

5 Veg Eggs (GF) (V) | Be Fit Food

Canonical: <https://befitfood.com.au/products/5-veg-eggs-gf-v>

Details:

Product

Product Facts

****Product Name**:** 5 Veg Eggs (GF) (V) ****Availability**:** In Stock ****Fulfillment Type**:** online ****Brand**:** Be Fit Food ****Condition**:** <https://Schema.Org/Newcondition> ****Category**:** Food & Groceries > Prepared Meals & Ready-to-Eat ****GTIN**:** 09358266000892 ****MPN**:** 09358266000892

Your morning serve of protein packed eggs with the extra goodness of leek, mushroom, pumpkin, spinach, spring onion, fetta and tasty cheese. Defrost overnight and cook on the pan or in the microwave and start your day the right way with a perfectly balanced, fresh omelette. Good source of protein Contains less than 500mg sodium per serve Gluten Free Vegetarian Chilli Rating: 0 Heating & Storage Instructions Nutrition **INGREDIENTS:** Egg (36%), Egg White (18%), Leek (11%), Mushroom (11%), Pumpkin (11%), Spinach (3.5%), Spring Onion (3.5%), Fetta Cheese , Light Tasty Cheese , Olive Oil, Pink Salt, Pepper. Contains: Egg, Milk May Contain: Fish, Crustacea, Sesame Seeds, Soybeans, Peanuts, Tree Nuts, Lupin

Variant Price Availability	--- --- ---	130001.GF 11.95 AUD	130001.GF-B1 9.95 AUD	130001.GF-B2 9.85 AUD	130001.GF-MB1 13.90 AUD	130001.GF-MB2 13.50 AUD	130001.GF-MB3 12.95 AUD
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5 Veg Eggs (GF) (V)

Make a savoury start with 5 Veg Eggs, an egg-and-vegetable breakfast with leek, mushroom, pumpkin, spinach and spring onion. Fetta and tasty cheese add to the omelette-style recipe. This product is labelled gluten free and vegetarian, with a published chilli rating of 0.

Displayed price: A\$11.95 , checked 19 October 2026. Confirm the current price and selected product at checkout.

Choosing your breakfast

This is a vegetable-and-egg option rather than a bacon or chorizo breakfast. Egg makes up 36% of the recipe and egg white 18%. Leek, mushroom and pumpkin each contribute 11%, with spinach and spring onion also included.

The nutrition panel describes a 275 g serving, containing 22.1 g protein and 4.7 g carbohydrate. Compare the stated serving when looking at other breakfast choices; a single egg bite or a multi-serve cereal pack is a different quantity.

If you prefer a bean-based vegetarian breakfast, compare the Baked Bean & Fetta Bowl . If you want bacon in your eggs, French Eggs is a separate recipe. Read the ingredients and allergens for the option you actually choose.

Ingredients and allergens

INGREDIENTS: Egg (36%), Egg White (18%), Leek (11%), Mushroom (11%), Pumpkin (11%), Spinach (3.5%), Spring Onion (3.5%), Fetta Cheese , Light Tasty Cheese , Olive Oil, Pink Salt, Pepper.

Contains: Egg, Milk May Contain: Fish, Crustacea, Sesame Seeds, Soybeans, Peanuts, Tree Nuts, Lupin

Nutrition information

Serving size: 275 g. Values below are transcribed from the product page's nutrition panel.

Nutrient	Average per serving	Average per 100g	---	---	---	Energy	1070 kJ (256 Cal)	390 kJ (93 Cal)
Protein	22.1 g	8.1 g	Fat	16.1 g	5.9 g	Saturated fat	5.1 g	1.9 g
Carbohydrate	4.7 g	1.7 g	Sugars	3.5 g	1.3 g	Fibre	2.4 g	0.9 g
Sodium	471 mg	172 mg	Gluten	Nil Detected	Nil Detected			

View the original nutrition panel . For multi-serve packs, the per-serving values are for the stated serving, not the entire pack. Check the label on the product you receive.

Preparation and storage

Follow the storage and preparation directions on the pack you receive. Use the product-specific instructions rather than assuming every meal or snack has the same heating time. The heating and storage help centre provides further guidance.

Questions about 5 Veg Eggs

Which five vegetables are included?

The listed vegetables are leek, mushroom, pumpkin, spinach and spring onion. They are combined with egg, egg white, fetta and tasty cheese.

Is this vegan or dairy free?

No. Vegetarian describes this product, but it contains egg and cheese. Egg and milk are declared allergens, alongside a separate “may contain” list.

How is the breakfast prepared?

The product description says to defrost overnight and cook in a pan or microwave for an omelette-style breakfast. Follow the complete instructions on the delivered pack for storage and cooking; do not assume the timings for another egg product apply.

Order and delivery

Check delivery coverage for your postcode and the available delivery schedule . Confirm availability, selected quantities, delivery charges and the final total at checkout.

View this product and choose your quantity . To plan several meals, compare meal bundles or browse the individual meal menu .

For an ingredient or ordering question, contact Be Fit Food . Check your delivered label, including any “may contain” declaration, before choosing for a food allergy.