38 mg
Iron	1.25 mg

FATS & CHOL	ESTEROL
Saturated Fat	0.15 g
Trans Fat	0 g
Cholesterol	0 mg

FIBRE & SUGARS	S
Dietary Fibre	1 g
Sugars	1 g



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Instructions

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Ingredients	50	10	20	40	12	11
Fresh Dill	50 tsp	10 tsp	20 tsp	40 tsp	12 tsp	11 tsp
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Total Fat	0.5 g

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FATS & CHOL	ESTEROL
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Trans Fat	0 g
Cholesterol	0 mg

S
1 g
1 g



BREADS



Portion Size Serving L

1 each Tongs a

Production Area **Hot**

Serving Utensil
Tongs and Knife

Estimated Cost Per Serving **0.29**

INGREDIENTS & INSTRUCTIONS

STEP 1				
Ingredients	50 (m)	10 (I)	Instructions	
Everything Bagel	50 each	10 each	Slice bagel in half	
Cream Cheese	100 tbsp	20 tbsp	horizontally. Toast until golden brown.	

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Ingredients	50	10	20	40	12	11
Tomato, Fresh	150 slices	30 slices	60 slices	120 slices	36 slices	33 slices
Red Onion	50 thin slices	10 thin slices	20 thin slices	40 thin slices	12 thin slices	11 thin slices

Instructions

Spread cream cheese on both toasted bagel halves.

STEP 3						
Ingredients	50	10	20	40	12	11
Fresh Dill	50 tsp	10 tsp	20 tsp	40 tsp	12 tsp	11 tsp
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Total Fat	0.5 g

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FATS & CHOLESTEROL			
Saturated Fat	0.15 g		
Trans Fat	0 g		
Cholesterol	0 mg		

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1 g
1 g



BREADS



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Fresh Dill	50 tsp	10 tsp	20 tsp	40 tsp	12 tsp	11 tsp
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FIBRE & SUGAR	S
Dietary Fibre	1 g
Sugars	1 g



BREADS



Portion Size Set 1 each To

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Tongs and Knife

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Cream Cheese	100 tbsp	20 tbsp	horizontally. Toast until golden brown.	

STEP 2						
Ingredients	50	10	20	40	12	11
Tomato, Fresh	150 slices	30 slices	60 slices	120 slices	36 slices	33 slices
Red Onion	50 thin slices	10 thin slices	20 thin slices	40 thin slices	12 thin slices	11 thin slices

Instructions

Spread cream cheese on both toasted bagel halves.

STEP 3						
Ingredients	50	10	20	40	12	11
Fresh Dill	50 tsp	10 tsp	20 tsp	40 tsp	12 tsp	11 tsp
Black Pepper	50 pinch	10 pinch	20 pinch	40 pinch	12 pinch	11 pinch

Layer tomato and red onion on bottom half. Sprinkle with dill and pepper. Top with other bagel half.

MACRONUTRIENTS				
Calories	100 Kcal			
Protein	3.5 g			
Carbohydrate	18.5 g			
Total Fat	0.5 g			

MINERALS	
Sodium	135 mg
Potassium	25 mg
Calcium	38 mg
Iron	1.25 mg

FATS & CHOLESTEROL				
Saturated Fat	0.15 g			
Trans Fat	0 g			
Cholesterol	0 mg			

FIBRE & SUGARS	S
Dietary Fibre	1 g
Sugars	1 g



BREADS



Portion Size Serving Utensil

1 each Tongs and Knife

Production Area **Hot**

Estimated Cost Per Serving 0.29

INGREDIENTS & INSTRUCTIONS

STEP 1					
Ingredients	50 (m)	10 (I)	Instructions		
Everything Bagel	50 each	10 each	Slice bagel in half horizontally. Toast until		
Cream Cheese	100 tbsp	20 tbsp	golden brown.		

STEP 2						
Ingredients	50	10	20	40	12	11
Tomato, Fresh	150 slices	30 slices	60 slices	120 slices	36 slices	33 slices
Red Onion	50 thin	10 thin slices	20 thin slices	40 thin	12 thin	11 thin

Instructions

Spread cream cheese on both toasted bagel halves.

STEP 3						
Ingredients	50	10	20	40	12	11
Fresh Dill	50 tsp	10 tsp	20 tsp	40 tsp	12 tsp	11 tsp
Black Pepper	50 pinch	10 pinch	20 pinch	40 pinch	12 pinch	11 pinch

Layer tomato and red onion on bottom half. Sprinkle with dill and pepper. Top with other bagel half.

MACRONUTRIE	ENTS
Calories	100 Kcal
Protein	3.5 g
Carbohydrate	18.5 g
Total Fat	0.5 g

MINERALS	
Sodium	135 mg
Potassium	25 mg
Calcium	38 mg
Iron	1.25 mg

FATS & CHOLESTEROL					
Saturated Fat	0.15 g				
Trans Fat	0 g				
Cholesterol	0 mg				

S
1 g
1 g



BREADS



Portion Size Serving Utensil

1 each Tongs and Knife

Production Area **Hot**

Estimated Cost Per Serving **0.29**

INGREDIENTS & INSTRUCTIONS

STEP 1			
Ingredients	50 (m)	10 (I)	Instructions
Everything Bagel	50 each	10 each	Slice bagel in half horizontally. Toast until
Cream Cheese	100 tbsp	20 tbsp	golden brown.

STEP 2						
Ingredients	50	10	20	40	12	11
Tomato, Fresh	150 slices	30 slices	60 slices	120 slices	36 slices	33 slices
Red Onion	50 thin	10 thin	20 thin slices	40 thin	12 thin	11 thin

Instructions

Spread cream cheese on both toasted bagel halves.

STEP 3						
Ingredients	50	10	20	40	12	11
Fresh Dill	50 tsp	10 tsp	20 tsp	40 tsp	12 tsp	11 tsp
Black Pepper	50 pinch	10 pinch	20 pinch	40 pinch	12 pinch	11 pinch

Layer tomato and red onion on bottom half. Sprinkle with dill and pepper. Top with other bagel half.

MACRONUTRIE	INTS
Calories	100 Kcal
Protein	3.5 g
Carbohydrate	18.5 g
Total Fat	0.5 g

MINERALS	
Sodium	135 mg
Potassium	25 mg
Calcium	38 mg
Iron	1.25 mg

FATS & CHOL	ESTEROL
Saturated Fat	0.15 g
Trans Fat	0 g
Cholesterol	0 mg

FIBRE & SUGAR	S
Dietary Fibre	1 g
Sugars	1 g



BREADS



Portion Size Serving Utensil

1 each Tongs and Knife

Production Area Estimated Cost Per
Hot Serving
0,29

INGREDIENTS & INSTRUCTIONS

STEP 1				
Ingredients	50 (m)	10 (I)	Instructions	
Everything Bagel	50 each	10 each	Slice bagel in half horizontally. Toast until	
Cream Cheese	100 tbsp	20 tbsp	golden brown.	

STEP 2						
Ingredients	50	10	20	40	12	11
Tomato, Fresh	150 slices	30 slices	60 slices	120 slices	36 slices	33 slices
Red Onion	50 thin slices	10 thin slices	20 thin slices	40 thin slices	12 thin slices	11 thin slices

Instructions

Spread cream cheese on both toasted bagel halves.

STEP 3						
Ingredients	50	10	20	40	12	11
Fresh Dill	50 tsp	10 tsp	20 tsp	40 tsp	12 tsp	11 tsp
Black Pepper	50 pinch	10 pinch	20 pinch	40 pinch	12 pinch	11 pinch

Layer tomato and red onion on bottom half. Sprinkle with dill and pepper. Top with other bagel half.

MACRONUTRIE	ENTS
Calories	100 Kcal
Protein	3.5 g
Carbohydrate	18.5 g
Total Fat	0.5 g

MINERALS	
Sodium	135 mg
Potassium	25 mg
Calcium	38 mg
Iron	1.25 mg

FATS & CHOLESTEROL			
Saturated Fat	0.15 g		
Trans Fat	0 g		
Cholesterol	0 mg		

FIBRE & SUGARS	S
Dietary Fibre	1 g
Sugars	1 g



BREADS



Portion Size Serving Utensil

1 each Tongs and Knife

Production Area **Hot**

Estimated Cost Per Serving 0.29

INGREDIENTS & INSTRUCTIONS

STEP 1					
Ingredients 50 (m) 10 (I) Instructions					
Everything Bagel	50 each	10 each	Slice bagel in half horizontally. Toast until		
Cream Cheese	100 tbsp	20 tbsp	golden brown.		

STEP 2						
Ingredients	50	10	20	40	12	11
Tomato, Fresh	150 slices	30 slices	60 slices	120 slices	36 slices	33 slices
Red Onion	50 thin slices	10 thin slices	20 thin slices	40 thin slices	12 thin slices	11 thin slices

Instructions

Spread cream cheese on both toasted bagel halves.

STEP 3						
Ingredients	50	10	20	40	12	11
Fresh Dill	50 tsp	10 tsp	20 tsp	40 tsp	12 tsp	11 tsp
Black Pepper	50 pinch	10 pinch	20 pinch	40 pinch	12 pinch	11 pinch

Layer tomato and red onion on bottom half. Sprinkle with dill and pepper. Top with other bagel half.

MACRONUTRIENTS				
Calories	100 Kcal			
Protein	3.5 g			
Carbohydrate	18.5 g			
Total Fat	0.5 g			

MINERALS	
Sodium	135 mg
Potassium	25 mg
Calcium	38 mg
Iron	1.25 mg

FATS & CHOLESTEROL			
Saturated Fat	0.15 g		
Trans Fat	0 g		
Cholesterol	0 mg		

FIBRE & SUGARS	S
Dietary Fibre	1 g
Sugars	1 g



BREADS



Portion Size

1 each

Production Area

Hot

Serving Utensil

Tongs and Knife

Estimated Cost Per Serving **0.29**

INGREDIENTS & INSTRUCTIONS

STEP 1					
Ingredients 50 (m) 10 (I) Instructions					
Everything Bagel	50 each	10 each	Slice bagel in half horizontally. Toast until		
Cream Cheese	100 tbsp	20 tbsp	golden brown.		

STEP 2						
Ingredients	50	10	20	40	12	11
Tomato, Fresh	150 slices	30 slices	60 slices	120 slices	36 slices	33 slices
Red Onion	50 thin slices	10 thin slices	20 thin slices	40 thin slices	12 thin slices	11 thin slices

Instructions

Spread cream cheese on both toasted bagel halves.

STEP 3						
Ingredients	50	10	20	40	12	11
Fresh Dill	50 tsp	10 tsp	20 tsp	40 tsp	12 tsp	11 tsp
Black Pepper	50 pinch	10 pinch	20 pinch	40 pinch	12 pinch	11 pinch

Layer tomato and red onion on bottom half. Sprinkle with dill and pepper. Top with other bagel half.

MACRONUTRIE	INTS
Calories	100 Kcal
Protein	3.5 g
Carbohydrate	18.5 g
Total Fat	0.5 g

MINERALS	
Sodium	135 mg
Potassium	25 mg
Calcium	38 mg
Iron	1.25 mg

FATS & CHOL	ESTEROL
Saturated Fat	0.15 g
Trans Fat	0 g
Cholesterol	0 mg

S
1 g
1 g



BREADS



Portion Size Serving Utensil

1 each Tongs and K

Production Area **Hot**

Tongs and Knife
Estimated Cost Per
Serving
0.29

INGREDIENTS & INSTRUCTIONS

STEP 1					
Ingredients	50 (m)	10 (I)	Instructions		
Everything Bagel	50 each	10 each	Slice bagel in half horizontally. Toast until		
Cream Cheese	100 tbsp	20 tbsp	golden brown.		

STEP 2						
Ingredients	50	10	20	40	12	11
Tomato, Fresh	150 slices	30 slices	60 slices	120 slices	36 slices	33 slices
Red Onion	50 thin slices	10 thin slices	20 thin slices	40 thin slices	12 thin slices	11 thin slices

Instructions

Spread cream cheese on both toasted bagel halves.

STEP 3						
Ingredients	50	10	20	40	12	11
Fresh Dill	50 tsp	10 tsp	20 tsp	40 tsp	12 tsp	11 tsp
Black Pepper	50 pinch	10 pinch	20 pinch	40 pinch	12 pinch	11 pinch

Layer tomato and red onion on bottom half. Sprinkle with dill and pepper. Top with other bagel half.

NUTRITIONAL INFO Per Serving

MACRONUTRIENTS		
Calories	100 Kcal	
Protein	3.5 g	
Carbohydrate	18.5 g	
Total Fat	0.5 g	

MINERALS	
Sodium	135 mg
Potassium	25 mg
Calcium	38 mg
Iron	1.25 mg

FATS & CHOL	ESTEROL
Saturated Fat	0.15 g
Trans Fat	0 g
Cholesterol	0 mg

FIBRE & SUGAR	S
Dietary Fibre	1 g
Sugars	1 g



BREADS



Portion Size Servi

1 each Tong

Production Area **Hot**

Serving Utensil
Tongs and Knife
Estimated Cost Per
Serving
0.29

INGREDIENTS & INSTRUCTIONS

STEP 1					
Ingredients	50 (m)	10 (I)	Instructions		
Everything Bagel	50 each	10 each	Slice bagel in half horizontally. Toast until		
Cream Cheese	100 tbsp	20 tbsp	golden brown.		

STEP 2						
Ingredients	50	10	20	40	12	11
Tomato, Fresh	150 slices	30 slices	60 slices	120 slices	36 slices	33 slices
Red Onion	50 thin	10 thin	20 thin slices	40 thin	12 thin	11 thin

Instructions

Spread cream cheese on both toasted bagel halves.

STEP 3						
Ingredients	50	10	20	40	12	11
Fresh Dill	50 tsp	10 tsp	20 tsp	40 tsp	12 tsp	11 tsp
Black Pepper	50 pinch	10 pinch	20 pinch	40 pinch	12 pinch	11 pinch

Layer tomato and red onion on bottom half. Sprinkle with dill and pepper. Top with other bagel half.

MACRONUTRIENTS					
Calories	100 Kcal				
Protein	3.5 g				
Carbohydrate	18.5 g				
Total Fat	0.5 g				

MINERALS	
Sodium	135 mg
Potassium	25 mg
Calcium	38 mg
Iron	1.25 mg

FATS & CHOL	ESTEROL
Saturated Fat	0.15 g
Trans Fat	0 g
Cholesterol	0 mg

FIBRE & SUGARS	S
Dietary Fibre	1 g
Sugars	1 g



BREADS



Portion Size Serving Utensil

1 each Tongs and Knife

Production Area **Hot**

Estimated Cost Per Serving 0.29

INGREDIENTS & INSTRUCTIONS

STEP 1					
Ingredients	50 (m)	10 (I)	Instructions		
Everything Bagel	50 each	10 each	Slice bagel in half horizontally. Toast until		
Cream Cheese	100 tbsp	20 tbsp	golden brown.		

STEP 2						
Ingredients	50	10	20	40	12	11
Tomato, Fresh	150 slices	30 slices	60 slices	120 slices	36 slices	33 slices
Red Onion	50 thin	10 thin slices	20 thin slices	40 thin	12 thin slices	11 thin

Instructions

Spread cream cheese on both toasted bagel halves.

