



Garrets 

COOKBOOK

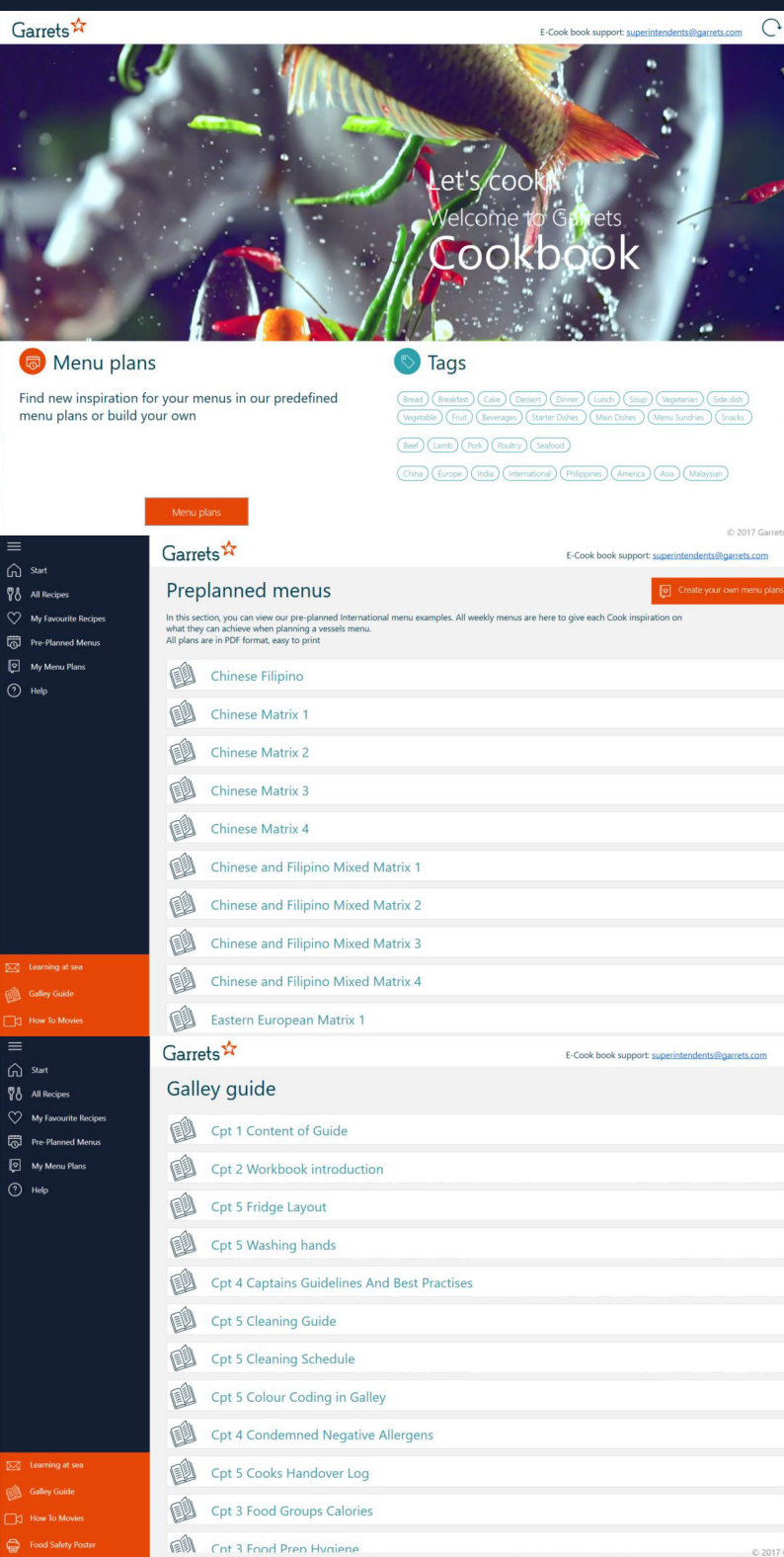


Inspired by industry chefs

# YOUR EFFECTIVE MENU PLANNING TOOL

The Garrets Cookbook includes delicious recipes and menus, among other nationalities, Indian, Chinese, Filipino and European. It captures one of the things we focus on at Garrets - each crew nationality!

The Garrets Cookbook is more than just recipes. It is an ocean of recipes with a diverse collection of exciting menu ideas for any nationality. Our recipes are created for seafarers.



## Easy to manage and use

The planning tool in the Garrets Cookbook is easy to use whether you are an experienced Chief Cook or just starting out on your first voyage. If you use it right, you can save both time and money!

## The planning tool has different features

- Build your menu plan from the recipes catalog
- Copy existing menu plans and change in already added recipes
- Use pre-planned menus and add your favorite dishes
- Search for recipes by using tags
- Export grocery lists and use it in the process of order handling.

## Sidebars

The Garrets Cookbook is filled with many useful sidebars and tips to achieve best practice:

- Food handling
- Food safety
- Facts about health, nutrition, allergens, cleaning and hygiene amongst others.





**The Garrets Cookbook is a tool for every cook. It gives the opportunity to plan and create menus, and always stay ahead in the daily planning. Additionally, it is filled with many useful sidebars and tips.**

#### **How it works**

The Garrets Cookbook is easy to access and manage. It functions as an application on your computer and will be updated onwards by Garrets. The updates are available for download when internet access is available.

The Garrets Cookbook is a tool for every cook that seeks new inspiration to plan ahead and wants to learn more about the different varieties there is when cooking for the crew on board the vessel.

The Garrets Cookbook is an innovative tool that helps and guides the crew on board to think about nutrition, health, and welfare. It is a simple way to get new ideas and food variation when planning the daily meals on board the vessel.

For further information - contact:

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# Garrets



Always on board

Garrets is your experienced maritime service partner, always exploring ways to make life at sea better. For more than 30 years, we've persistently fuelled better lives on board vessels across the globe. Our worldwide services – powered by technology and decades of know-how – provide transparency, insight and speed making it easy to do business at fair prices. That's why you can count on us to deliver fresh provisions and high-quality stores – and to show you what's next.

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