EGS
ENGGIST & GRANDJEAN • SOFTWARE

CalcMenu

Per Yield	Per Serving Size	Per 100g/ml

Pomelo and shrimp salad

Description
Very light and spicy Thai salad with fresh pomelo and shrimps

Category Salads
Serving Size 1 person
Remarks

AI Capabilities
Wine Pairing · Dish Pairing · Taste · Recipe Name · Extra Info · Recipe Improvement
Use AI to suggest recipe improvements

Costing
Calculated based 100g/ml
Cost of Goods CHF 1.92
Selling Price CHF 4.79
Margin CHF 2.87
Food Cost CHF 40.00%

CO2 Meter
Carbon footprint per kg
24.3 kg
100% accuracy

MENU PLAN

Healthy Delights

LUNCH

- Crispy Parmesan Chicken with Lemon Herb Sauce
- Mediterranean Quinoa Salad with Roasted Vegetables
- Spicy Shrimp Tacos with Mango Salsa
- Balsamic Glazed Salmon with Roasted Brussels Sprouts
- Creamy Garlic Parmesan Pasta with Grilled Chicken
- Buttered Shrimp
- Buttered Chicken

Shopping List
○ New ○ Existing
Name
Shopping List 4/23/2024 9:30 AM

Nutrient Overview

Nutrition Facts — Serving Size: 1 (1,000 g)

Nutrients	Per Serving	Per 100g/ml	%DV
Energy (kCal)	1,177	118	6%
Energy (kJ)	4,926	493	6%
Protein (g)	79.7	8	17%
Fat (g)	71.9	7.2	11%
Carbohydrate (g)	63	6.3	5%
Fatty acids, Saturated (g)	40.4	4	18%
Sugars (g)	11.6	1.2	2%
Fiber (g)	15.64	1.56	2%
Salt (g)	8.2	0.8	21%
Sodium (Na) (mg)	3,291	329	14%

* The %DV changes depending on region's standard.

Contains
Crustaceans — Shrimp, whole
Fish — Fish sauce
Peanut — Peanut

118 Energy...

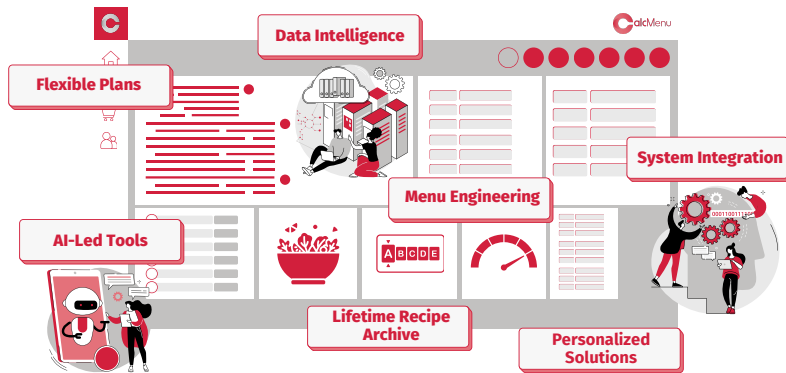**NUTRI-SCORE**
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CENTRALIZED CONTROL
Eliminate recipe inconsistency and streamline kitchen operations

COST MANAGEMENT
Maintain profitability with detailed recipe costing and waste reduction

REGULATORY COMPLIANCE
Comply with nutritional information and food labeling requirements

OPTIMIZED MENU PLANNING
Efficiently manage large-scale food production

INVENTORY EXCELLENCE
Track ingredients precisely to reduce overheads and wastage

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Connect with your existing ERP systems to enhance data flow and accuracy

Eliminate Manual Culinary Administration
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Say goodbye to paperwork and manual processes that hold back your culinary creativity. CalcMenu automates your essential tasks so you and your team can focus on the food.

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Leveraging the Power of AI
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CalcMenu x Odoo
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Bridging Gaps
Tailored API Inegration
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Serving Innovative Digital Solutions and Services
To Achieve Culinary Excellence

About Us

With over 30 years of combined technological and culinary expertise, EGS Enggist & Grandjean Software (EGS) is a leading global provider of innovative solutions for commercial kitchens, headquartered in Switzerland.

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www.eg-software.com

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