A compendium of food and flavour for a Pathfinder Setting by a one Mr. Gregory Ducker

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Special Thanks | To my mother who raised me and encouraged me to follow my dreams. To my brother who always gave me a second perspective on things. To my beautiful partner Maggie, who is my earth and sky. And to all of my friends above, each of you contributed something crucial and special towards this endeavour and without even one of you none of this would be possible.



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Thank you for reading my product! Before anything else, thank you. Whether you bought it, borrowed it, downloaded it; whether you paid for it or not, thank you for taking interest in what I have to offer and I hope you enjoy.

Forward

I want to take just a little bit of space to write some things for you personally. This page doesn't have any rules or details you need and you'll find it in every book I release, it's just a handful of things I want everyone who gets one of my products to know about me and about my business.

Duck n' Roll Games

I never thought I'd be able to do this, to start my own company and making gaming products for a living. This has been a dream of mine since the first time I picked up my very first monster manual. This company as it is me and a handful of people I love labouring away to try and make something great. I started this company with a heart full of hope, an empty wallet, and some of the best friends and family anyone could ever ask for.

I don't know what the future is going to hold, if I'll ever go far or get big, and at the time of writing this, I don't even know if I'll ever even get started. One thing will remain true beyond everything else. I want to make your game more fun. That will always be my first priority and I will never lose sight of that.

Questions

Nobody is perfect, least of all me. I'm sure that there's something I've missed; A rule that doesn't add up, a typo, a combination of abilities that may upset the game balance. A thousand play tests and a hundred proofreads can't grantee there will be nothing missed. But if you have any questions, if you want to know how a mechanic works, or even why it is designed in that way, or if you just want to tell me what you thought you can visit:

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There is a special inbox just for customers, and I personally will be checking it and responding as quick as I can, so you can get your answers right from the source.

A Word on Pronouns

Duck and Roll products are meant to be friendly and welcoming to absolutely everyone. With this in mind all my products are written without using gender specific pronouns. I've personally known a lot of people who have struggled with gender issues, and I want everyone to feel relaxed while reading what I've made.

Proudly Canadian

Duck and Roll Games is located in Canada and as such all our products use Canadian spelling and grammar.



The chef is a master of all aspects of food. From finding ingredients, surviving the trip to them, preparing them, and finding the perfect clientele to consume them. They are far more than simple kitchen staff, they are worldly and wise and versatile by necessity. A dedicated preparer of meals, an expert on ten thousand ingredients, and the greatest companion a hungry adventurer could ask for.

Adventures

Travel and adventure lay at the very heart of the chef's life. A true culinary expert must travel, they must taste and smell and consume foods and ingredients the world over, or even beyond. In a world where refrigeration is the domain of either blocks of ice, or wizards more suited to killing than chilling, an entire adventure can begin with the simple desire for a fresh herb or fine cut of meat.

Not to mention there are few adventuring parties who cannot see the value of having someone to prepare fresh meals and keep the team from starving. As such, many chef's form an alliance with other adventurers; gaining protection and taste testers for new recipes while providing a valuable service to hungry heroes.

Characteristics

A chef is obviously all about the serving and preparation of food and drinks. There is nothing more perfect than a good dinner after a hard day's work and no reward more worth the risk of death than a perfectly crafted meal. A chef keeps their party well fed and gives them something to look forward to at the end of the day. This means the happiness of the party will often fall squarely on the chef's shoulders.

Alignment

A chef can be of any alignment. Goodly chef's generally take care to save leftovers for those less fortunate, or donate some of their profits to those who would go without. Evil chef's on the other hand use their clout and reputation as a shield allowing them to mistreat those around them.

Lawful aligned chef's typically are careful to follow their recipes to the exact letter and as such are more skilled with delicate meals. Chaotic chef's usually follow their nose and tongue, throwing ingredients together on the fly; often they don't know what they're cooking until it is complete.

Background

The pursuit of culinary expertise is a lifelong endeavour, and while it is never too late to start there is no such thing as true culinary mastery. Most chef's begin their path when they discover a passion for food or a hunger... for *knowledge*. Some rare chef's begin self taught, learning informally as they go, but sooner or later all great cooks meet with their peers and swap recipes or tricks of the trade, this camaraderie among their own kind is generally a key element in the back story of a chef.

Races

Almost all creatures eat. This is at the very core of the chef, food is universal and there is no race that cannot be a chef. In deep jungles there are Elves who serve a carpaccio with meat so thin it wafts on the air like a feather. In the deepest depths of a mountains heart there are Gnomes brewing casks of lambic with clinical precision. There are halls of a thousand dwarves who each day cannot descend into their mines until they have been fed by a team of just a few elite Dwarven fry cooks.

