

# SPRING PROMO 2021

## SHELF LIFE STANDARDS

Product	State at Arrival	Unopened shelf life at state of arrival	Thawing time	Thawed time/ refrigerated shelf life	Prepped time if applicable	Notes
Black Truffle Cheese	Refrigerated	Best Before Date	N/A	Best Before Date	7 days, sliced	Make sure the opened block of cheese is tightly wrapped to preserve full shelf life
Spring Mushroom Blend	Refrigerated	Quality Permitting	N/A	Quality Permitting	2 days, roasted	
Crab Blend	Frozen	1 year from date of production	48 hours	3 days thawed, 5 days pulled	3 days, crab cake	Prepped crab cakes not to exceed shelf life of crab blend
Green Curry Paste	Dry Stock	Best Before Date	N/A	1 month opened, stored in original container	5 days in mayo	Container must be refrigerated after opening
Savoy Cabbage	Refrigerated	Quality Permitting	N/A	Quality Permitting	1 day, plus next meal period as slaw	Use a drip tray under insert

\*Crab blend contains crab rock meat, white prawn, White Spot mayonnaise, panko, cilantro, lemongrass, ginger, coriander, Kaffir lime peel, shallot, sambal oelek, lime juice & jalapeños.

## NUTRITIONAL INFORMATION

Menu Item	Modifications	Grams/Serving	Calories (kCal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbohydrate (g)	Fibre (g)	Sugars (g)	Protein (g)	Cholesterol (mg)	Sodium (mg)	Potassium (%)	Calcium (%)	Iron (%)
Crab Cake Benedict		492	990	82	17	0.5	10	0	2	28	480	1280	14	12	15
Crab Cake Salad		525	630	55	7	0.2	18	4	9	17	90	1160	13	18	38
Crab Cake Burger	Only	372	870	68	18	0.3	52	1	12	21	150	1480	4	11	17
Nashville Chicken Burger	Only	389	740	37	8	0.5	68	0	11	39	125	3370	5	8	7
Black Truffle Cheese Mushroom Burger	Only	433	910	66	22	2	48	2	12	38	145	1050	10	23	29

## ALLERGY AWARE

	CRAB CAKE BENEDICT	CRAB CAKE SALAD	CRAB CAKE BURGER	NASHVILLE CHICKEN BURGER	TRUFFLED CHEESE MUSHROOM BURGER*
Eggs	●	●	●	●	●
Milk	●	●	●	●	●
Mustard	●	●	●	●	●
Peanuts					
Seafood (fish, crustaceans & shellfish)	●	●	●		
Sesame			<i>may contain traces</i>	<i>may contain traces</i>	<i>may contain traces</i>
Soy	●		<i>may contain traces</i>	<i>may contain traces</i>	<i>may contain traces</i>
Soybean Oil	●	●	●	●	●
Sulphites	●	●	●	<i>may contain traces</i>	<i>may contain traces</i>
Tree Nuts					
Wheat & other gluten sources	●	●	●	●	●

Burgers are listed separately. Please check our full allergy guide for sides.

\*Gluten-friendly on our GF bun or lettuce wrapped.