STEP 3						
Ingredients	50	10	20	40	12	11
Fresh Dill	50 tsp	10 tsp	20 tsp	40 tsp	12 tsp	11 tsp
Black Pepper	50 pinch	10 pinch	20 pinch	40 pinch	12 pinch	11 pinch

Layer tomato and red onion on bottom half. Sprinkle with dill and pepper. Top with other bagel half.

MACRONUTRIENTS					
Calories	100 Kcal				
Protein	3.5 g				
Carbohydrate	18.5 g				
Total Fat	0.5 g				

MINERALS	
Sodium	135 mg
Potassium	25 mg
Calcium	38 mg
Iron	1.25 mg
	J

FATS & CHOLESTEROL				
0.15 g				
0 g				
0 mg				

g
g



BREADS



Portion Size Serving Utensil

1 each Tongs and K

Production Area **Hot**

Tongs and Knife
Estimated Cost Per
Serving
0.29

INGREDIENTS & INSTRUCTIONS

STEP 1					
Ingredients	Instructions				
Everything Bagel	50 each	10 each	Slice bagel in half horizontally. Toast until		
Cream Cheese	100 tbsp	20 tbsp	golden brown.		

STEP 2						
Ingredients	50	10	20	40	12	11
Tomato, Fresh	150 slices	30 slices	60 slices	120 slices	36 slices	33 slices
Red Onion	50 thin slices	10 thin slices	20 thin slices	40 thin slices	12 thin slices	11 thin slices

Instructions

Spread cream cheese on both toasted bagel halves.

STEP 3						
Ingredients	50	10	20	40	12	11
Fresh Dill	50 tsp	10 tsp	20 tsp	40 tsp	12 tsp	11 tsp
Black Pepper	50 pinch	10 pinch	20 pinch	40 pinch	12 pinch	11 pinch

Layer tomato and red onion on bottom half. Sprinkle with dill and pepper. Top with other bagel half.

MACRONUTRIE	INTS
Calories	100 Kcal
Protein	3.5 g
Carbohydrate	18.5 g
Total Fat	0.5 g

MINERALS	
Sodium	135 mg
Potassium	25 mg
Calcium	38 mg
Iron	1.25 mg

FATS & CHOLESTEROL				
Saturated Fat	0.15 g			
Trans Fat	0 g			
Cholesterol	0 mg			

5
1 g
1 g



BREADS



Portion Size Serving Utensil

1 each Tongs and K

Production Area **Hot**

Tongs and Knife
Estimated Cost Per
Serving
0.29

INGREDIENTS & INSTRUCTIONS

STEP 1					
Ingredients	50 (m)	10 (I)	Instructions		
Everything Bagel	50 each	10 each	Slice bagel in half horizontally. Toast until		
Cream Cheese	100 tbsp	20 tbsp	golden brown.		

STEP 2						
Ingredients	50	10	20	40	12	11
Tomato, Fresh	150 slices	30 slices	60 slices	120 slices	36 slices	33 slices
Red Onion	50 thin slices	10 thin slices	20 thin slices	40 thin slices	12 thin slices	11 thin slices

Instructions

Spread cream cheese on both toasted bagel halves.

STEP 3						
Ingredients	50	10	20	40	12	11
Fresh Dill	50 tsp	10 tsp	20 tsp	40 tsp	12 tsp	11 tsp
Black Pepper	50 pinch	10 pinch	20 pinch	40 pinch	12 pinch	11 pinch

Layer tomato and red onion on bottom half. Sprinkle with dill and pepper. Top with other bagel half.

MACRONUTRIE	INTS
Calories	100 Kcal
Protein	3.5 g
Carbohydrate	18.5 g
Total Fat	0.5 g

MINERALS	
Sodium	135 mg
Potassium	25 mg
Calcium	38 mg
Iron	1.25 mg

FATS & CHOL	ESTEROL
Saturated Fat	0.15 g
Trans Fat	0 g
Cholesterol	0 mg

FIBRE & SUGARS	S
Dietary Fibre	1 g
Sugars	1 g



BREADS



Portion Size Serving Utensil

1 each Tongs and K

Production Area

Hot

Tongs and Knife
Estimated Cost Per
Serving
0.29

INGREDIENTS & INSTRUCTIONS

STEP 1			
Ingredients	50 (m)	10 (I)	Instructions
Everything Bagel	50 each	10 each	Slice bagel in half horizontally. Toast until
Cream Cheese	100 tbsp	20 tbsp	golden brown.

STEP 2						
Ingredients	50	10	20	40	12	11
Tomato, Fresh	150 slices	30 slices	60 slices	120 slices	36 slices	33 slices
Red Onion	50 thin	10 thin	20 thin slices	40 thin	12 thin	11 thin

Instructions

Spread cream cheese on both toasted bagel halves.

STEP 3						
Ingredients	50	10	20	40	12	11
Fresh Dill	50 tsp	10 tsp	20 tsp	40 tsp	12 tsp	11 tsp
Black Pepper	50 pinch	10 pinch	20 pinch	40 pinch	12 pinch	11 pinch

Layer tomato and red onion on bottom half. Sprinkle with dill and pepper. Top with other bagel half.

MACRONUTRIENTS				
Calories	100 Kcal			
Protein	3.5 g			
Carbohydrate	18.5 g			
Total Fat	0.5 g			

MINERALS	
Sodium	135 mg
Potassium	25 mg
Calcium	38 mg
Iron	1.25 mg

FATS & CHOL	ESTEROL
Saturated Fat	0.15 g
Trans Fat	0 g
Cholesterol	0 mg

FIBRE & SUGARS	S
Dietary Fibre	1 g
Sugars	1 g



BREADS



Portion Size Serving Utensil

1 each Tongs and K

Production Area

Hot

Tongs and Knife
Estimated Cost Per
Serving
0.29

INGREDIENTS & INSTRUCTIONS

STEP 1					
Ingredients	50 (m)	10 (I)	Instructions		
Everything Bagel	50 each	10 each	Slice bagel in half horizontally. Toast until		
Cream Cheese	100 tbsp	20 tbsp	golden brown.		

STEP 2						
Ingredients	50	10	20	40	12	11
Tomato, Fresh	150 slices	30 slices	60 slices	120 slices	36 slices	33 slices
Red Onion	50 thin slices	10 thin slices	20 thin slices	40 thin slices	12 thin slices	11 thin slices

Instructions

Spread cream cheese on both toasted bagel halves.

STEP 3						
Ingredients	50	10	20	40	12	11
Fresh Dill	50 tsp	10 tsp	20 tsp	40 tsp	12 tsp	11 tsp
Black Pepper	50 pinch	10 pinch	20 pinch	40 pinch	12 pinch	11 pinch

Layer tomato and red onion on bottom half. Sprinkle with dill and pepper. Top with other bagel half.

MACRONUTRIENTS				
Calories	100 Kcal			
Protein	3.5 g			
Carbohydrate	18.5 g			
Total Fat	0.5 g			

MINERALS	
Sodium	135 mg
Potassium	25 mg
Calcium	38 mg
Iron	1.25 mg

FATS & CHOL	ESTEROL
Saturated Fat	0.15 g
Trans Fat	0 g
Cholesterol	0 mg

FIBRE & SUGARS	S
Dietary Fibre	1 g
Sugars	1 g



BREADS



Portion Size

1 each

Production Area **Hot**

Serving Utensil

Tongs and Knife

Estimated Cost Per Serving **0.29**

INGREDIENTS & INSTRUCTIONS

STEP 1					
Ingredients	50 (m)	10 (I)	Instructions		
Everything Bagel	50 each	10 each	Slice bagel in half horizontally. Toast until		
Cream Cheese	100 tbsp	20 tbsp	golden brown.		

STEP 2						
Ingredients	50	10	20	40	12	11
Tomato, Fresh	150 slices	30 slices	60 slices	120 slices	36 slices	33 slices
Red Onion	50 thin	10 thin	20 thin slices	40 thin	12 thin	11 thin

Instructions

Spread cream cheese on both toasted bagel halves.

STEP 3						
Ingredients	50	10	20	40	12	11
Fresh Dill	50 tsp	10 tsp	20 tsp	40 tsp	12 tsp	11 tsp
Black Pepper	50 pinch	10 pinch	20 pinch	40 pinch	12 pinch	11 pinch

Layer tomato and red onion on bottom half. Sprinkle with dill and pepper. Top with other bagel half.

MACRONUTRIENTS				
Calories	100 Kcal			
Protein	3.5 g			
Carbohydrate	18.5 g			
Total Fat	0.5 g			

MINERALS	
Sodium	135 mg
Potassium	25 mg
Calcium	38 mg
Iron	1.25 mg

FATS & CHOLESTEROL					
0.15 g					
0 g					
0 mg					

FIBRE & SUGARS	S
Dietary Fibre	1 g
Sugars	1 g



BREADS



Portion Size Signal Portion Size

Production Area **Hot**

Serving Utensil

Tongs and Knife

Estimated Cost Per Serving **0.29**

INGREDIENTS & INSTRUCTIONS

STEP 1						
Ingredients	50 (m)	10 (I)	Instructions			
Everything Bagel	50 each	10 each	Slice bagel in half			
Cream Cheese	100 tbsp	20 tbsp	horizontally. Toast until golden brown.			

STEP 2						
Ingredients	50	10	20	40	12	11
Tomato, Fresh	150 slices	30 slices	60 slices	120 slices	36 slices	33 slices
Red Onion	50 thin slices	10 thin slices	20 thin slices	40 thin slices	12 thin slices	11 thin slices

Instructions

Spread cream cheese on both toasted bagel halves.

STEP 3						
Ingredients	50	10	20	40	12	11
Fresh Dill	50 tsp	10 tsp	20 tsp	40 tsp	12 tsp	11 tsp
Black Pepper	50 pinch	10 pinch	20 pinch	40 pinch	12 pinch	11 pinch

Layer tomato and red onion on bottom half. Sprinkle with dill and pepper. Top with other bagel half.

MACRONUTRIENTS					
Calories	100 Kcal				
Protein	3.5 g				
Carbohydrate	18.5 g				
Total Fat	0.5 g				

MINERALS	
Sodium	135 mg
Potassium	25 mg
Calcium	38 mg
Iron	1.25 mg

FATS & CHOLESTEROL					
Saturated Fat	0.15 g				
Trans Fat	0 g				
Cholesterol	0 mg				

FIBRE & SUGARS	S
Dietary Fibre	1 g
Sugars	1 g



BREADS



Portion Size Server 1 each Ton

Production Area **Hot**

Serving Utensil

Tongs and Knife

Estimated Cost Per

Serving **0.29**

INGREDIENTS & INSTRUCTIONS

STEP 1				
Ingredients	50 (m)	10 (I)	Instructions	
Everything Bagel	50 each	10 each	Slice bagel in half	
Cream Cheese	100 tbsp	20 tbsp	horizontally. Toast until golden brown.	

STEP 2						
Ingredients	50	10	20	40	12	11
Tomato, Fresh	150 slices	30 slices	60 slices	120 slices	36 slices	33 slices
Red Onion	50 thin slices	10 thin slices	20 thin slices	40 thin slices	12 thin slices	11 thin slices

Instructions

Spread cream cheese on both toasted bagel halves.

STEP 3						
Ingredients	50	10	20	40	12	11
Fresh Dill	50 tsp	10 tsp	20 tsp	40 tsp	12 tsp	11 tsp
Black Pepper	50 pinch	10 pinch	20 pinch	40 pinch	12 pinch	11 pinch

Layer tomato and red onion on bottom half. Sprinkle with dill and pepper. Top with other bagel half.

MACRONUTRIENTS			
Calories	100 Kcal		
Protein	3.5 g		
Carbohydrate	18.5 g		
Total Fat	0.5 g		

MINERALS	
Sodium	135 mg
Potassium	25 mg
Calcium	38 mg
Iron	1.25 mg

FATS & CHOLESTEROL			
Saturated Fat	0.15 g		
Trans Fat	0 g		
Cholesterol	0 mg		

S
1 g
1 g



BREADS



Portion Size Serving Utensil

1 each Tongs and K

Production Area **Hot**

Tongs and Knife
Estimated Cost Per
Serving
0.29

INGREDIENTS & INSTRUCTIONS

STEP 1				
Ingredients	50 (m)	10 (I)	Instructions	
Everything Bagel	50 each	10 each	Slice bagel in half horizontally. Toast until	
Cream Cheese	100 tbsp	20 tbsp	golden brown.	

STEP 2						
Ingredients	50	10	20	40	12	11
Tomato, Fresh	150 slices	30 slices	60 slices	120 slices	36 slices	33 slices
Red Onion	50 thin slices	10 thin slices	20 thin slices	40 thin slices	12 thin slices	11 thin slices

Instructions

Spread cream cheese on both toasted bagel halves.

STEP 3						
Ingredients	50	10	20	40	12	11
Fresh Dill	50 tsp	10 tsp	20 tsp	40 tsp	12 tsp	11 tsp
Black Pepper	50 pinch	10 pinch	20 pinch	40 pinch	12 pinch	11 pinch

Layer tomato and red onion on bottom half. Sprinkle with dill and pepper. Top with other bagel half.

MACRONUTRIENTS			
Calories	100 Kcal		
Protein	3.5 g		
Carbohydrate	18.5 g		
Total Fat	0.5 g		

MINERALS	
Sodium	135 mg
Potassium	25 mg
Calcium	38 mg
Iron	1.25 mg

FATS & CHOLESTEROL			
Saturated Fat	0.15 g		
Trans Fat	0 g		
Cholesterol	0 mg		

FIBRE & SUGARS	S
Dietary Fibre	1 g
Sugars	1 g



BREADS



Portion Size Service Service Tor

Production Area **Hot**

Serving Utensil

Tongs and Knife

Estimated Cost Per Serving **0.29**

INGREDIENTS & INSTRUCTIONS

STEP 1				
Ingredients	50 (m)	10 (I)	Instructions	
Everything Bagel	50 each	10 each	Slice bagel in half horizontally. Toast until	
Cream Cheese	100 tbsp	20 tbsp	golden brown.	

STEP 2						
Ingredients	50	10	20	40	12	11
Tomato, Fresh	150 slices	30 slices	60 slices	120 slices	36 slices	33 slices
Red Onion	50 thin slices	10 thin slices	20 thin slices	40 thin slices	12 thin slices	11 thin

Instructions

Spread cream cheese on both toasted bagel halves.

STEP 3						
Ingredients	50	10	20	40	12	11
Fresh Dill	50 tsp	10 tsp	20 tsp	40 tsp	12 tsp	11 tsp
Black Pepper	50 pinch	10 pinch	20 pinch	40 pinch	12 pinch	11 pinch

Layer tomato and red onion on bottom half. Sprinkle with dill and pepper. Top with other bagel half.

ENTS
100 Kcal
3.5 g
18.5 g
0.5 g

MINERALS	
Sodium	135 mg
Potassium	25 mg
Calcium	38 mg
Iron	1.25 mg

FATS & CHOL	ESTEROL
Saturated Fat	0.15 g
Trans Fat	0 g
Cholesterol	0 mg

FIBRE & SUGARS	S
Dietary Fibre	1 g
Sugars	1 g



BREADS



Portion Size Serving Utensil

1 each Tongs and K

Production Area

Hot

Tongs and Knife
Estimated Cost Per
Serving
0.29

INGREDIENTS & INSTRUCTIONS

STEP 1				
Ingredients	50 (m)	10 (I)	Instructions	
Everything Bagel	50 each	10 each	Slice bagel in half	
Cream Cheese	100 tbsp	20 tbsp	horizontally. Toast until golden brown.	