Even Orcs, although often viewed as uncultured know which hunks are to be served to the chief and what gristly bits are fed to the dogs. Humans (as usual) take a mixed approach; they borrow from many cultures and styles, adding in their own innovations at the same time.

Other Classes

Anyone who gets hungry is a friend to the chef. From fighters (or better yet; barbarians) who work up hearty appetites, to mages and clerics with discerning palates, to monks with dietary restrictions the chef remembers one key lesson: The customer is always right. No matter what dietary limitations a chef's travelling companions may have a hardworking cook will take special care to ensure that their needs are met.

Abilities

A chef can be many things to many people and many tasks fall upon a chef. Wisdom is the core attribute for the chef as it has a strong influence on their meals, their recipe's known, and their actual ability to cook. Their secondary attribute relies entirely on what role they plan to fill. A good chef is just as likely to be exposed to monsters and traps as they are nobles and intrigue and so depending on if they plan to act as a party face, a secondary melee, or a support role their other attributes can vary but there are no wrong choices.





Alignment: Any Hit Die: 1d8 Starting wealth: 5d6x10 Skill Points: 6 + Int modifier

Appraise, Bluff, Climb, Craft (any), Diplomacy, Disguise, Knowledge (any), Handle animal, Heal, Intimidate, Linguistics, Perform (any), Profession (Cook), Sense motive, Sleight of hand, Survival

P.	Jevel	BAB	Fort	Ref	Will	Special Le
6	1	+0	+2	+2	+0	Temperature resistance, Snack Preparation, Meal Preparation, Professional chef
1	2	+1	+3	+3	+0	Culinary arts
3	3	+2	+3	+3	+1	Temperature control 2d4
E	4	+3	+4	+4	+1	Culinary arts
P	5	+3	+4	+4	+1	Professional chef, Temperature control 3d4
	6	+4	+5	+5	+2	Culinary arts
	7	+5	+5	+5	+2	Temperature control 4d4
	8	+6/+1	+6	+6	+2	Culinary arts
	9	+6/+1	+6	+6	+3	Temperature control 5d4
38	10	+7/+2	+7	+7	+3	Professional chef, Culinary arts
	11	+8/+3	+7	+7	+3	Temperature control 6d4
12.5	12	+9/+4	+8	+8	+4	Culinary arts
	13	+9/+4	+8	+8	+4	Temperature control 7d4
5.3	14	+10/+5	+9	+9	+4	Culinary arts
	15	+11/+6/+1	+9	+9	+5	Professional chef, Temperature control 8d4
	16	+12/+7/+2	+10	+10	+5	Culinary arts
	17	+12/+7/+2	+10	+10	+5	Temperature control 9d4
	18	+13/+8/+3	+11	+11	+6	Culinary arts
	19	+14/+9/+4	+11	+11	+6	Temperature control 10d4
L.	20	+15/+10/+5	+12	+12	+6	Professional chef, Grand culinary art

Weapon and armour proficiencies

A chef is proficient with simple weapons and light armour and shields. A chef is also capable of using any kind of kitchen implement as an improvised weapon without taking any penalties typically conferred with non-proficiency.

Typically most kitchen knives deal damage as a short sword, most mallets and tenderizers do damage as a light mace, most pan's and pot lids function as bucklers, onion holder's and herb choppers may be used as katars, most Woks may be used as a medium shield ect.

Professional chef (Ex):

The chef lives, sleeps, and of course eats, cooking. Their mastery of food preparation provides them a number of benefits. A chef adds their class level to their Profession (Cook) skill as a competence bonus and may always take a 10 on this check. Additionally with 1 week of work they earn gold equal to the total of their check result instead of half as per normal.

At5th level the chef has earned such a reputation that they may earn their perform check in gold per day instead of each week. Additionally the chef is so well known in culinary circles that most cooking or eating establishment is happy to offer free meals and a place to rest to the chef and their party. These free meals are observed and guided by the chef and as such still confer all the class benefits the chef possesses.

By 10th level the chef has reached such a level of fame that their food is desired across the land and patrons feel privileged to be served by them and their services are courted by lords and kings for fine banquets. As a result of this great fame the chef earns their profession check in gold for each hour of work, or following the end of their services they may be paid in land or titles of equivalent value.

Additionally the chef is continually being offered work through one patron or another, a network of the wealthy and famous seek to encourage the chef to travel to their lands, as such the chef need never pay for any mundane transportation, nor for room and board at any establishment under the rule of an individual interested in procuring the chef's services.

