








White Boxes are not finished being designed
Red Boxes are not implemented
Orange Boxes are finicky in their implementation, and could be buggy
Green Boxes are fully implemented








Foods






Groceries

Name	Graphic	Description	Cost
Plankton Egg		The flesh of one of the plankton beasts that migrates from island to island and cloud to cloud	25
Milk		The milk of a monster, leftover once essence has been harvested. containing no magic but deliciously and filling all the same.	25
King Salmon Slice			25
Salt			25
Chocobar			25





Biguns			25
Nut Butter			25
Tea-mix bag			25






Refined Ingredients

Name	Graphic	Ingredient	Description	Cost
Butter		Milk	A grocery refined from Milk.	50
Creme		Milk	A grocery refined from Milk.	50
Cheese		Milk	A grocery refined from Milk.	50
Oil		Mado / Eggtrap / Flimflam / Speedwheel	Refined from oily crops. Grants +4% XP (Per Rank) for 12 hours when cooked. Cannot be eaten straight.	75
Bacon		Bose / Bofroot / Turnog / Shrubstick	Refined from any meaty crop. Grants +2 Physique (Per Rank) when cooked. Can be eaten straight.	75
Sausage		Bose / Bofroot / Turnog / Shrubstick	Refined from any meaty crop. Grants +2 Physique (Per Rank) when cooked. Can be eaten straight.	75
Cooking Acid		Plemon / Chwon / Sourhead / Boozant	Refined from sour crops. +2 Swiftness per rank when cooked. Cannot be eaten straight.	75



Juice		Gempas / Skulfroot / Lavapple / Cremetin	Refined from juicy crops. Grants +2 Intuition (Per Rank) when cooked. Cannot be eaten straight.	75
Flour		Hotton /Grownut / Coltus / Macrinas	Refined from grain crops. Grants +20% H.P. (Per Rank) when cooked. Cannot be eaten straight.	75
Rice		Coltus	Refined from coltus. Grants +20% H.P. (Per Rank) when cooked.	75
Noodles		Flour/ Macrinas	Refined from flour or macrinas. Grants +20% H.P. (Per Rank) when cooked.	75
Sugar		Blanbala / Jelbabu / Camellow / Crystant	Refined from sweet crops. +2 Stamina (Per Rank) when cooked. Cannot be eaten straight.	75









Meals

Name	Graphic	Ingredient	Description	Cost
Healthy Snackbar		Any Basic Crop or Refined Ingredient	Grants (<i>read out of the combined bonuses of all the crops used to make it, multiplied by the average of their qualities.</i>) Will not increase loyalty. >Cannot use groceries in the ingredients, including refined groceries like those derived from milk.	100
Healthy Shake		Refined from Healthy Snackbar	Grants (<i>Same as the Healthy Snackbar refined into the healthy shake, multiplied by 2.</i>) Will not increase loyalty. >Cannot use groceries in the ingredients, including refined groceries like those derived from milk.	200
White Bread		Flour	Baked from Flour, grants +30% H.P. (Per Rank).	100
Baguette		Flour	Baked from Flour, grants +30% H.P. (Per Rank).	100
Black Bread		Flour	Baked from Flour, grants +30% H.P. (Per Rank).	100
Burger Bun		Flour	Baked from Flour, grants +30% H.P. (Per Rank).	100

Crumpet		Flour	Baked from Flour, grants +30% H.P. (Per Rank).	100
Mac & Cheese		Noodles, Cheese	A childhood dinner made from noodles and cheese. Grants +4 Intuition per rank.	200
Sausage Roll		Sausage, Plankton Egg, Flour	Grants +3 Physique, +30% H.P. per rank	200
King Salmon		King Salmon Slice + Cooking Acid + Juice + Flour	Grants +3 Intuition, +3 Swiftiness, +30% H.P. per rank	200
Jerky Bag		Salt + Bacon * 4	Grants +12 Physique per rank	200








Spring

Name	Graphic	Ingredient	Description	Cost
Shrubstick Coldcut		Cheese, Baguette, Shrubstick	Cold cut shrubstick with some greens in a sandwich. Grants +50% H.P., +3 Physique per rank.	200
Pierogi		Flour, Shrubstick, Butter	Hearty flour dumpling with piping hot meat sauce Grants +40% H.P., +3 Physique per rank.	200