STEP 2						
Ingredients	50	10	20	40	12	11
Tomato, Fresh	150 slices	30 slices	60 slices	120 slices	36 slices	33 slices
Red Onion	50 thin slices	10 thin slices	20 thin slices	40 thin slices	12 thin slices	11 thin slices

Instructions

Spread cream cheese on both toasted bagel halves.

STEP 3						
Ingredients	50	10	20	40	12	11
Fresh Dill	50 tsp	10 tsp	20 tsp	40 tsp	12 tsp	11 tsp
Black Pepper	50 pinch	10 pinch	20 pinch	40 pinch	12 pinch	11 pinch

Layer tomato and red onion on bottom half. Sprinkle with dill and pepper. Top with other bagel half.

MACRONUTRIENTS				
Calories	100 Kcal			
Protein	3.5 g			
Carbohydrate	18.5 g			
Total Fat	0.5 g			

MINERALS	
Sodium	135 mg
Potassium	25 mg
Calcium	38 mg
Iron	1.25 mg

FATS & CHOL	ESTEROL
Saturated Fat	0.15 g
Trans Fat	0 g
Cholesterol	0 mg

FIBRE & SUGARS	S
Dietary Fibre	1 g
Sugars	1 g



BREADS



Portion Size Server 1 each Ton

Production Area **Hot**

Serving Utensil
Tongs and Knife

Estimated Cost Per Serving **0.29**

INGREDIENTS & INSTRUCTIONS

STEP 1				
Ingredients	50 (m)	10 (I)	Instructions	
Everything Bagel	50 each	10 each	Slice bagel in half horizontally. Toast until	
Cream Cheese	100 tbsp	20 tbsp	golden brown.	

STEP 2						
Ingredients	50	10	20	40	12	11
Tomato, Fresh	150 slices	30 slices	60 slices	120 slices	36 slices	33 slices
Red Onion	50 thin slices	10 thin slices	20 thin slices	40 thin slices	12 thin slices	11 thin slices

Instructions

Spread cream cheese on both toasted bagel halves.

STEP 3						
Ingredients	50	10	20	40	12	11
Fresh Dill	50 tsp	10 tsp	20 tsp	40 tsp	12 tsp	11 tsp
Black Pepper	50 pinch	10 pinch	20 pinch	40 pinch	12 pinch	11 pinch

Layer tomato and red onion on bottom half. Sprinkle with dill and pepper. Top with other bagel half.

MACRONUTRIENTS				
Calories	100 Kcal			
Protein	3.5 g			
Carbohydrate	18.5 g			
Total Fat	0.5 g			

MINERALS	
Sodium	135 mg
Potassium	25 mg
Calcium	38 mg
Iron	1.25 mg

FATS & CHOLESTEROL					
Saturated Fat	0.15 g				
Trans Fat	0 g				
Cholesterol	0 mg				

FIBRE & SUGARS	S
Dietary Fibre	1 g
Sugars	1 g



BREADS



Portion Size S
1 each T

Production Area **Hot**

Serving Utensil

Tongs and Knife

Estimated Cost Per Serving **0.29**

INGREDIENTS & INSTRUCTIONS

STEP 1				
Ingredients	50 (m)	10 (l)	Instructions	
Everything Bagel	50 each	10 each	Slice bagel in half	
Cream Cheese	100 tbsp	20 tbsp	horizontally. Toast until golden brown.	

STEP 2						
Ingredients	50	10	20	40	12	11
Tomato, Fresh	150 slices	30 slices	60 slices	120 slices	36 slices	33 slices
Red Onion	50 thin slices	10 thin slices	20 thin slices	40 thin slices	12 thin slices	11 thin

Instructions

Spread cream cheese on both toasted bagel halves.

STEP 3						
Ingredients	50	10	20	40	12	11
Fresh Dill	50 tsp	10 tsp	20 tsp	40 tsp	12 tsp	11 tsp
Black Pepper	50 pinch	10 pinch	20 pinch	40 pinch	12 pinch	11 pinch

Layer tomato and red onion on bottom half. Sprinkle with dill and pepper. Top with other bagel half.

MACRONUTRIE	ENTS
Calories	100 Kcal
Protein	3.5 g
Carbohydrate	18.5 g
Total Fat	0.5 g

N	IINERALS		
S	odium	135	mg
P	otassium	25	mg
C	Calcium	38	mg
l	ron	1.25	mg

FATS & CHOLESTEROL					
Saturated Fat	0.15 g				
Trans Fat	0 g				
Cholesterol	0 mg				

S
1 g
1 g



BREADS



Portion Size Serving Utensil

1 each Tongs and Knife

Production Area **Hot**

Estimated Cost Per Serving 0.29

INGREDIENTS & INSTRUCTIONS

STEP 1				
Ingredients	50 (m)	10 (I)	Instructions	
Everything Bagel	50 each	10 each	Slice bagel in half	
Cream Cheese	100 tbsp	20 tbsp	horizontally. Toast until golden brown.	

STEP 2						
Ingredients	50	10	20	40	12	11
Tomato, Fresh	150 slices	30 slices	60 slices	120 slices	36 slices	33 slices
Red Onion	50 thin slices	10 thin slices	20 thin slices	40 thin slices	12 thin slices	11 thin

Instructions

Spread cream cheese on both toasted bagel halves.

STEP 3						
Ingredients	50	10	20	40	12	11
Fresh Dill	50 tsp	10 tsp	20 tsp	40 tsp	12 tsp	11 tsp
Black Pepper	50 pinch	10 pinch	20 pinch	40 pinch	12 pinch	11 pinch

Layer tomato and red onion on bottom half. Sprinkle with dill and pepper. Top with other bagel half.

MACRONUTRIENTS				
Calories	100 Kcal			
Protein	3.5 g			
Carbohydrate	18.5 g			
Total Fat	0.5 g			

MINERALS	
Sodium	135 mg
Potassium	25 mg
Calcium	38 mg
Iron	1.25 mg

FATS & CHOLESTEROL			
Saturated Fat	0.15 g		
Trans Fat	0 g		
Cholesterol	0 mg		

FIBRE & SUGARS	S
Dietary Fibre	1 g
Sugars	1 g



BREADS



Portion Size Serv

1 each Ton

Production Area

Hot

Serving Utensil
Tongs and Knife

Estimated Cost Per Serving **0.29**

INGREDIENTS & INSTRUCTIONS

STEP 1					
Ingredients	50 (m)	10 (I)	Instructions		
Everything Bagel	50 each	10 each	Slice bagel in half horizontally. Toast until		
Cream Cheese	100 tbsp	20 tbsp	golden brown.		

STEP 2						
Ingredients	50	10	20	40	12	11
Tomato, Fresh	150 slices	30 slices	60 slices	120 slices	36 slices	33 slices
Red Onion	50 thin slices	10 thin slices	20 thin slices	40 thin slices	12 thin slices	11 thin slices

Instructions

Spread cream cheese on both toasted bagel halves.

STEP 3						
Ingredients	50	10	20	40	12	11
Fresh Dill	50 tsp	10 tsp	20 tsp	40 tsp	12 tsp	11 tsp
Black Pepper	50 pinch	10 pinch	20 pinch	40 pinch	12 pinch	11 pinch

Layer tomato and red onion on bottom half. Sprinkle with dill and pepper. Top with other bagel half.

MACRONUTRIENTS				
Calories	100 Kcal			
Protein	3.5 g			
Carbohydrate	18.5 g			
Total Fat	0.5 g			

MINERALS	
Sodium	135 mg
Potassium	25 mg
Calcium	38 mg
Iron	1.25 mg

FATS & CHOLESTEROL			
Saturated Fat	0.15 g		
Trans Fat	0 g		
Cholesterol	0 mg		

S
1 g
1 g



BREADS



Portion Size Serving Utensil

1 each Tongs and K

Production Area **Hot**

Tongs and Knife
Estimated Cost Per
Serving
0.29

INGREDIENTS & INSTRUCTIONS

STEP 1				
Ingredients	50 (m)	10 (I)	Instructions	
Everything Bagel	50 each	10 each	Slice bagel in half	
Cream Cheese	100 tbsp	20 tbsp	horizontally. Toast until golden brown.	

STEP 2						
Ingredients	50	10	20	40	12	11
Tomato, Fresh	150 slices	30 slices	60 slices	120 slices	36 slices	33 slices
Red Onion	50 thin slices	10 thin slices	20 thin slices	40 thin slices	12 thin slices	11 thin slices

Instructions

Spread cream cheese on both toasted bagel halves.

STEP 3						
Ingredients	50	10	20	40	12	11
Fresh Dill	50 tsp	10 tsp	20 tsp	40 tsp	12 tsp	11 tsp
Black Pepper	50 pinch	10 pinch	20 pinch	40 pinch	12 pinch	11 pinch

Layer tomato and red onion on bottom half. Sprinkle with dill and pepper. Top with other bagel half.

MACRONUTRIENTS			
Calories	100 Kcal		
Protein	3.5 g		
Carbohydrate	18.5 g		
Total Fat	0.5 g		

MINERALS	
Sodium	135 mg
Potassium	25 mg
Calcium	38 mg
Iron	1.25 mg

FATS & CHOL	ESTEROL
Saturated Fat	0.15 g
Trans Fat	0 g
Cholesterol	0 mg

5
1 g
1 g



BREADS



Portion Size Se 1 each To

Production Area **Hot**

Serving Utensil

Tongs and Knife

Estimated Cost Per Serving **0.29**

INGREDIENTS & INSTRUCTIONS

STEP 1			
Ingredients	50 (m)	10 (I)	Instructions
Everything Bagel	50 each	10 each	Slice bagel in half
Cream Cheese	100 tbsp	20 tbsp	horizontally. Toast until golden brown.

STEP 2						
Ingredients	50	10	20	40	12	11
Tomato, Fresh	150 slices	30 slices	60 slices	120 slices	36 slices	33 slices
Red Onion	50 thin slices	10 thin slices	20 thin slices	40 thin slices	12 thin slices	11 thin slices

Instructions

Spread cream cheese on both toasted bagel halves.

STEP 3						
Ingredients	50	10	20	40	12	11
Fresh Dill	50 tsp	10 tsp	20 tsp	40 tsp	12 tsp	11 tsp
Black Pepper	50 pinch	10 pinch	20 pinch	40 pinch	12 pinch	11 pinch

Layer tomato and red onion on bottom half. Sprinkle with dill and pepper. Top with other bagel half.

MACRONUTRIE	ENTS
Calories	100 Kcal
Protein	3.5 g
Carbohydrate	18.5 g
Total Fat	0.5 g

MINERALS	
Sodium	135 mg
Potassium	25 mg
Calcium	38 mg
Iron	1.25 mg

FATS & CHOL	ESTEROL
Saturated Fat	0.15 g
Trans Fat	0 g
Cholesterol	0 mg

S
1 g
1 g



BREADS



Portion Size Serving Utensil

1 each Tongs and K

Production Area

Hot

Tongs and Knife
Estimated Cost Per
Serving

0.29

INGREDIENTS & INSTRUCTIONS

STEP 1					
Ingredients	50 (m)	10 (l)	Instructions		
Everything Bagel	50 each	10 each	Slice bagel in half horizontally. Toast until		
Cream Cheese	100 tbsp	20 tbsp	golden brown.		

STEP 2						
Ingredients	50	10	20	40	12	11
Tomato, Fresh	150 slices	30 slices	60 slices	120 slices	36 slices	33 slices
Red Onion	50 thin	10 thin	20 thin slices	40 thin	12 thin	11 thin

Instructions

Spread cream cheese on both toasted bagel halves.

STEP 3						
Ingredients	50	10	20	40	12	11
Fresh Dill	50 tsp	10 tsp	20 tsp	40 tsp	12 tsp	11 tsp
Black Pepper	50 pinch	10 pinch	20 pinch	40 pinch	12 pinch	11 pinch

Layer tomato and red onion on bottom half. Sprinkle with dill and pepper. Top with other bagel half.

MACRONUTRIENTS					
Calories	100 Kcal				
Protein	3.5 g				
Carbohydrate	18.5 g				
Total Fat	0.5 g				

MINERALS	
Sodium	135 mg
Potassium	25 mg
Calcium	38 mg
Iron	1.25 mg

FATS & CHOL	ESTEROL
Saturated Fat	0.15 g
Trans Fat	0 g
Cholesterol	0 mg

FIBRE & SUGARS	S
Dietary Fibre	1 g
Sugars	1 g



BREADS



Portion Size Serving Utensil

1 each Tongs and K

Production Area **Hot**

Tongs and Knife
Estimated Cost Per
Serving
0.29

INGREDIENTS & INSTRUCTIONS

STEP 1			
Ingredients	50 (m)	10 (I)	Instructions
Everything Bagel	50 each	10 each	Slice bagel in half horizontally. Toast until
Cream Cheese	100 tbsp	20 tbsp	golden brown.

STEP 2						
Ingredients	50	10	20	40	12	11
Tomato, Fresh	150 slices	30 slices	60 slices	120 slices	36 slices	33 slices
Red Onion	50 thin slices	10 thin slices	20 thin slices	40 thin slices	12 thin slices	11 thin slices

Instructions

Spread cream cheese on both toasted bagel halves.

STEP 3						
Ingredients	50	10	20	40	12	11
Fresh Dill	50 tsp	10 tsp	20 tsp	40 tsp	12 tsp	11 tsp
Black Pepper	50 pinch	10 pinch	20 pinch	40 pinch	12 pinch	11 pinch

Layer tomato and red onion on bottom half. Sprinkle with dill and pepper. Top with other bagel half.

MACRONUTRIENTS					
Calories	100 Kcal				
Protein	3.5 g				
Carbohydrate	18.5 g				
Total Fat	0.5 g				

MINERALS	
Sodium	135 ma
Potassium	135 mg 25 mg
Calcium	38 mg
Iron	1.25 mg
	1.20 1119

FATS & CHOL	ESTEROL
Saturated Fat	0.15 g
Trans Fat	0 g
Cholesterol	0 mg

S
1 g
1 g



BREADS



Portion Size Serving Utensil

1 each Tongs and Knife

Production Area **Hot**

Estimated Cost Per Serving 0.29

INGREDIENTS & INSTRUCTIONS

STEP 1			
Ingredients	50 (m)	10 (I)	Instructions
Everything Bagel	50 each	10 each	Slice bagel in half horizontally. Toast until
Cream Cheese	100 tbsp	20 tbsp	golden brown.

STEP 2						
Ingredients	50	10	20	40	12	11
Tomato, Fresh	150 slices	30 slices	60 slices	120 slices	36 slices	33 slices
Red Onion	50 thin	10 thin slices	20 thin slices	40 thin	12 thin	11 thin

Instructions

Spread cream cheese on both toasted bagel halves.

STEP 3						
Ingredients	50	10	20	40	12	11
Fresh Dill	50 tsp	10 tsp	20 tsp	40 tsp	12 tsp	11 tsp
Black Pepper	50 pinch	10 pinch	20 pinch	40 pinch	12 pinch	11 pinch

Layer tomato and red onion on bottom half. Sprinkle with dill and pepper. Top with other bagel half.

