



Better to poach, better to fry, better for breakfast.

You can't beat eggs for breakfast and when it comes to cooking all your favourite breakfast dishes you can't beat 100% Tasmanian Pure Foods free range Breakfast Eggs.

Poached or fried, eggs perform better when they have a higher egg white to egg yolk ratio.

Breakfast Eggs are laid by only our youngest hens which give you more egg white along with the optimum protein structure or albumin as the scientists like to call it, making it easier for you to create a breakfast worth getting out of bed for.