Nachos		Cheese, Flour, Macrinas	Hard baked chips of flower with macrinas sauce and cheese. Grants +4 Intuition, +30% H.P. per rank.	200
Speedburger		Cheese, Shrubstick, Speedwheel	A strangely sweet, yet savory, burger. Grants +3 Physique, +6% XP Gain per rank.	200
Pasta		Macrinas, Cooking Acid, Noodles	This delicious pasta made with macrinas sauce will do you a power of good. Grants +30% H.P., +2 Swiftness Gain per rank.	200
Pizza		Flour, Shrubstick, Cheese, Macrinas	Originating from a distant land, these delicious edible plates will fill you right up! Grants +50% H.P., +3 Physique, per rank.	200
Carbonara		Flour, Macrinas Noodles, Shrubstick Tenders	>Spurple needs to describe Grants +50% H.P., +2 Physique per rank.	200
Shrubstick Nugget Pizza		Flour, Shrubstick Tenders, Cheese, Butter	A modern variation on the foreign pizza, far meatier. Grants +60% H.P., +6 Physique per rank.	200
Shrubstick Tenders		Shrubstick	Cooking Shrubsticks brings out the flavor and their potency. Grants +2 Physique per rank.	75
Macrinas Noodles		Macrinas	Macrinas, normally used for their sauce or ground into flower, can be made directly into noodles, or into their	75





			own special dish. Grants +20% H.P. per rank.	
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Summer





Name	Graphic	Ingredient	Description	Cost
Plankton Benedict		Crumpet + Plankton Egg + Bacon	A delicious breakfast! Grants +3 Physique, +4 Intuition per rank.	200
Crunchy Boy		Cheese + Mado + Bose + Bacon + Burger Bun	An incredibly meaty and delicious meal you can eat on the go! Grants +50% H.P., +6 Physique per rank, and grants +4% XP (Per rank) for 12 Hours	400
Greasy Boy		Cheese + Bose + Bacon + Burger Bun	A meaty and delicious meal you can eat on the go! Grants +50% H.P. and +6 physique per rank	300
Bite Boy		Cheese + Bose + Burger Bun	A delicious meal you can eat on the go! Grants +50% H.P. and +4 Physique per rank.	200
Steamed Mado		Mado	Grants +2% XP gain per rank.	50
Fried Bose		Bose	Grants +2 Physique per rank	50
Fish Fingersandwich		King Salmon Slice, Flour, Plankton Egg, Baguette	Grants +90% HP per rank.	200

Autumn

Name	Graphic	Ingredient	Description	Cost
Chwon Chips		Chwon, Oil	Delicious, lightly fried chips made from a Chwon. Grants +2 Swiftness, +2% XP gain per rank	75
Bofroot Stew		Cheese, Crumpet, Bofroot, Flour	Grants +90% H.P., +3 Physique per rank	200
Bofroot Mignon		Bofroot, Butter, Oil	Grants +2 Phys, +6% XP gain per rank	200
Bofroot Cube Steak		Bofroot, Butter, Oil, salt	Grants +4 Physique, +10% XP gain per rank	200
Bofroot Prime Cut		Bofroot, salt, Oil	Grants +2 Phys, +6% XP per rank	200
Lasagne		Cheese, noodles, bofroot, chwon	Grants +50% H.P., +4 Physique, +4 Swiftness per rank	200
Savory Pancake		King salmon slice, eggtrap, plankton egg, flour, salt	Grants +8% XP gain, +50% H.P. per rank.	200


Slow Bofroot Bourguignon		Bofroot, chwon, eggtrap, juice, flour	Grants +1 Physique, +1 Swiftness, +2% XP gain, +2 Intuition, +20% H.P. per rank.	200
Scrambled Eggtrap		eggtrap	Grants +4% XP gain per rank.	75
Simmered Bofroot		bofroot	Grants +2 Physique per rank.	75
Rouladen		Bofroot, cwhon, salt, eggtrap, bacon	Grants +5 Physique, +2 Swiftness, +4% XP gain per rank.	200