MACRONUTRIE	ENTS
Calories	100 Kcal
Protein	3.5 g
Carbohydrate	18.5 g
Total Fat	0.5 g

MINERALS	
Sodium	135 mg
Potassium	25 mg
Calcium	38 mg
Iron	1.25 mg

FATS & CHOL	ESTEROL
Saturated Fat	0.15 g
Trans Fat	0 g
Cholesterol	0 mg

3
9



BREADS



Portion Size Serving Utensil

1 each Tongs and Knife

Production Area Estimated Cost Per
Hot Serving
0.29

INGREDIENTS & INSTRUCTIONS

STEP 1			
Ingredients	50 (m)	10 (I)	Instructions
Everything Bagel	50 each	10 each	Slice bagel in half horizontally. Toast until
Cream Cheese	100 tbsp	20 tbsp	golden brown.

STEP 2						
Ingredients	50	10	20	40	12	11
Tomato, Fresh	150 slices	30 slices	60 slices	120 slices	36 slices	33 slices
Red Onion	50 thin slices	10 thin slices	20 thin slices	40 thin slices	12 thin slices	11 thin slices

Instructions

Spread cream cheese on both toasted bagel halves.

STEP 3						
Ingredients	50	10	20	40	12	11
Fresh Dill	50 tsp	10 tsp	20 tsp	40 tsp	12 tsp	11 tsp
Black Pepper	50 pinch	10 pinch	20 pinch	40 pinch	12 pinch	11 pinch

Layer tomato and red onion on bottom half. Sprinkle with dill and pepper. Top with other bagel half.

MACRONUTRIENTS				
Calories	100 Kcal			
Protein	3.5 g			
Carbohydrate	18.5 g			
Total Fat	0.5 g			

MINERALS	
Sodium	135 mg
Potassium	25 mg
Calcium	38 mg
Iron	1.25 mg

FATS & CHOL	ESTEROL
Saturated Fat	0.15 g
Trans Fat	0 g
Cholesterol	0 mg

FIBRE & SUGARS	S
Dietary Fibre	1 g
Sugars	1 g



BREADS



Portion Size Serving Utensil

1 each Tongs and Knife

Production Area

Hot

Estimated Cost Per Serving 0.29

INGREDIENTS & INSTRUCTIONS

STEP 1			
Ingredients	50 (m)	10 (I)	Instructions
Everything Bagel	50 each	10 each	Slice bagel in half horizontally. Toast until
Cream Cheese	100 tbsp	20 tbsp	golden brown.

STEP 2						
Ingredients	50	10	20	40	12	11
Tomato, Fresh	150 slices	30 slices	60 slices	120 slices	36 slices	33 slices
Red Onion	50 thin slices	10 thin slices	20 thin slices	40 thin slices	12 thin slices	11 thin slices

Instructions

Spread cream cheese on both toasted bagel halves.

STEP 3						
Ingredients	50	10	20	40	12	11
Fresh Dill	50 tsp	10 tsp	20 tsp	40 tsp	12 tsp	11 tsp
Black Pepper	50 pinch	10 pinch	20 pinch	40 pinch	12 pinch	11 pinch

Layer tomato and red onion on bottom half. Sprinkle with dill and pepper. Top with other bagel half.

MACRONUTRIENTS				
Calories	100 Kcal			
Protein	3.5 g			
Carbohydrate	18.5 g			
Total Fat	0.5 g			

MINERALS	
Sodium	135 mg
Potassium	25 mg
Calcium	38 mg
Iron	1.25 mg

FATS & CHOL	ESTEROL
Saturated Fat	0.15 g
Trans Fat	0 g
Cholesterol	0 mg

FIBRE & SUGARS	S
Dietary Fibre	1 g
Sugars	1 g



BREADS



Portion Size

1 each

Production Area **Hot**

Serving Utensil

Tongs and Knife

Estimated Cost Per Serving 0.29

INGREDIENTS & INSTRUCTIONS

STEP 1					
Ingredients	50 (m)	10 (I)	Instructions		
Everything Bagel	50 each	10 each	Slice bagel in half		
Cream Cheese	100 tbsp	20 tbsp	horizontally. Toast until golden brown.		

STEP 2						
Ingredients	50	10	20	40	12	11
Tomato, Fresh	150 slices	30 slices	60 slices	120 slices	36 slices	33 slices
Red Onion	50 thin	10 thin	20 thin slices	40 thin	12 thin slices	11 thin

Instructions

Spread cream cheese on both toasted bagel halves.

STEP 3						
Ingredients	50	10	20	40	12	11
Fresh Dill	50 tsp	10 tsp	20 tsp	40 tsp	12 tsp	11 tsp
Black Pepper	50 pinch	10 pinch	20 pinch	40 pinch	12 pinch	11 pinch

Layer tomato and red onion on bottom half. Sprinkle with dill and pepper. Top with other bagel half.

MACRONUTRIENTS				
Calories	100 Kcal			
Protein	3.5 g			
Carbohydrate	18.5 g			
Total Fat	0.5 g			

MINERALS	
Sodium	135 mg
Potassium	25 mg
Calcium	38 mg
Iron	1.25 mg
	J

FATS & CHOL	ESTEROL
Saturated Fat	0.15 g
Trans Fat	0 g
Cholesterol	0 mg

FIBRE & SUGARS	S
Dietary Fibre	1 g
Sugars	1 g



BREADS



Portion Size Se 1 each To

Production Area **Hot**

Serving Utensil

Tongs and Knife

Estimated Cost Per Serving **0.29**

INGREDIENTS & INSTRUCTIONS

STEP 1					
Ingredients	50 (m)	10 (I)	Instructions		
Everything Bagel	50 each	10 each	Slice bagel in half horizontally. Toast until		
Cream Cheese	100 tbsp	20 tbsp	golden brown.		

STEP 2						
Ingredients	50	10	20	40	12	11
Tomato, Fresh	150 slices	30 slices	60 slices	120 slices	36 slices	33 slices
Red Onion	50 thin slices	10 thin slices	20 thin slices	40 thin slices	12 thin slices	11 thin slices

Instructions

Spread cream cheese on both toasted bagel halves.

STEP 3						
Ingredients	50	10	20	40	12	11
Fresh Dill	50 tsp	10 tsp	20 tsp	40 tsp	12 tsp	11 tsp
Black Pepper	50 pinch	10 pinch	20 pinch	40 pinch	12 pinch	11 pinch

Layer tomato and red onion on bottom half. Sprinkle with dill and pepper. Top with other bagel half.

MACRONUTRIENTS				
Calories	100 Kcal			
Protein	3.5 g			
Carbohydrate	18.5 g			
Total Fat	0.5 g			

MINERALS	
Sodium	135 mg
Potassium	25 mg
Calcium	38 mg
Iron	1.25 mg

FATS & CHOLESTEROL					
Saturated Fat	0.15 g				
Trans Fat	0 g				
Cholesterol	0 mg				

FIBRE & SUGARS	S
Dietary Fibre	1 g
Sugars	1 g



BREADS



Portion Size Service S

Production Area **Hot**

Serving Utensil
Tongs and Knife
Estimated Cost Per
Serving

0.29

INGREDIENTS & INSTRUCTIONS

STEP 1			
Ingredients	50 (m)	10 (I)	Instructions
Everything Bagel	50 each	10 each	Slice bagel in half horizontally. Toast until
Cream Cheese	100 tbsp	20 tbsp	golden brown.

STEP 2						
Ingredients	50	10	20	40	12	11
Tomato, Fresh	150 slices	30 slices	60 slices	120 slices	36 slices	33 slices
Red Onion	50 thin	10 thin	20 thin slices	40 thin	12 thin slices	11 thin

Instructions

Spread cream cheese on both toasted bagel halves.

STEP 3						
Ingredients	50	10	20	40	12	11
Fresh Dill	50 tsp	10 tsp	20 tsp	40 tsp	12 tsp	11 tsp
Black Pepper	50 pinch	10 pinch	20 pinch	40 pinch	12 pinch	11 pinch

Layer tomato and red onion on bottom half. Sprinkle with dill and pepper. Top with other bagel half.

MACRONUTRIE	ENTS
Calories	100 Kcal
Protein	3.5 g
Carbohydrate	18.5 g
Total Fat	0.5 g

MINERALS	
Sodium	135 mg
Potassium	25 mg
Calcium	38 mg
Iron	1.25 mg

FATS & CHOLESTEROL					
Saturated Fat	0.15 g				
Trans Fat	0 g				
Cholesterol	0 mg				

S
1 g
1 g



BREADS



Portion Size Serving Utensil

1 each Tongs and Knife

Production Area **Hot**

Estimated Cost Per Serving **0.29**

INGREDIENTS & INSTRUCTIONS

STEP 1			
Ingredients	50 (m)	10 (I)	Instructions
Everything Bagel	50 each	10 each	Slice bagel in half horizontally. Toast until
Cream Cheese	100 tbsp	20 tbsp	golden brown.

STEP 2						
Ingredients	50	10	20	40	12	11
Tomato, Fresh	150 slices	30 slices	60 slices	120 slices	36 slices	33 slices
Red Onion	50 thin	10 thin	20 thin slices	40 thin	12 thin slices	11 thin

Instructions

Spread cream cheese on both toasted bagel halves.

STEP 3						
Ingredients	50	10	20	40	12	11
Fresh Dill	50 tsp	10 tsp	20 tsp	40 tsp	12 tsp	11 tsp
Black Pepper	50 pinch	10 pinch	20 pinch	40 pinch	12 pinch	11 pinch

Layer tomato and red onion on bottom half. Sprinkle with dill and pepper. Top with other bagel half.

MACRONUTRIENTS			
Calories	100 Kcal		
Protein	3.5 g		
Carbohydrate	18.5 g		
Total Fat	0.5 g		

MINERALS	
Sodium	135 mg
Potassium	25 mg
Calcium	38 mg
Iron	1.25 mg

FATS & CHOLESTEROL			
Saturated Fat	0.15 g		
Trans Fat	0 g		
Cholesterol	0 mg		

5
1 g
1 g



BREADS



Portion Size Serving Utensil

1 each Tongs and Knife

Production Area Estimated Cost Per
Hot Serving
0.29

INGREDIENTS & INSTRUCTIONS

STEP 1				
Ingredients	50 (m)	10 (I)	Instructions	
Everything Bagel	50 each	10 each	Slice bagel in half horizontally. Toast until	
Cream Cheese	100 tbsp	20 tbsp	golden brown.	

STEP 2						
Ingredients	50	10	20	40	12	11
Tomato, Fresh	150 slices	30 slices	60 slices	120 slices	36 slices	33 slices
Red Onion	50 thin slices	10 thin slices	20 thin slices	40 thin slices	12 thin slices	11 thin slices

Instructions

Spread cream cheese on both toasted bagel halves.

STEP 3						
Ingredients	50	10	20	40	12	11
Fresh Dill	50 tsp	10 tsp	20 tsp	40 tsp	12 tsp	11 tsp
Black Pepper	50 pinch	10 pinch	20 pinch	40 pinch	12 pinch	11 pinch

Layer tomato and red onion on bottom half. Sprinkle with dill and pepper. Top with other bagel half.

NUTRITIONAL INFO Per Serving

MACRONUTRIENTS			
Calories	100 Kcal		
Protein	3.5 g		
Carbohydrate	18.5 g		
Total Fat	0.5 g		

MINERALS	
Sodium	135 mg
Potassium	25 mg
Calcium	38 mg
Iron	1.25 mg

FATS & CHOL	ESTEROL
Saturated Fat	0.15 g
Trans Fat	0 g
Cholesterol	0 mg

S
1 g
1 g



BREADS



Portion Size Serving Utensil

1 each Tongs and K

Production Area **Hot**

Tongs and Knife
Estimated Cost Per
Serving
0.29

INGREDIENTS & INSTRUCTIONS

STEP 1				
Ingredients	50 (m)	10 (I)	Instructions	
Everything Bagel	50 each	10 each	Slice bagel in half horizontally. Toast until	
Cream Cheese	100 tbsp	20 tbsp	golden brown.	

STEP 2						
Ingredients	50	10	20	40	12	11
Tomato, Fresh	150 slices	30 slices	60 slices	120 slices	36 slices	33 slices
Red Onion	50 thin	10 thin slices	20 thin slices	40 thin slices	12 thin slices	11 thin

Instructions

Spread cream cheese on both toasted bagel halves.

STEP 3						
Ingredients	50	10	20	40	12	11
Fresh Dill	50 tsp	10 tsp	20 tsp	40 tsp	12 tsp	11 tsp
Black Pepper	50 pinch	10 pinch	20 pinch	40 pinch	12 pinch	11 pinch

Layer tomato and red onion on bottom half. Sprinkle with dill and pepper. Top with other bagel half.

MACRONUTRIENTS			
Calories	100 Kcal		
Protein	3.5 g		
Carbohydrate	18.5 g		
Total Fat	0.5 g		

MINERALS	
Sodium	135 mg
Potassium	25 mg
Calcium	38 mg
Iron	1.25 mg

FATS & CHOL	ESTEROL
Saturated Fat	0.15 g
Trans Fat	0 g
Cholesterol	0 mg

FIBRE & SUGARS	S
Dietary Fibre	1 g
Sugars	1 g



BREADS



Portion Size Serving Utensil

1 each Tongs and Knife

Production Area **Hot**

Estimated Cost Per Serving 0.29

INGREDIENTS & INSTRUCTIONS

STEP 1					
Ingredients	50 (m)	10 (I)	Instructions		
Everything Bagel	50 each	10 each	Slice bagel in half		
Cream Cheese	100 tbsp	20 tbsp	horizontally. Toast until golden brown.		

STEP 2	STEP 2					
Ingredients	50	10	20	40	12	11
Tomato, Fresh	150 slices	30 slices	60 slices	120 slices	36 slices	33 slices
Red Onion	50 thin slices	10 thin slices	20 thin slices	40 thin slices	12 thin slices	11 thin

Instructions

Spread cream cheese on both toasted bagel halves.

STEP 3						
Ingredients	50	10	20	40	12	11
Fresh Dill	50 tsp	10 tsp	20 tsp	40 tsp	12 tsp	11 tsp
Black Pepper	50 pinch	10 pinch	20 pinch	40 pinch	12 pinch	11 pinch

Layer tomato and red onion on bottom half. Sprinkle with dill and pepper. Top with other bagel half.

MACRONUTRIENTS				
Calories	100 Kcal			
Protein	3.5 g			
Carbohydrate	18.5 g			
Total Fat	0.5 g			

MINERALS	
Sodium	135 mg
Potassium	25 mg
Calcium	38 mg
Iron	1.25 mg

FATS & CHOLESTEROL			
Saturated Fat	0.15 g		
Trans Fat	0 g		
Cholesterol	0 mg		

FIBRE & SUGARS	S
Dietary Fibre	1 g
Sugars	1 g



BREADS



Portion Size Serving Utensil

1 each Tongs and Knife

Production Area

Hot

Estimated Cost Per Serving 0.29

INGREDIENTS & INSTRUCTIONS

STEP 1					
Ingredients	50 (m)	10 (I)	Instructions		
Everything Bagel	50 each	10 each	Slice bagel in half		
Cream Cheese	100 tbsp	20 tbsp	horizontally. Toast until golden brown.		

STEP 2	STEP 2					
Ingredients	50	10	20	40	12	11
Tomato, Fresh	150 slices	30 slices	60 slices	120 slices	36 slices	33 slices
Red Onion	50 thin slices	10 thin slices	20 thin slices	40 thin slices	12 thin slices	11 thin slices

Instructions

Spread cream cheese on both toasted bagel halves.

STEP 3						
Ingredients	50	10	20	40	12	11
Fresh Dill	50 tsp	10 tsp	20 tsp	40 tsp	12 tsp	11 tsp
Black Pepper	50 pinch	10 pinch	20 pinch	40 pinch	12 pinch	11 pinch

Layer tomato and red onion on bottom half. Sprinkle with dill and pepper. Top with other bagel half.

MACRONUTRIENTS				
Calories	100 Kcal			
Protein	3.5 g			
Carbohydrate	18.5 g			
Total Fat	0.5 g			

135 mg
25 mg
38 mg
1.25 mg

FATS & CHOLESTEROL					
Saturated Fat	0.15 g				
Trans Fat	0 g				
Cholesterol	0 mg				

S
1 g
1 g



BREADS



Portion Size Serving Utensil

1 each Tongs and Knife

Production Area Estimated Cost Per
Hot Serving
0,29

INGREDIENTS & INSTRUCTIONS

STEP 1							
Ingredients 50 (m) 10 (I) Instructions							
Everything Bagel	50 each	10 each	Slice bagel in half horizontally. Toast until				
Cream Cheese	100 tbsp	20 tbsp	golden brown.				

STEP 2						
Ingredients	50	10	20	40	12	11
Tomato, Fresh	150 slices	30 slices	60 slices	120 slices	36 slices	33 slices
Red Onion	50 thin slices	10 thin slices	20 thin slices	40 thin slices	12 thin slices	11 thin slices

Instructions

Spread cream cheese on both toasted bagel halves.

STEP 3						
Ingredients	50	10	20	40	12	11
Fresh Dill	50 tsp	10 tsp	20 tsp	40 tsp	12 tsp	11 tsp
Black Pepper	50 pinch	10 pinch	20 pinch	40 pinch	12 pinch	11 pinch

Layer tomato and red onion on bottom half. Sprinkle with dill and pepper. Top with other bagel half.

ENTS
100 Kcal
3.5 g
18.5 g
0.5 g

MINERALS	
Sodium	135 mg
Potassium	25 mg
Calcium	38 mg
Iron	1.25 mg

FATS & CHOLESTEROL					
Saturated Fat	0.15 g				
Trans Fat	0 g				
Cholesterol	0 mg				

S
1 g
1 g



BREADS



Portion Size Serving Utensil

1 each Tongs and K

Production Area **Hot**

Tongs and Knife
Estimated Cost Per
Serving
0.29

INGREDIENTS & INSTRUCTIONS

STEP 1							
Ingredients 50 (m) 10 (I) Instructions							
Everything Bagel	50 each	10 each	Slice bagel in half horizontally. Toast until				
Cream Cheese	100 tbsp	20 tbsp	golden brown.				

STEP 2						
Ingredients	50	10	20	40	12	11
Tomato, Fresh	150 slices	30 slices	60 slices	120 slices	36 slices	33 slices
Red Onion	50 thin slices	10 thin slices	20 thin slices	40 thin slices	12 thin slices	11 thin slices

Instructions

Spread cream cheese on both toasted bagel halves.

STEP 3						
Ingredients	50	10	20	40	12	11
Fresh Dill	50 tsp	10 tsp	20 tsp	40 tsp	12 tsp	11 tsp
Black Pepper	50 pinch	10 pinch	20 pinch	40 pinch	12 pinch	11 pinch

Layer tomato and red onion on bottom half. Sprinkle with dill and pepper. Top with other bagel half.

MACRONUTRIENTS				
Calories	100 Kcal			
Protein	3.5 g			
Carbohydrate	18.5 g			
Total Fat	0.5 g			

MINERALS	
Sodium	135 mg
Potassium	25 mg
Calcium	38 mg
Iron	1.25 mg

FATS & CHOLESTEROL			
Saturated Fat	0.15 g		
Trans Fat	0 g		
Cholesterol	0 mg		

5
1 g
1 g



BREADS



Portion Size Serving Utensil

1 each Tongs and Knife

Production Area **Hot**

Estimated Cost Per Serving 0,29

INGREDIENTS & INSTRUCTIONS

STEP 1				
Ingredients	50 (m)	10 (I)	Instructions	
Everything Bagel	50 each	10 each	Slice bagel in half	
Cream Cheese	100 tbsp	20 tbsp	horizontally. Toast until golden brown.	

STEP 2						
Ingredients	50	10	20	40	12	11
Tomato, Fresh	150 slices	30 slices	60 slices	120 slices	36 slices	33 slices
Red Onion	50 thin	10 thin slices	20 thin slices	40 thin	12 thin	11 thin

Instructions

Spread cream cheese on both toasted bagel halves.

STEP 3						
Ingredients	50	10	20	40	12	11
Fresh Dill	50 tsp	10 tsp	20 tsp	40 tsp	12 tsp	11 tsp
Black Pepper	50 pinch	10 pinch	20 pinch	40 pinch	12 pinch	11 pinch

Layer tomato and red onion on bottom half. Sprinkle with dill and pepper. Top with other bagel half.

MACRONUTRIENTS			
Calories	100 Kcal		
Protein	3.5 g		
Carbohydrate	18.5 g		
Total Fat	0.5 g		

MINERALS	
Sodium	135 mg
Potassium	25 mg
Calcium	38 mg
Iron	1.25 mg

FATS & CHOLESTEROL			
Saturated Fat	0.15 g		
Trans Fat	0 g		
Cholesterol	0 mg		

FIBRE & SUGARS	S
Dietary Fibre	1 g
Sugars	1 g



BREADS



Portion Size Serving Utensil

1 each Tongs and Knife

Production Area Estimated Cost Per
Hot Serving
0,29

INGREDIENTS & INSTRUCTIONS

STEP 1				
Ingredients	50 (m)	10 (I)	Instructions	
Everything Bagel	50 each	10 each	Slice bagel in half horizontally. Toast until	
Cream Cheese	100 tbsp	20 tbsp	golden brown.	

STEP 2						
Ingredients	50	10	20	40	12	11
Tomato, Fresh	150 slices	30 slices	60 slices	120 slices	36 slices	33 slices
Red Onion	50 thin slices	10 thin slices	20 thin slices	40 thin slices	12 thin slices	11 thin slices

Instructions

Spread cream cheese on both toasted bagel halves.

STEP 3						
Ingredients	50	10	20	40	12	11
Fresh Dill	50 tsp	10 tsp	20 tsp	40 tsp	12 tsp	11 tsp
Black Pepper	50 pinch	10 pinch	20 pinch	40 pinch	12 pinch	11 pinch

Layer tomato and red onion on bottom half. Sprinkle with dill and pepper. Top with other bagel half.

MACRONUTRIE	ENTS
Calories	100 Kcal
Protein	3.5 g
Carbohydrate	18.5 g
Total Fat	0.5 g

MINERALS	
Sodium	135 mg
Potassium	25 mg
Calcium	38 mg
Iron	1.25 mg

FATS & CHOLESTEROL			
Saturated Fat	0.15 g		
Trans Fat	0 g		
Cholesterol	0 mg		

FIBRE & SUGARS	S
Dietary Fibre	1 g
Sugars	1 g



BREADS



Portion Size Set 1 each To

Production Area **Hot**

Serving Utensil

Tongs and Knife

Estimated Cost Per Serving **0.29**

INGREDIENTS & INSTRUCTIONS

STEP 1					
Ingredients	50 (m)	10 (I)	Instructions		
Everything Bagel	50 each	10 each	Slice bagel in half		
Cream Cheese	100 tbsp	20 tbsp	horizontally. Toast until golden brown.		

STEP 2						
Ingredients	50	10	20	40	12	11
Tomato, Fresh	150 slices	30 slices	60 slices	120 slices	36 slices	33 slices
Red Onion	50 thin slices	10 thin slices	20 thin slices	40 thin slices	12 thin slices	11 thin slices

Instructions

Spread cream cheese on both toasted bagel halves.

STEP 3						
Ingredients	50	10	20	40	12	11
Fresh Dill	50 tsp	10 tsp	20 tsp	40 tsp	12 tsp	11 tsp
Black Pepper	50 pinch	10 pinch	20 pinch	40 pinch	12 pinch	11 pinch

Layer tomato and red onion on bottom half. Sprinkle with dill and pepper. Top with other bagel half.

MACRONUTRIENTS			
Calories	100 Kcal		
Protein	3.5 g		
Carbohydrate	18.5 g		
Total Fat	0.5 g		

MINERALS	
Sodium	135 mg
Potassium	25 mg
Calcium	38 mg
Iron	1.25 mg

FATS & CHOL	ESTEROL
Saturated Fat	0.15 g
Trans Fat	0 g
Cholesterol	0 mg

FIBRE & SUGARS	S
Dietary Fibre	1 g
Sugars	1 g



BREADS



Portion Size Serving Utensil

1 each Tongs and K

Production Area **Hot**

Tongs and Knife
Estimated Cost Per
Serving
0.29

INGREDIENTS & INSTRUCTIONS

STEP 1			
Ingredients	50 (m)	10 (I)	Instructions
Everything Bagel	50 each	10 each	Slice bagel in half horizontally. Toast until
Cream Cheese	100 tbsp	20 tbsp	golden brown.

STEP 2						
Ingredients	50	10	20	40	12	11
Tomato, Fresh	150 slices	30 slices	60 slices	120 slices	36 slices	33 slices
Red Onion	50 thin	10 thin	20 thin slices	40 thin	12 thin	11 thin

Instructions

Spread cream cheese on both toasted bagel halves.

STEP 3						
Ingredients	50	10	20	40	12	11
Fresh Dill	50 tsp	10 tsp	20 tsp	40 tsp	12 tsp	11 tsp
Black Pepper	50 pinch	10 pinch	20 pinch	40 pinch	12 pinch	11 pinch

Layer tomato and red onion on bottom half. Sprinkle with dill and pepper. Top with other bagel half.

MACRONUTRIENTS					
Calories	100 Kcal				
Protein	3.5 g				
Carbohydrate	18.5 g				
Total Fat	0.5 g				

MINERALS	
MINITALIOALS	
Sodium	135 mg
Potassium	25 mg
Calcium	38 mg
Iron	1.25 mg

FATS & CHOL	ESTEROL
Saturated Fat	0.15 g
Trans Fat	0 g
Cholesterol	0 mg

S
1 g
1 g



BREADS



Portion Size Serving Utensil

1 each Tongs and Knife

Production Area Estimated Cost Per
Hot Serving
0,29

INGREDIENTS & INSTRUCTIONS

STEP 1			
Ingredients	50 (m)	10 (I)	Instructions
Everything Bagel	50 each	10 each	Slice bagel in half horizontally. Toast until
Cream Cheese	100 tbsp	20 tbsp	golden brown.

STEP 2						
Ingredients	50	10	20	40	12	11
Tomato, Fresh	150 slices	30 slices	60 slices	120 slices	36 slices	33 slices
Red Onion	50 thin	10 thin	20 thin	40 thin	12 thin	11 thin

Instructions

Spread cream cheese on both toasted bagel halves.

STEP 3						
Ingredients	50	10	20	40	12	11
Fresh Dill	50 tsp	10 tsp	20 tsp	40 tsp	12 tsp	11 tsp
Black Pepper	50 pinch	10 pinch	20 pinch	40 pinch	12 pinch	11 pinch

Layer tomato and red onion on bottom half. Sprinkle with dill and pepper. Top with other bagel half.

MACRONUTRIENTS				
Calories	100 Kcal			
Protein	3.5 g			
Carbohydrate	18.5 g			
Total Fat	0.5 g			

MINERALS	
Sodium	135 mg
Potassium	25 mg
Calcium	38 mg
Iron	1.25 mg

FATS & CHOL	ESTEROL
Saturated Fat	0.15 g
Trans Fat	0 g
Cholesterol	0 mg

S
1 g
1 g



BREADS



Portion Size Serving Utensil

1 each Tongs and Knife

Production Area Estimated Cost Per
Hot Serving
0,29

INGREDIENTS & INSTRUCTIONS

STEP 1			
Ingredients	50 (m)	10 (I)	Instructions
Everything Bagel	50 each	10 each	Slice bagel in half horizontally. Toast until
Cream Cheese	100 tbsp	20 tbsp	golden brown.

STEP 2						
Ingredients	50	10	20	40	12	11
Tomato, Fresh	150 slices	30 slices	60 slices	120 slices	36 slices	33 slices
Red Onion	50 thin slices	10 thin slices	20 thin slices	40 thin slices	12 thin slices	11 thin slices

Instructions

Spread cream cheese on both toasted bagel halves.

STEP 3						
Ingredients	50	10	20	40	12	11
Fresh Dill	50 tsp	10 tsp	20 tsp	40 tsp	12 tsp	11 tsp
Black Pepper	50 pinch	10 pinch	20 pinch	40 pinch	12 pinch	11 pinch

Layer tomato and red onion on bottom half. Sprinkle with dill and pepper. Top with other bagel half.

NUTRITIONAL INFO Per Serving

MACRONUTRIENTS				
Calories	100 Kcal			
Protein	3.5 g			
Carbohydrate	18.5 g			
Total Fat	0.5 g			

MINERALS	
Sodium	135 mg
Potassium	25 mg
Calcium	38 mg
Iron	1.25 mg

FATS & CHOL	ESTEROL
Saturated Fat	0.15 g
Trans Fat	0 g
Cholesterol	0 mg

FIBRE & SUGAR	S
Dietary Fibre	1 g
Sugars	1 g



BREADS



Portion Size

1 each

Production Area **Hot**

Serving Utensil

Tongs and Knife

Estimated Cost Per Serving 0.29

INGREDIENTS & INSTRUCTIONS

STEP 1			
Ingredients	50 (m)	10 (I)	Instructions
Everything Bagel	50 each	10 each	Slice bagel in half horizontally. Toast until
Cream Cheese	100 tbsp	20 tbsp	golden brown.

STEP 2						
Ingredients	50	10	20	40	12	11
Tomato, Fresh	150 slices	30 slices	60 slices	120 slices	36 slices	33 slices
Red Onion	50 thin	10 thin slices	20 thin slices	40 thin	12 thin	11 thin

Instructions

Spread cream cheese on both toasted bagel halves.

STEP 3						
Ingredients	50	10	20	40	12	11
Fresh Dill	50 tsp	10 tsp	20 tsp	40 tsp	12 tsp	11 tsp
Black Pepper	50 pinch	10 pinch	20 pinch	40 pinch	12 pinch	11 pinch

Layer tomato and red onion on bottom half. Sprinkle with dill and pepper. Top with other bagel half.