Winter

Name	Graphic	Ingredient	Description	Cost
Turnog Melt		White bread, cheese, turnog	Grants +40% H.P., +2 Physique per rank.	200
Turnog Meat Pie		Turnog, flour, butter, salt	Grants +4 Physique, +50% H.P. per rank.	200
Turnog Kebab		Seared Turnog, Flour, plankton egg	Grants +3 Physique, +30% H.P., +1 per rank.	200
Glazed Turnog		Turnog, Sugar, Salt, Butter	Grants +4 Physique, +5 Stamina per rank	200



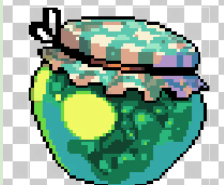


Risotto		Rice, Biguns	Grants +30% H.P. per rank.	200
Noodle Soup		Noodles, Plankton Eggs, Big Uns	Grants +40% H.P. per rank	200
Coltus Salad		Coltus	Grants +20% H.P. per rank	75
Seared Turnog		Turnog	Grants +2 Physique per rank	75


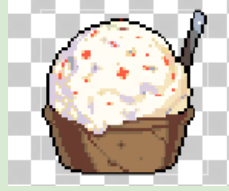


Combo

Name	Graphic	Ingredients	Description	Value
(Spri+Wint) Shrubstick Enchilada		Shrubstick Tenders, Salt, Rice, Cheese	Grants +6 Physique, +50% HP per rank.	300



Desserts

Spring

Name	Graphic	Ingredient	Description	Cost
Mooncake		Sugar, Flour, Speedwheel	Mooncakes are traditionally only cooked after moonrise, and must be finished before the moon sets. Grants +2 Stamina, +20% H.P., +2% XP Gain per rank.	200
Bitecake		Sugar, Flour, Cremetin	Delicious bite-sized cakes for eating on the go! Grants +2 Stamina, +20% H.P., +1 Intuition per rank.	200
Crystant Sourjam		Crystant, Sugar, Juice	Crystants are ever so slightly poisonous, giving them a sour taste that jelying can bring out. Grants +3 Stamina, +2 Intuition per rank.	200
Rockchewers		Crystant Sourjam, Crystant * 2	Made from crystants and sourjam, these sour candies will make your mouth squeeze right up! Grants +5 Stamina, +2 Intuition per rank.	200
Creme Roll		Creme, Sugar, Flour, Cremetin, Milk	These delicious creamy rolls are some of the finest confections in the skies! Grants +6 Stamina, +60% H.P., +5 Intuition per rank.	200

Sponge layercake		Creme, Sugar, Flour, Speedwheel	Sponge cakes are nice enough, but many folks layer them with additional sweet goodness between each slice of cake. Grants +4 Stamina, +40% H.P., +6% XP Gain per rank.	200
Crementine Yogurt		Crementin	This yogurt is sweet and smooth, giving fast relief to a parched throat. Grants +2 Intuition per rank.	75
Speedwheel Dunker		Speedwheel	The guard favors this snack during training sessions. Grants +4% XP Gain per rank.	75
Whale Chewer		Sugar, Milk, Crystant, Crementin, Cooking Acid	A thick, chewy snack that'll keep your mouth occupied for hours. Grants +4 Stamina, +2 Intuition, +3 Swiftiness per rank.	200









Summer


Name	Graphic	Ingredient	Description	Cost
Gempas Sweet Jam		Gempas x 2 + Sugar	A sweet and sticky treat! Grants +2 Intuition and +2 Stamina per rank.	200
Jam Cheesecake		Gempas Sweet Jam + Gempas + Creme + Flour	A delicious and fluffy cake! Grants +5 Intuition, +3 Stamina, and +30% H.P. per rank.	200

Stuffed Plemon		Butter + Milk + Plemon + Blanbala	A fruit stuffed with creamy and tasty joy. Grants +3 Swiftness and +4 Stamina per rank.	200
Tart		Gempas + Gempas Sweet Jam + Flour + Cooking Acid	A tarty treat for the mouth! Grants +3 Intuition, +2 Stamina, +20% H.P., +2 Swiftness.	200
Forbidden Fruit		Cooking Acid + Juice + Plemon + Blanbala + Sugar	A taste of paradise lost. +3 Swiftness, +2 Intuition, +3 Stamina per rank.	200
Gempas Sweet Creme Cake		Chocobar + Creme + Milk + Flour + Gempas	Grants +60% H.P., +5 Intuition per rank	200
Scooped Plemon		Plemon	Grants +2 Swiftness per rank.	50
Holton Halva		Holton	Grants +20% HP per rank.	50
Poached Plemon		Plemon, Juice, Sugar	Grants +2 Swiftness, +2 Intuition, +2 Stamina per rank.	200