MACRONUTRIE	ENTS
Calories	100 Kcal
Protein	3.5 g
Carbohydrate	18.5 g
Total Fat	0.5 g

MINERALS	
Sodium	135 mg
Potassium	25 mg
Calcium	38 mg
Iron	1.25 mg

FATS & CHOL	ESTEROL
Saturated Fat	0.15 g
Trans Fat	0 g
Cholesterol	0 mg

S
1 g
1 g



BREADS



Portion Size Serving Utensil

1 each Tongs and K

Production Area **Hot**

Tongs and Knife
Estimated Cost Per
Serving
0.29

INGREDIENTS & INSTRUCTIONS

STEP 1			
Ingredients	50 (m)	10 (I)	Instructions
Everything Bagel	50 each	10 each	Slice bagel in half horizontally. Toast until
Cream Cheese	100 tbsp	20 tbsp	golden brown.

STEP 2						
Ingredients	50	10	20	40	12	11
Tomato, Fresh	150 slices	30 slices	60 slices	120 slices	36 slices	33 slices
Red Onion	50 thin	10 thin	20 thin slices	40 thin	12 thin slices	11 thin

Instructions

Spread cream cheese on both toasted bagel halves.

STEP 3						
Ingredients	50	10	20	40	12	11
Fresh Dill	50 tsp	10 tsp	20 tsp	40 tsp	12 tsp	11 tsp
Black Pepper	50 pinch	10 pinch	20 pinch	40 pinch	12 pinch	11 pinch

Layer tomato and red onion on bottom half. Sprinkle with dill and pepper. Top with other bagel half.

MACRONUTRIE	ENTS
Calories	100 Kcal
Protein	3.5 g
Carbohydrate	18.5 g
Total Fat	0.5 g

MINERALS	
Sodium	135 mg
Potassium	25 mg
Calcium	38 mg
Iron	1.25 mg

FATS & CHOL	ESTEROL
Saturated Fat	0.15 g
Trans Fat	0 g
Cholesterol	0 mg

S
1 g
1 g



BREADS



Portion Size Serving Utensil

1 each Tongs and Knife

Production Area Estimates Hot Servire

Estimated Cost Per Serving **0.29**

INGREDIENTS & INSTRUCTIONS

STEP 1				
Ingredients	50 (m)	10 (I)	Instructions	
Everything Bagel	50 each	10 each	Slice bagel in half	
Cream Cheese	100 tbsp	20 tbsp	horizontally. Toast until golden brown.	

STEP 2						
Ingredients	50	10	20	40	12	11
Tomato, Fresh	150 slices	30 slices	60 slices	120 slices	36 slices	33 slices
Red Onion	50 thin slices	10 thin slices	20 thin slices	40 thin slices	12 thin slices	11 thin slices

Instructions

Spread cream cheese on both toasted bagel halves.

STEP 3						
Ingredients	50	10	20	40	12	11
Fresh Dill	50 tsp	10 tsp	20 tsp	40 tsp	12 tsp	11 tsp
Black Pepper	50 pinch	10 pinch	20 pinch	40 pinch	12 pinch	11 pinch

Layer tomato and red onion on bottom half. Sprinkle with dill and pepper. Top with other bagel half.

MACRONUTRIENTS			
Calories	100 Kcal		
Protein	3.5 g		
Carbohydrate	18.5 g		
Total Fat	0.5 g		

MINERALS	
Sodium	135 mg
Potassium	25 mg
Calcium	38 mg
Iron	1.25 mg

FATS & CHOLESTEROL				
Saturated Fat	0.15 g			
Trans Fat	0 g			
Cholesterol	0 mg			

FIBRE & SUGARS	S
Dietary Fibre	1 g
Sugars	1 g



BREADS



Portion Size Serving Utensil

1 each Tongs and Knife

Production Area **Hot**

Estimated Cost Per Serving 0.29

INGREDIENTS & INSTRUCTIONS

STEP 1				
Ingredients	50 (m)	10 (I)	Instructions	
Everything Bagel	50 each	10 each	Slice bagel in half	
Cream Cheese	100 tbsp	20 tbsp	horizontally. Toast until golden brown.	

STEP 2						
Ingredients	50	10	20	40	12	11
Tomato, Fresh	150 slices	30 slices	60 slices	120 slices	36 slices	33 slices
Red Onion	50 thin	10 thin slices	20 thin slices	40 thin	12 thin slices	11 thin

Instructions

Spread cream cheese on both toasted bagel halves.

STEP 3						
Ingredients	50	10	20	40	12	11
Fresh Dill	50 tsp	10 tsp	20 tsp	40 tsp	12 tsp	11 tsp
Black Pepper	50 pinch	10 pinch	20 pinch	40 pinch	12 pinch	11 pinch

Layer tomato and red onion on bottom half. Sprinkle with dill and pepper. Top with other bagel half.

400
100 Kcal
3.5 g
l8.5 g
0.5 g

MINERALS	
Sodium	135 mg
Potassium	25 mg
Calcium	38 mg
Iron	1.25 mg

FATS & CHOLESTEROL					
Saturated Fat	0.15 g				
Trans Fat	0 g				
Cholesterol	0 mg				

FIBRE & SUGARS					
Dietary Fibre	1 g				
Sugars	1 g				



BREADS



Portion Size Serv

1 each Ton

Production Area **Hot**

Serving Utensil
Tongs and Knife
Estimated Cost Per
Serving

0.29

INGREDIENTS & INSTRUCTIONS

STEP 1			
Ingredients	50 (m)	10 (I)	Instructions
Everything Bagel	50 each	10 each	Slice bagel in half horizontally. Toast until
Cream Cheese	100 tbsp	20 tbsp	golden brown.

STEP 2						
Ingredients	50	10	20	40	12	11
Tomato, Fresh	150 slices	30 slices	60 slices	120 slices	36 slices	33 slices
Red Onion	50 thin	10 thin	20 thin	40 thin	12 thin	11 thin

Instructions

Spread cream cheese on both toasted bagel halves.

STEP 3						
Ingredients	50	10	20	40	12	11
Fresh Dill	50 tsp	10 tsp	20 tsp	40 tsp	12 tsp	11 tsp
Black Pepper	50 pinch	10 pinch	20 pinch	40 pinch	12 pinch	11 pinch

Layer tomato and red onion on bottom half. Sprinkle with dill and pepper. Top with other bagel half.

MACRONUTRIE	ENTS
Calories	100 Kcal
Protein	3.5 g
Carbohydrate	18.5 g
Total Fat	0.5 g

MINERALS	
Sodium	175 m.a.
Potassium	135 mg 25 mg
Calcium	38 mg
Iron	1.25 mg
	1.20 1119

FATS & CHOLESTEROL					
Saturated Fat	0.15 g				
Trans Fat	0 g				
Cholesterol	0 mg				

S
1 g
1 g



BREADS



Portion Size Serving Utensil

1 each Tongs and Knife

Production Area Estimated Cost Per
Hot Serving
0,29

INGREDIENTS & INSTRUCTIONS

STEP 1			
Ingredients	50 (m)	10 (I)	Instructions
Everything Bagel	50 each	10 each	Slice bagel in half horizontally. Toast until
Cream Cheese	100 tbsp	20 tbsp	golden brown.

STEP 2						
Ingredients	50	10	20	40	12	11
Tomato, Fresh	150 slices	30 slices	60 slices	120 slices	36 slices	33 slices
Red Onion	50 thin slices	10 thin slices	20 thin slices	40 thin slices	12 thin slices	11 thin slices

Instructions

Spread cream cheese on both toasted bagel halves.

STEP 3						
Ingredients	50	10	20	40	12	11
Fresh Dill	50 tsp	10 tsp	20 tsp	40 tsp	12 tsp	11 tsp
Black Pepper	50 pinch	10 pinch	20 pinch	40 pinch	12 pinch	11 pinch

Layer tomato and red onion on bottom half. Sprinkle with dill and pepper. Top with other bagel half.

MACRONUTRIENTS			
Calories	100 Kcal		
Protein	3.5 g		
Carbohydrate	18.5 g		
Total Fat	0.5 g		

MINERALS	
Sodium	135 mg
Potassium	25 mg
Calcium	38 mg
Iron	1.25 mg

FATS & CHOLESTEROL			
Saturated Fat	0.15 g		
Trans Fat	0 g		
Cholesterol	0 mg		

S
1 g
1 g



BREADS



Portion Size Serving Utensil

1 each Tongs and Knife

Production Area Estimated Cost Per
Hot Serving
0,29

INGREDIENTS & INSTRUCTIONS

STEP 1				
Ingredients	50 (m)	10 (I)	Instructions	
Everything Bagel	50 each	10 each	Slice bagel in half	
Cream Cheese	100 tbsp	20 tbsp	horizontally. Toast until golden brown.	

STEP 2						
Ingredients	50	10	20	40	12	11
Tomato, Fresh	150 slices	30 slices	60 slices	120 slices	36 slices	33 slices
Red Onion	50 thin slices	10 thin slices	20 thin slices	40 thin slices	12 thin slices	11 thin slices

Instructions

Spread cream cheese on both toasted bagel halves.

STEP 3						
Ingredients	50	10	20	40	12	11
Fresh Dill	50 tsp	10 tsp	20 tsp	40 tsp	12 tsp	11 tsp
Black Pepper	50 pinch	10 pinch	20 pinch	40 pinch	12 pinch	11 pinch

Layer tomato and red onion on bottom half. Sprinkle with dill and pepper. Top with other bagel half.

MACRONUTRIENTS				
Calories	100 Kcal			
Protein	3.5 g			
Carbohydrate	18.5 g			
Total Fat	0.5 g			

MINERALS	
Sodium	135 mg
Potassium	25 mg
Calcium	38 mg
Iron	1.25 mg

FATS & CHOLESTEROL			
Saturated Fat	0.15 g		
Trans Fat	0 g		
Cholesterol	0 mg		

S
1 g
1 g



BREADS



Portion Size Serving Utensil

1 each Tongs and Knife

Production Area Estimated Cost Per
Hot Serving
0,29

INGREDIENTS & INSTRUCTIONS

STEP 1				
Ingredients	50 (m)	10 (I)	Instructions	
Everything Bagel	50 each	10 each	Slice bagel in half horizontally. Toast until	
Cream Cheese	100 tbsp	20 tbsp	golden brown.	

STEP 2						
Ingredients	50	10	20	40	12	11
Tomato, Fresh	150 slices	30 slices	60 slices	120 slices	36 slices	33 slices
Red Onion	50 thin	10 thin	20 thin	40 thin	12 thin	11 thin

Instructions

Spread cream cheese on both toasted bagel halves.

STEP 3						
Ingredients	50	10	20	40	12	11
Fresh Dill	50 tsp	10 tsp	20 tsp	40 tsp	12 tsp	11 tsp
Black Pepper	50 pinch	10 pinch	20 pinch	40 pinch	12 pinch	11 pinch

Layer tomato and red onion on bottom half. Sprinkle with dill and pepper. Top with other bagel half.

MACRONUTRIENTS			
Calories	100 Kcal		
Protein	3.5 g		
Carbohydrate	18.5 g		
Total Fat	0.5 g		

MINERALS	
Sodium	135 mg
Potassium	25 mg
Calcium	38 mg
Iron	1.25 mg

FATS & CHOLESTEROL		
Saturated Fat	0.15 g	
Trans Fat	0 g	
Cholesterol	0 mg	

FIBRE & SUGARS	S
Dietary Fibre	1 g
Sugars	1 g



BREADS



Portion Size Serving Utensil

1 each Tongs and K

Production Area **Hot**

Tongs and Knife
Estimated Cost Per
Serving
0.29

INGREDIENTS & INSTRUCTIONS

STEP 1				
Ingredients	50 (m)	10 (I)	Instructions	
Everything Bagel	50 each	10 each	Slice bagel in half horizontally. Toast until	
Cream Cheese	100 tbsp	20 tbsp	golden brown.	

STEP 2						
Ingredients	50	10	20	40	12	11
Tomato, Fresh	150 slices	30 slices	60 slices	120 slices	36 slices	33 slices
Red Onion	50 thin slices	10 thin slices	20 thin slices	40 thin slices	12 thin slices	11 thin slices

Instructions

Spread cream cheese on both toasted bagel halves.

STEP 3						
Ingredients	50	10	20	40	12	11
Fresh Dill	50 tsp	10 tsp	20 tsp	40 tsp	12 tsp	11 tsp
Black Pepper	50 pinch	10 pinch	20 pinch	40 pinch	12 pinch	11 pinch

Layer tomato and red onion on bottom half. Sprinkle with dill and pepper. Top with other bagel half.

NUTRITIONAL INFO Per Serving

MACRONUTRIE	INTS
Calories	100 Kcal
Protein	3.5 g
Carbohydrate	18.5 g
Total Fat	0.5 g

MINERALS	
Sodium	135 mg
Potassium	25 mg
Calcium	38 mg
Iron	1.25 mg

FATS & CHOLESTEROL				
Saturated Fat	0.15 g			
Trans Fat	0 g			
Cholesterol	0 mg			

FIBRE & SUGARS	S
Dietary Fibre	1 g
Sugars	1 g



BREADS



Portion Size Serving Utensil

1 each Tongs and Knife

Production Area Estimated Cost Per
Hot Serving
0,29

INGREDIENTS & INSTRUCTIONS

STEP 1				
Ingredients	50 (m)	10 (I)	Instructions	
Everything Bagel	50 each	10 each	Slice bagel in half	
Cream Cheese	100 tbsp	20 tbsp	horizontally. Toast until golden brown.	

STEP 2						
Ingredients	50	10	20	40	12	11
Tomato, Fresh	150 slices	30 slices	60 slices	120 slices	36 slices	33 slices
Red Onion	50 thin slices	10 thin slices	20 thin slices	40 thin slices	12 thin slices	11 thin slices

Instructions

Spread cream cheese on both toasted bagel halves.

STEP 3						
Ingredients	50	10	20	40	12	11
Fresh Dill	50 tsp	10 tsp	20 tsp	40 tsp	12 tsp	11 tsp
Black Pepper	50 pinch	10 pinch	20 pinch	40 pinch	12 pinch	11 pinch

Layer tomato and red onion on bottom half. Sprinkle with dill and pepper. Top with other bagel half.

INTS
100 Kcal
3.5 g
18.5 g
0.5 g

MINERALS	
Sodium	135 mg
Potassium	25 mg
Calcium	38 mg
Iron	1.25 mg

FATS & CHOLESTEROL					
Saturated Fat	0.15 g				
Trans Fat	0 g				
Cholesterol	0 mg				

S
1 g
1 g



BREADS



Portion Size Serving Utensil

1 each Tongs and Knife

Production Area **Hot**

Estimated Cost Per Serving 0.29

INGREDIENTS & INSTRUCTIONS

STEP 1			
Ingredients	50 (m)	10 (I)	Instructions
Everything Bagel	50 each	10 each	Slice bagel in half horizontally. Toast until
Cream Cheese	100 tbsp	20 tbsp	golden brown.

STEP 2						
Ingredients	50	10	20	40	12	11
Tomato, Fresh	150 slices	30 slices	60 slices	120 slices	36 slices	33 slices
Red Onion	50 thin	10 thin	20 thin slices	40 thin	12 thin	11 thin

Instructions

Spread cream cheese on both toasted bagel halves.

STEP 3						
Ingredients	50	10	20	40	12	11
Fresh Dill	50 tsp	10 tsp	20 tsp	40 tsp	12 tsp	11 tsp
Black Pepper	50 pinch	10 pinch	20 pinch	40 pinch	12 pinch	11 pinch

Layer tomato and red onion on bottom half. Sprinkle with dill and pepper. Top with other bagel half.

MACRONUTRIENTS					
Calories	100 Kcal				
Protein	3.5 g				
Carbohydrate	18.5 g				
Total Fat	0.5 g				

MINERALS	
Sodium	135 mg
Potassium	25 mg
Calcium	38 mg
Iron	1.25 mg

FATS & CHOLESTEROL					
Saturated Fat	0.15 g				
Trans Fat	0 g				
Cholesterol	0 mg				

S
1 g
1 g



BREADS



Portion Size Servi

1 each Tong

Production Area

Hot

Serving Utensil
Tongs and Knife
Estimated Cost Per
Serving
0.29

INGREDIENTS & INSTRUCTIONS

STEP 1			
Ingredients	50 (m)	10 (I)	Instructions
Everything Bagel	50 each	10 each	Slice bagel in half horizontally. Toast until
Cream Cheese	100 tbsp	20 tbsp	golden brown.

STEP 2						
Ingredients	50	10	20	40	12	11
Tomato, Fresh	150 slices	30 slices	60 slices	120 slices	36 slices	33 slices
Red Onion	50 thin slices	10 thin slices	20 thin slices	40 thin slices	12 thin slices	11 thin slices

Instructions

Spread cream cheese on both toasted bagel halves.

STEP 3						
Ingredients	50	10	20	40	12	11
Fresh Dill	50 tsp	10 tsp	20 tsp	40 tsp	12 tsp	11 tsp
Black Pepper	50 pinch	10 pinch	20 pinch	40 pinch	12 pinch	11 pinch

Layer tomato and red onion on bottom half. Sprinkle with dill and pepper. Top with other bagel half.

MACRONUTRIENTS				
Calories	100 Kcal			
Protein	3.5 g			
Carbohydrate	18.5 g			
Total Fat	0.5 g			

MINERALS	
Sodium	135 mg
Potassium	25 mg
Calcium	38 mg
Iron	1.25 mg

FATS & CHOLESTEROL			
Saturated Fat	0.15 g		
Trans Fat	0 g		
Cholesterol	0 mg		

FIBRE & SUGAR	S
Dietary Fibre	1 g
Sugars	1 g



BREADS



Portion Size Serving Utensil

1 each Tongs and K

Production Area **Hot**

Tongs and Knife
Estimated Cost Per
Serving
0.29

INGREDIENTS & INSTRUCTIONS

STEP 1				
Ingredients	50 (m)	10 (I)	Instructions	
Everything Bagel	50 each	10 each	Slice bagel in half horizontally. Toast until	
Cream Cheese	100 tbsp	20 tbsp	golden brown.	

STEP 2						
Ingredients	50	10	20	40	12	11
Tomato, Fresh	150 slices	30 slices	60 slices	120 slices	36 slices	33 slices
Red Onion	50 thin slices	10 thin slices	20 thin slices	40 thin slices	12 thin slices	11 thin

Instructions

Spread cream cheese on both toasted bagel halves.

STEP 3						
Ingredients	50	10	20	40	12	11
Fresh Dill	50 tsp	10 tsp	20 tsp	40 tsp	12 tsp	11 tsp
Black Pepper	50 pinch	10 pinch	20 pinch	40 pinch	12 pinch	11 pinch

Layer tomato and red onion on bottom half. Sprinkle with dill and pepper. Top with other bagel half.

NUTRITIONAL INFO Per Serving

MACRONUTRIENTS			
Calories	100 Kcal		
Protein	3.5 g		
Carbohydrate	18.5 g		
Total Fat	0.5 g		

MINERALS	
Sodium	135 mg
Potassium	25 mg
Calcium	38 mg
Iron	1.25 mg

FATS & CHOL	ESTEROL
Saturated Fat	0.15 g
Trans Fat	0 g
Cholesterol	0 mg

FIBRE & SUGARS	S
Dietary Fibre	1 g
Sugars	1 g



BREADS



Portion Size Serving Utensil

1 each Tongs and K

Production Area

Hot

Tongs and Knife
Estimated Cost Per
Serving
0.29

INGREDIENTS & INSTRUCTIONS

STEP 1					
Ingredients 50 (m) 10 (I) Instructions					
Everything Bagel	50 each	10 each	Slice bagel in half horizontally. Toast until		
Cream Cheese	100 tbsp	20 tbsp	golden brown.		

STEP 2						
Ingredients	50	10	20	40	12	11
Tomato, Fresh	150 slices	30 slices	60 slices	120 slices	36 slices	33 slices
Red Onion	50 thin slices	10 thin slices	20 thin slices	40 thin slices	12 thin slices	11 thin slices

Instructions

Spread cream cheese on both toasted bagel halves.

STEP 3						
Ingredients	50	10	20	40	12	11
Fresh Dill	50 tsp	10 tsp	20 tsp	40 tsp	12 tsp	11 tsp
Black Pepper	50 pinch	10 pinch	20 pinch	40 pinch	12 pinch	11 pinch

Layer tomato and red onion on bottom half. Sprinkle with dill and pepper. Top with other bagel half.

MACRONUTRIE	INTS
Calories	100 Kcal
Protein	3.5 g
Carbohydrate	18.5 g
Total Fat	0.5 g

MINERALS	
Sodium	135 mg
Potassium	25 mg
Calcium	38 mg
Iron	1.25 mg

FATS & CHOL	ESTEROL
Saturated Fat	0.15 g
Trans Fat	0 g
Cholesterol	0 mg

FIBRE & SUGARS	S
Dietary Fibre	1 g
Sugars	1 g



BREADS



Portion Size Ser

1 each To

Production Area

Hot

Serving Utensil
Tongs and Knife
Estimated Cost Per
Serving

0.29

INGREDIENTS & INSTRUCTIONS

STEP 1					
Ingredients	50 (m)	10 (I)	Instructions		
Everything Bagel	50 each	10 each	Slice bagel in half horizontally. Toast until		
Cream Cheese	100 tbsp	20 tbsp	golden brown.		

STEP 2						
Ingredients	50	10	20	40	12	11
Tomato, Fresh	150 slices	30 slices	60 slices	120 slices	36 slices	33 slices
Red Onion	50 thin	10 thin slices	20 thin slices	40 thin	12 thin	11 thin

Instructions

Spread cream cheese on both toasted bagel halves.

STEP 3						
Ingredients	50	10	20	40	12	11
Fresh Dill	50 tsp	10 tsp	20 tsp	40 tsp	12 tsp	11 tsp
Black Pepper	50 pinch	10 pinch	20 pinch	40 pinch	12 pinch	11 pinch

Layer tomato and red onion on bottom half. Sprinkle with dill and pepper. Top with other bagel half.

MACRONUTRIENTS			
Calories	100 Kcal		
Protein	3.5 g		
Carbohydrate	18.5 g		
Total Fat	0.5 g		

MINERALS	
Sodium	135 mg
Potassium	25 mg
Calcium	38 mg
Iron	1.25 mg

FATS & CHOL	ESTEROL
Saturated Fat	0.15 g
Trans Fat	0 g
Cholesterol	0 mg

FIBRE & SUGARS	S
Dietary Fibre	1 g
Sugars	1 g



BREADS



Portion Size Serving Utensil

1 each Tongs and Knife

Production Area Estimated Cost Per
Hot Serving
0,29

INGREDIENTS & INSTRUCTIONS

STEP 1			
Ingredients	50 (m)	10 (I)	Instructions
Everything Bagel	50 each	10 each	Slice bagel in half horizontally. Toast until
Cream Cheese	100 tbsp	20 tbsp	golden brown.

STEP 2						
Ingredients	50	10	20	40	12	11
Tomato, Fresh	150 slices	30 slices	60 slices	120 slices	36 slices	33 slices
Red Onion	50 thin	10 thin	20 thin slices	40 thin	12 thin	11 thin

Instructions

Spread cream cheese on both toasted bagel halves.

STEP 3						
Ingredients	50	10	20	40	12	11
Fresh Dill	50 tsp	10 tsp	20 tsp	40 tsp	12 tsp	11 tsp
Black Pepper	50 pinch	10 pinch	20 pinch	40 pinch	12 pinch	11 pinch

Layer tomato and red onion on bottom half. Sprinkle with dill and pepper. Top with other bagel half.

MACRONUTRIENTS						
Calories	100 Kcal					
Protein	3.5 g					
Carbohydrate	18.5 g					
Total Fat	0.5 g					

MINERALS	
Sodium	135 mg
Potassium	25 mg
Calcium	38 mg
Iron	1.25 mg

FATS & CHOL	ESTEROL
Saturated Fat	0.15 g
Trans Fat	0 g
Cholesterol	0 mg

FIBRE & SUGARS	S
Dietary Fibre	1 g
Sugars	1 g



BREADS



Portion Size Serving Utensil

1 each Tongs and Knife

Production Area **Hot**

Estimated Cost Per Serving 0.29

INGREDIENTS & INSTRUCTIONS

STEP 1			
Ingredients	50 (m)	10 (I)	Instructions
Everything Bagel	50 each	10 each	Slice bagel in half horizontally. Toast until
Cream Cheese	100 tbsp	20 tbsp	golden brown.

STEP 2						
Ingredients	50	10	20	40	12	11
Tomato, Fresh	150 slices	30 slices	60 slices	120 slices	36 slices	33 slices
Red Onion	50 thin	10 thin	20 thin slices	40 thin	12 thin	11 thin

Instructions

Spread cream cheese on both toasted bagel halves.

STEP 3						
Ingredients	50	10	20	40	12	11
Fresh Dill	50 tsp	10 tsp	20 tsp	40 tsp	12 tsp	11 tsp
Black Pepper	50 pinch	10 pinch	20 pinch	40 pinch	12 pinch	11 pinch

Layer tomato and red onion on bottom half. Sprinkle with dill and pepper. Top with other bagel half.

MACRONUTRIENTS					
Calories	100 Kcal				
Protein	3.5 g				
Carbohydrate	18.5 g				
Total Fat	0.5 g				

MINERALS	
Sodium	135 mg
Potassium	25 mg
Calcium	38 mg
Iron	1.25 mg

FATS & CHOLESTEROL				
Saturated Fat	0.15 g			
Trans Fat	0 g			
Cholesterol	0 mg			

FIBRE & SUGARS	S
Dietary Fibre	1 g
Sugars	1 g



BREADS



Portion Size Set 1 each To

Production Area

Hot

Serving Utensil

Tongs and Knife

Estimated Cost Per Serving **0.29**

INGREDIENTS & INSTRUCTIONS

STEP 1					
Ingredients	Instructions				
Everything Bagel	50 each	10 each	Slice bagel in half horizontally. Toast until		
Cream Cheese	100 tbsp	20 tbsp	golden brown.		

STEP 2						
Ingredients	50	10	20	40	12	11
Tomato, Fresh	150 slices	30 slices	60 slices	120 slices	36 slices	33 slices
Red Onion	50 thin slices	10 thin slices	20 thin slices	40 thin slices	12 thin slices	11 thin slices

Instructions

Spread cream cheese on both toasted bagel halves.

STEP 3						
Ingredients	50	10	20	40	12	11
Fresh Dill	50 tsp	10 tsp	20 tsp	40 tsp	12 tsp	11 tsp
Black Pepper	50 pinch	10 pinch	20 pinch	40 pinch	12 pinch	11 pinch

Layer tomato and red onion on bottom half. Sprinkle with dill and pepper. Top with other bagel half.

MACRONUTRIENTS				
Calories	100 Kcal			
Protein	3.5 g			
Carbohydrate	18.5 g			
Total Fat	0.5 g			

MINERALS	
Sodium	135 mg
Potassium	25 mg
Calcium	38 mg
Iron	1.25 mg

FATS & CHOLESTEROL				
Saturated Fat	0.15 g			
Trans Fat	0 g			
Cholesterol	0 mg			

S
1 g
1 g



BREADS



Portion Size S
1 each T

Production Area **Hot**

Serving Utensil

Tongs and Knife

Estimated Cost Per Serving **0.29**

INGREDIENTS & INSTRUCTIONS

STEP 1						
Ingredients 50 (m) 10 (I) Instructions						
Everything Bagel	50 each	10 each	Slice bagel in half			
Cream Cheese	100 tbsp	20 tbsp	horizontally. Toast until golden brown.			

STEP 2						
Ingredients	50	10	20	40	12	11
Tomato, Fresh	150 slices	30 slices	60 slices	120 slices	36 slices	33 slices
Red Onion	50 thin slices	10 thin slices	20 thin slices	40 thin slices	12 thin slices	11 thin slices

Instructions

Spread cream cheese on both toasted bagel halves.

STEP 3						
Ingredients	50	10	20	40	12	11
Fresh Dill	50 tsp	10 tsp	20 tsp	40 tsp	12 tsp	11 tsp
Black Pepper	50 pinch	10 pinch	20 pinch	40 pinch	12 pinch	11 pinch

Layer tomato and red onion on bottom half. Sprinkle with dill and pepper. Top with other bagel half.

MACRONUTRIENTS				
Calories	100 Kcal			
Protein	3.5 g			
Carbohydrate	18.5 g			
Total Fat	0.5 g			

MINERALS	
Sodium	135 mg
Potassium	25 mg
Calcium	38 mg
Iron	1.25 mg

FATS & CHOL	ESTEROL
Saturated Fat	0.15 g
Trans Fat	0 g
Cholesterol	0 mg

FIBRE & SUGARS	S
Dietary Fibre	1 g
Sugars	1 g



BREADS



Portion Size Servi

1 each Tong

Production Area

Hot

Serving Utensil
Tongs and Knife
Estimated Cost Per
Serving

0.29

INGREDIENTS & INSTRUCTIONS

STEP 1			
Ingredients	50 (m)	10 (I)	Instructions
Everything Bagel	50 each	10 each	Slice bagel in half horizontally. Toast until
Cream Cheese	100 tbsp	20 tbsp	golden brown.

STEP 2						
Ingredients	50	10	20	40	12	11
Tomato, Fresh	150 slices	30 slices	60 slices	120 slices	36 slices	33 slices
Red Onion	50 thin slices	10 thin slices	20 thin slices	40 thin slices	12 thin slices	11 thin slices

Instructions

Spread cream cheese on both toasted bagel halves.

STEP 3						
Ingredients	50	10	20	40	12	11
Fresh Dill	50 tsp	10 tsp	20 tsp	40 tsp	12 tsp	11 tsp
Black Pepper	50 pinch	10 pinch	20 pinch	40 pinch	12 pinch	11 pinch

Layer tomato and red onion on bottom half. Sprinkle with dill and pepper. Top with other bagel half.

MACRONUTRIENTS			
Calories	100 Kcal		
Protein	3.5 g		
Carbohydrate	18.5 g		
Total Fat	0.5 g		

MINERALS	
Sodium	135 mg
Potassium	25 mg
Calcium	38 mg
Iron	1.25 mg

FATS & CHOL	ESTEROL
Saturated Fat	0.15 g
Trans Fat	0 g
Cholesterol	0 mg

FIBRE & SUGARS	S
Dietary Fibre	1 g
Sugars	1 g



BREADS



Portion Size Serving Utensil

1 each Tongs and Knife

Production Area

Hot

Estimated Cost Per Serving 0.29

INGREDIENTS & INSTRUCTIONS

STEP 1					
Ingredients	50 (m)	10 (I)	Instructions		
Everything Bagel	50 each	10 each	Slice bagel in half		
Cream Cheese	100 tbsp	20 tbsp	horizontally. Toast until golden brown.		