Autumn







Name	Graphic	Ingredient	Description	Cost
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Pancakes		Plankton Egg, Flour, Milk, Grownut	Grants +70% H.P. per rank	200
Bread Pudding		White Bread, Skollfruit, Plankton Egg, Milk	Grants +40% H.P., +3 Intuition per rank	200
Skollfruit Bitter Jam		Skollfruit, Sugar	Grants +1 Intuition, +1 Stamina per rank	200
Jellypound Cake		Flour, Milk, Jelbabu, Plankton Egg	Grants +4 Swiftness, +3 Stamina per rank.	200
Cookiepie		Chocobar, Grownut, Butter	Grants +40% H.P., per rank/	200
Pacoca		Grownut, Salt, Sugar	Grants +30% H.P., +4 Stamina per rank	200
Grownut Bun		Grownut	Grants +20% H.P. per rank	75
Chwon Kasa		Chwon	Grants +2 Swiftness per rank.	75

Chocolate Cremepie		Chocobar, Cream, Grownut	Grants +50% H.P. Per Rank	200
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Winter





Name	Graphic	Ingredient	Description	Cost
Sundae		Milk, Creme, Sugar, Flim Flan, Candystick	Grants +9 stamina, +8% XP gain, +4 Sta, +50% H.P. per rank	200
Lavapple pie		Lavapple, Plankton Egg, Milk, Flour	Grants +3 Intuition, +40% H.P. per rank.	200
Chocobite		Canmellow, Chocobar, Flower, Coltus	Grants +2 Stamina, +50% H.P. per rank	200
Lavapple Hotjam		Lavapple, Sugar, Sourhead	Grants +1 Intuition, +2 Stamina, +1 Swiftiness per rank	200
Candystick		Canmellow, Flour	Grants +1 Stamina, +20% H.P. per rank	200




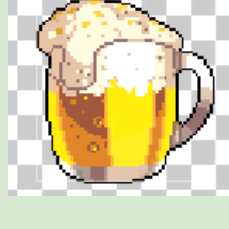
Gingerwhale		Candystick, Flour, Butter, Plankton Egg	Grants +4 Sta, +100% H.P. per rank	200
The Big Jabroni		Lavapple Hotjam, Nutbutter, Whitebread	Grants +4 Intuition, +3 Stamina, +2 Swiftness, +30% H.P. per rank	200
Surprise Creme		Creme, Milk, Canmellow, Flim Flan, Sourhead	Grants +4 Stamina, +8% XP gain, +Swiftness per rank.	200
Camello Fondant		Canmellow	Grants +2 Stamina per rank	75
Flimmed Flan		Flim Flan	Grants +4% XP gain per rank	75
Dunker Sundae		Sundae, Chocobar, Flim Flan, Flour	Grants +11 stamina, +24% XP gain, +120% HP per rank.	200
Caramel Cone		Flim Flan, Milk, Creme, Sugar, Chocobar	Grants +10% XP gain, +6 Stamina per rank	200

Creme Sandwich		Canmellow, Flour, Milk, Creme	Grants +4 Stamina, +50% H.P. per rank	200
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Drinks



Spring

Name	Graphic	Ingredient	Description	Cost
Nectar Concentrate		Creme, Speedwheel, Crystant, Sugar	Concentrated from the delicious sweet plants of Spring, this drink is a taste explosion! Grants +6% Experience Gain, +5 Stamina per rank.	200
Light Boozeshake		Boozant, Crystant, Creme, Sugar	A light shake of watered down booze with crystant mixed in. Grants +2 Swiftness, +4% Experience Gain, +4 Stamina per rank.	200
Crystant Carbonade		Crystant, Juice, Sugar * 2	A bubbly crystant based beverage. Grants +3 Stamina, +3 Swiftness per rank.	200
Float		Crystant, Boozant, Chocobar	A delicious puffy drink made from chocolaty goodness Grants +2 Stamina, +4% XP Gain per rank.	200