STEP 2						
Ingredients	50	10	20	40	12	11
Tomato, Fresh	150 slices	30 slices	60 slices	120 slices	36 slices	33 slices
Red Onion	50 thin slices	10 thin slices	20 thin slices	40 thin slices	12 thin slices	11 thin slices

Instructions

Spread cream cheese on both toasted bagel halves.

STEP 3						
Ingredients	50	10	20	40	12	11
Fresh Dill	50 tsp	10 tsp	20 tsp	40 tsp	12 tsp	11 tsp
Black Pepper	50 pinch	10 pinch	20 pinch	40 pinch	12 pinch	11 pinch

Layer tomato and red onion on bottom half. Sprinkle with dill and pepper. Top with other bagel half.

MACRONUTRIE	INTS
Calories	100 Kcal
Protein	3.5 g
Carbohydrate	18.5 g
Total Fat	0.5 g

MINERALS	
Sodium	135 mg
Potassium	25 mg
Calcium	38 mg
Iron	1.25 mg

FATS & CHOLESTEROL			
Saturated Fat	0.15 g		
Trans Fat	0 g		
Cholesterol	0 mg		

g
g



BREADS



Portion Size Se 1 each To

Production Area

Hot

Serving Utensil

Tongs and Knife

Estimated Cost Per Serving **0.29**

INGREDIENTS & INSTRUCTIONS

STEP 1					
Ingredients	50 (m)	10 (I)	Instructions		
Everything Bagel	50 each	10 each	Slice bagel in half		
Cream Cheese	100 tbsp	20 tbsp	horizontally. Toast until golden brown.		

STEP 2						
Ingredients	50	10	20	40	12	11
Tomato, Fresh	150 slices	30 slices	60 slices	120 slices	36 slices	33 slices
Red Onion	50 thin slices	10 thin slices	20 thin slices	40 thin slices	12 thin slices	11 thin slices

Instructions

Spread cream cheese on both toasted bagel halves.

STEP 3						
Ingredients	50	10	20	40	12	11
Fresh Dill	50 tsp	10 tsp	20 tsp	40 tsp	12 tsp	11 tsp
Black Pepper	50 pinch	10 pinch	20 pinch	40 pinch	12 pinch	11 pinch

Layer tomato and red onion on bottom half. Sprinkle with dill and pepper. Top with other bagel half.

MACRONUTRIE	INTS
Calories	100 Kcal
Protein	3.5 g
Carbohydrate	18.5 g
Total Fat	0.5 g

MINERALS	
Sodium	135 mg
Potassium	25 mg
Calcium	38 mg
Iron	1.25 mg

FATS & CHOLESTEROL				
Saturated Fat	0.15 g			
Trans Fat	0 g			
Cholesterol	0 mg			

S
1 g
1 g



BREADS



Portion Size Se 1 each To

Production Area **Hot**

Serving Utensil

Tongs and Knife

Estimated Cost Per Serving **0.29**

INGREDIENTS & INSTRUCTIONS

STEP 1					
Ingredients	50 (m)	10 (I)	Instructions		
Everything Bagel	50 each	10 each	Slice bagel in half		
Cream Cheese	100 tbsp	20 tbsp	horizontally. Toast until golden brown.		

STEP 2						
Ingredients	50	10	20	40	12	11
Tomato, Fresh	150 slices	30 slices	60 slices	120 slices	36 slices	33 slices
Red Onion	50 thin slices	10 thin slices	20 thin slices	40 thin slices	12 thin slices	11 thin slices

Instructions

Spread cream cheese on both toasted bagel halves.

STEP 3						
Ingredients	50	10	20	40	12	11
Fresh Dill	50 tsp	10 tsp	20 tsp	40 tsp	12 tsp	11 tsp
Black Pepper	50 pinch	10 pinch	20 pinch	40 pinch	12 pinch	11 pinch

Layer tomato and red onion on bottom half. Sprinkle with dill and pepper. Top with other bagel half.

MACRONUTRIENTS					
Calories	100 Kcal				
Protein	3.5 g				
Carbohydrate	18.5 g				
Total Fat	0.5 g				

MINERALS	
Sodium	135 mg
Potassium	25 mg
Calcium	38 mg
Iron	1.25 mg

FATS & CHOLESTEROL				
Saturated Fat	0.15 g			
Trans Fat	0 g			
Cholesterol	0 mg			

S
1 g
1 g



BREADS



Portion Size Se 1 each To

Production Area **Hot**

Serving Utensil

Tongs and Knife

Estimated Cost Per Serving **0.29**

INGREDIENTS & INSTRUCTIONS

STEP 1			
Ingredients	50 (m)	10 (I)	Instructions
Everything Bagel	50 each	10 each	Slice bagel in half
Cream Cheese	100 tbsp	20 tbsp	horizontally. Toast until golden brown.

STEP 2						
Ingredients	50	10	20	40	12	11
Tomato, Fresh	150 slices	30 slices	60 slices	120 slices	36 slices	33 slices
Red Onion	50 thin	10 thin	20 thin slices	40 thin	12 thin	11 thin

Instructions

Spread cream cheese on both toasted bagel halves.

STEP 3						
Ingredients	50	10	20	40	12	11
Fresh Dill	50 tsp	10 tsp	20 tsp	40 tsp	12 tsp	11 tsp
Black Pepper	50 pinch	10 pinch	20 pinch	40 pinch	12 pinch	11 pinch

Layer tomato and red onion on bottom half. Sprinkle with dill and pepper. Top with other bagel half.

MACRONUTRIENTS				
Calories	100 Kcal			
Protein	3.5 g			
Carbohydrate	18.5 g			
Total Fat	0.5 g			

MINERALS	
Sodium	135 mg
Potassium	25 mg
Calcium	38 mg
Iron	1.25 mg

FATS & CHOLESTEROL			
Saturated Fat	0.15 g		
Trans Fat	0 g		
Cholesterol	0 mg		

FIBRE & SUGARS	S
Dietary Fibre	1 g
Sugars	1 g



BREADS



Portion Size Serving Utensil

1 each Tongs and Knife

Production Area Estimated Cost Per
Hot Serving
0.29

INGREDIENTS & INSTRUCTIONS

STEP 1					
Ingredients 50 (m) 10 (I) Instructions					
Everything Bagel	50 each	10 each	Slice bagel in half horizontally. Toast until		
Cream Cheese	100 tbsp	20 tbsp	golden brown.		

STEP 2						
Ingredients	50	10	20	40	12	11
Tomato, Fresh	150 slices	30 slices	60 slices	120 slices	36 slices	33 slices
Red Onion	50 thin slices	10 thin slices	20 thin slices	40 thin slices	12 thin slices	11 thin slices

Instructions

Spread cream cheese on both toasted bagel halves.

STEP 3						
Ingredients	50	10	20	40	12	11
Fresh Dill	50 tsp	10 tsp	20 tsp	40 tsp	12 tsp	11 tsp
Black Pepper	50 pinch	10 pinch	20 pinch	40 pinch	12 pinch	11 pinch

Layer tomato and red onion on bottom half. Sprinkle with dill and pepper. Top with other bagel half.

MACRONUTRIENTS			
Calories	100 Kcal		
Protein	3.5 g		
Carbohydrate	18.5 g		
Total Fat	0.5 g		

MINERALS	
Sodium	135 mg
Socium	133 mg
Potassium	25 mg
C-1-i	70
Calcium	38 mg
Iron	1.25 mg

FATS & CHOLESTEROL			
Saturated Fat	0.15 g		
Trans Fat	0 g		
Cholesterol	0 mg		

FIBRE & SUGARS	S
Dietary Fibre	1 g
Sugars	1 g



BREADS



Portion Size Serving Utensil

1 each Tongs and K

Production Area **Hot**

Tongs and Knife
Estimated Cost Per
Serving
0.29

INGREDIENTS & INSTRUCTIONS

STEP 1					
Ingredients 50 (m) 10 (l) Instructions					
Everything Bagel	50 each	10 each	Slice bagel in half horizontally. Toast until		
Cream Cheese	100 tbsp	20 tbsp	golden brown.		

STEP 2						
Ingredients	50	10	20	40	12	11
Tomato, Fresh	150 slices	30 slices	60 slices	120 slices	36 slices	33 slices
Red Onion	50 thin slices	10 thin slices	20 thin slices	40 thin slices	12 thin slices	11 thin slices

Instructions

Spread cream cheese on both toasted bagel halves.

STEP 3						
Ingredients	50	10	20	40	12	11
Fresh Dill	50 tsp	10 tsp	20 tsp	40 tsp	12 tsp	11 tsp
Black Pepper	50 pinch	10 pinch	20 pinch	40 pinch	12 pinch	11 pinch

Layer tomato and red onion on bottom half. Sprinkle with dill and pepper. Top with other bagel half.

MACRONUTRIENTS		
Calories	100 Kcal	
Protein	3.5 g	
Carbohydrate	18.5 g	
Total Fat	0.5 g	

MINERALS	
Sodium	135 mg
Potassium	25 mg
Calcium	38 mg
Iron	1.25 mg

FATS & CHOL	ESTEROL
Saturated Fat	0.15 g
Trans Fat	0 g
Cholesterol	0 mg

FIBRE & SUGARS	S
Dietary Fibre	1 g
Sugars	1 g



BREADS



Portion Size Serving Utensil

1 each Tongs and Knife

Production Area **Hot**

Estimated Cost Per Serving **0.29**

INGREDIENTS & INSTRUCTIONS

STEP 1				
Ingredients	50 (m)	10 (I)	Instructions	
Everything Bagel	50 each	10 each	Slice bagel in half	
Cream Cheese	100 tbsp	20 tbsp	horizontally. Toast until golden brown.	

STEP 2						
Ingredients	50	10	20	40	12	11
Tomato, Fresh	150 slices	30 slices	60 slices	120 slices	36 slices	33 slices
Red Onion	50 thin slices	10 thin slices	20 thin slices	40 thin slices	12 thin slices	11 thin slices

Instructions

Spread cream cheese on both toasted bagel halves.

STEP 3						
Ingredients	50	10	20	40	12	11
Fresh Dill	50 tsp	10 tsp	20 tsp	40 tsp	12 tsp	11 tsp
Black Pepper	50 pinch	10 pinch	20 pinch	40 pinch	12 pinch	11 pinch

Layer tomato and red onion on bottom half. Sprinkle with dill and pepper. Top with other bagel half.

MACRONUTRIE	ENTS
Calories	100 Kcal
Protein	3.5 g
Carbohydrate	18.5 g
Total Fat	0.5 g

MINERALS	
Sodium	135 mg
Potassium	25 mg
Calcium	38 mg
Iron	1.25 mg

FATS & CHOLESTEROL				
Saturated Fat	0.15 g			
Trans Fat	0 g			
Cholesterol	0 mg			

S
1 g
1 g



BREADS



Portion Size

1 each

Production Area **Hot**

Serving Utensil

Tongs and Knife

Estimated Cost Per Serving **0.29**

INGREDIENTS & INSTRUCTIONS

STEP 1				
Ingredients	50 (m)	10 (I)	Instructions	
Everything Bagel	50 each	10 each	Slice bagel in half	
Cream Cheese	100 tbsp	20 tbsp	horizontally. Toast until golden brown.	

STEP 2						
Ingredients	50	10	20	40	12	11
Tomato, Fresh	150 slices	30 slices	60 slices	120 slices	36 slices	33 slices
Red Onion	50 thin slices	10 thin slices	20 thin slices	40 thin slices	12 thin slices	11 thin slices

Instructions

Spread cream cheese on both toasted bagel halves.

STEP 3						
Ingredients	50	10	20	40	12	11
Fresh Dill	50 tsp	10 tsp	20 tsp	40 tsp	12 tsp	11 tsp
Black Pepper	50 pinch	10 pinch	20 pinch	40 pinch	12 pinch	11 pinch

Layer tomato and red onion on bottom half. Sprinkle with dill and pepper. Top with other bagel half.

MACRONUTRIENTS				
Calories	100 Kcal			
Protein	3.5 g			
Carbohydrate	18.5 g			
Total Fat	0.5 g			

MINERALS	
Sodium	135 mg
Potassium	25 mg
Calcium	38 mg
Iron	1.25 mg

FATS & CHOL	ESTEROL
Saturated Fat	0.15 g
Trans Fat	0 g
Cholesterol	0 mg

S
1 g
1 g



BREADS



Portion Size Serving Utensil

1 each Tongs and Knife

Production Area Estimated Cost Per
Hot Serving
0,29

INGREDIENTS & INSTRUCTIONS

STEP 1			
Ingredients	50 (m)	10 (I)	Instructions
Everything Bagel	50 each	10 each	Slice bagel in half horizontally. Toast until
Cream Cheese	100 tbsp	20 tbsp	golden brown.

STEP 2						
Ingredients	50	10	20	40	12	11
Tomato, Fresh	150 slices	30 slices	60 slices	120 slices	36 slices	33 slices
Red Onion	50 thin	10 thin slices	20 thin slices	40 thin slices	12 thin slices	11 thin

Instructions

Spread cream cheese on both toasted bagel halves.

STEP 3						
Ingredients	50	10	20	40	12	11
Fresh Dill	50 tsp	10 tsp	20 tsp	40 tsp	12 tsp	11 tsp
Black Pepper	50 pinch	10 pinch	20 pinch	40 pinch	12 pinch	11 pinch

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Iron	1.25 mg

FATS & CHOL	ESTEROL
Saturated Fat	0.15 g
Trans Fat	0 g
Cholesterol	0 mg

FIBRE & SUGARS	S
Dietary Fibre	1 g
Sugars	1 g



BREADS



Portion Size Serving Utensil

1 each Tongs and K

Production Area **Hot**

Tongs and Knife
Estimated Cost Per
Serving
0.29

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Tomato, Fresh	150 slices	30 slices	60 slices	120 slices	36 slices	33 slices
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Instructions

Spread cream cheese on both toasted bagel halves.

STEP 3						
Ingredients	50	10	20	40	12	11
Fresh Dill	50 tsp	10 tsp	20 tsp	40 tsp	12 tsp	11 tsp
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BREADS



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Production Area **Hot**

Estimated Cost Per Serving 0.29

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BREADS



Portion Size Serving Utensil

1 each Tongs and K

Production Area

Hot

Tongs and Knife
Estimated Cost Per
Serving
0.29

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Instructions

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FIBRE & SUGARS	S
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BREADS



Portion Size Ser

1 each To

Production Area

Hot

Serving Utensil
Tongs and Knife
Estimated Cost Per
Serving

0.29

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BREADS



Portion Size Serving Utensil

1 each Tongs and Knife

Production Area Estim
Hot Servi

Estimated Cost Per Serving **0.29**

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BREADS



Portion Size Serving Utensil

1 each Tongs and Knife

Production Area **Hot**

Estimated Cost Per Serving 0.29

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li	ron	1.25	mg

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Cholesterol	0 mg

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BREADS



Portion Size S
1 each T

Production Area **Hot**

Serving Utensil

Tongs and Knife

Estimated Cost Per Serving **0.29**

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