Ice Coffee		Milk, Chocobar, Crystant	Cool Coffee spiked with Crystant to give you an energy boost. Grants +3 Stamina per rank.	200
Creme Soda		Boozant, Creme, Sugar	A creamy, bubbly drink. Grants +6% XP Gain, +4 Stamina per rank.	200
Crystant Tequila		Crystant	Distilled Crystant Juice is just poisonous enough to make the tongue tingle without knocking you on your back. Grants +2 Stamina per rank.	75
Boozant Butterbeer		Boozant	A common drink as there ever was during spring, giving people the energy to shake off winter's grasp and start spring cleaning. Grants +4% XP Gain per rank.	75




Summer

Name	Graphic	Ingredient	Description	Cost
Yoghurt		Milk + Gempas + Sugar	A sweet and sticky drink to help cool you down. Grants +2 Intuition and +3 Stamina per rank.	200




Gempas Plemonade		Juice + Sugar + Plemon	A soothing drink of plemonade. Grants +3 Stamina and +2 Intuition per rank.	200
Tea		Blanbala + Sugar	A drink to keep things civilized. Grants +3 Stamina per rank.	200
Gempas Fruit Shake		Gempas + Sugar + Gempas Sweet Jam + Plemon + Juice	A delightfully fruity drink to brighten your day! Grants +5 Intuition, + 4 Stamina, and +1 Swiftness per rank.	200
Mead		Blanbala + Sugar + Flour	A strong and sweet alcoholic drink. Grants +1 Intuition, +2 Stamina, and +20% H.P. per rank.	200
Sangria		Blanbala + Sugar + Cooking Acid + Plemon + Juice	<Description here>. Grants +3 Intuition, +2 Stamina, and +3 Swiftness per rank.	200
Blanbala Extract		Blanbala	Grants +2 Stamina per rank.	75
Gempas Nectar		Gempas	Grants +2 Intuition per rank.	75





Autumn

Name	Graphic	Ingredient	Description	Cost
Jelly Shake Fruit		Creame, sugar, jelbabu, juice	Grants +7 Stamina, +4 Intuition per rank	200
Jelly Shake Choco		Creame, sugar, jelbabu, Chocobar	Grants +9 Stamina per rank	200
Jelly Shake Syrup		Creame, sugar, jelbabu, grownut	Grants +7 stamina, +30% H.P. per rank.	200
Ambrosia		Skolfruit bitterjam, creme, jelbabu, skolfruit	Grants +6 Intuition, +6 Stamina per rank.	200
S'mores Brulee		Creame, grownut, milk	Grants +40% H.P.	200

Mulled Wine		Skollfruit, skollfruit bitter juice, jelbabu juice, sugar	Grants +5 Intuition, +4 Stamina per rank	200
Jelbabu Juice		Jelbabu	Grants +2 Stamina per rank	75
Skollfruit Bitterjuice		Skollfruit	Grants +2 Intuition per rank	75

Winter

Name	Graphic	Ingredient	Description	Cost
Ogre Powerbrew		Chocobar, Sourhead, Lavapple	Grants +2 Swiftiness, +2 Intuition per rank	200
Sourhead Breezer		Sourhead, Creme, Sugar	Grants +3 Swiftiness, +5 Stamina per rank	200
Coltus Bitterbrew		Coltus, Sugar	Grants +10% H.P., +2 Stamina per rank	200

Bernard Beer		Coltus, Flim Flan, Sugar	Grants +10% H.P., +2% XP gain, +2 Stamina	200
Eggnog		Plankton Egg, Sugar, Film Flan	Grants +3 Sta, +4% XP gain per rank.	200
Lavapple Cider		Lavapple, Flim Flan, Candystick	Grants +1 Intuition, +2% XP gain, +1 Stamina, +20% H.P. per rank	200
Cloudvardier		Lavapple, Juice, Sugar	Grants +4 Intuition, +2 Stamina per rank	200
Sourhead Pop		Sourhead	Grants +2 Swiftiness per rank	75
Lavapple Magmasala		Lavapple	Grants +2 Intuition per rank	75
Chocolate Milk		Milk, Flim Flan, Cannellow	Grants +4% XP gain, +1 Stamina per rank	200