At 15th level the chef prepares meals for nobles and kings only in between their more important meals, they are serving planar dignitaries, angelic servants and elemental princes. A chef who has reached this level can spend the day preparing a fine meal or banquet in the service of a powerful entity and may earn one hundred times their profession check result in gold pieces for a single day's work, or more. This ability may only be used under appropriate situations as determined by the DM. Beyond this benefit a chef may now procure transportation even via magical transportation such as magical ships, enchanted wagons and teleportation spells without having to pay the cost personally as even more powerful patrons vie to entice the chef to their kitchen.

By 20th level a chef is suitable to serve the mightiest beings and most discerning of palate's, planar lords and even gods themselves crave the masterful meals that can only be created by a master chef. At this level even planar transportation is provided to a chef at no charge, and often this includes escorts as appropriate for the god to ensure the chef's safety in their domain. A meal made for the gods is often more valuable than any gold or treasure, and typical payment for such a service is the benefit of a wish or miracle spell, though gods preferring to pay in wealth will typically pay the chef's perform check resultx500 in gold pieces or the equivalent in magical items and rewards.

Meal preparation (Su):

A chef may spend an hour, or more if they choose, preparing and serving a special meal {This should link to the beginning of the articles section where I explain what a meal is} that provides long lasting bonuses to everyone who consumes it.

This ability does not create food and the chef must already have access to the raw materials that will go into their finished dish and the equipment to cook with. A use of this ability affects 3+wis bonus meals fit for medium or small sized creatures. Everyone who consumes the meal gains the same one benefit from the following list as chosen by the chef. The bonus lasts for the consumer either 24 hours or until another meal prepared with this ability is consumed.

At 3rd level and every 2 levels thereafter the chef may allocate another bonus to their meal, all bonuses stack and are extraordinary in nature.

+1 morale bonus on all attack rolls

+2 morale bonus on damage rolls

+5 temp hp

+1 morale bonus On saving throws

+1 morale bonus to one type of skill check

+2 bonus to initiative

Snack preparation (Su):

Beginning at 1st level a chef may prepare special magic rich foods for their allies to consume as needed in the heat of conflict. This functions as the brew potions feat with the following exceptions: Firstly, In place of spellcraft the chef uses the Profession Cook skill. Second a chef can only prepare a snack that they know the proper recipe for.

The chef begins play with a recipe book containing the recipes for 3+wis bonus first level spells. These spells may be drawn from any class list and if the spell is found on several lists the lowest one is always used. Recipe's are learned in exactly the same way as an alchemists formulae and may be learned from scrolls, formulae books, or another chef's recipe book.

Each level the chef may add one more recipe to their book. At third level a chef may earn recipe's for second level spells and at 5th level they may add third level spells. When a chef prepares a snack they can create an easy to consume treat or beverage rather than a potion.

Fresh snacks (Su):

When using snack preparation a chef may instead choose to create a short term much fresher version of their snacks. These "Fresh" snacks expire after 24 hour and become inedible and nonmagical, however they cost only 1/10th as much gold to create and about 1 hour to prepare regardless of the

cost. A chef may create large batches of fresh snacks at once, such as a tray of fresh cookies or a pitcher full of iced tea, and doing so does not increase the cooking time for that batch of snacks. For example a dozen muffins of cure light wounds would cost 60 gp, and would take 1 hour to craft.

(If using a crafting system that carries some other cost for crafting, such as 3.5 experience point costs for item creation those expenses should be waived entirely for a "fresh" snack).

Temperature resistance (Ex):

Beginning at first level a chef gains fire and cold resistance 4. This stacks with any energy resistance they already posess regardless of the source. This protection increases by 2 every level until at 20th level this becomes immunity.

Temperature control (Su):

At 3rd level the chef may make a melee touch attack onto any metallic object and dramatically alter its temperature. The temperature chosen can be precise enough to cook with and can cause up to 2d4 points of fire or cold damage to any creature wearing, touching or holding the object as well as to any creature striking the heated object with an unarmed or natural attack.

An object affected with this ability may be maintained at any temperature as long as the chef desires and they can adjust the temperature of an affected object as a swift action without having to touch it again. This ability can be applied to up to a number of objects equal to 1+1 per point of wisdom bonus. At level 5th level and every 2 levels thereafter the chef may choose to deal an additional 1d4 fire or cold damage with this ability.

This ability gains the fire descriptor when dealing fire damage and the cold descriptor when dealing cold damage. In addition to its combat uses this can also be used to keep armour and equipment at a comfortable temperature despite the harshest of environment, thus protecting the wearers from inclement heat or cold. It can also be used to cause armor to deal the listed damage to any foe striking the wearer with a natural attack or unarmed strike.

Culinary arts:

Beginning at 2nd level and then every other level from there on the chef gains access to another ability from the Culinary arts list below. Unless otherwise noted these abilities are extraordinary.

Brain food: A chef with this ability has prodigious mnemonic abilities and as such may more reliably call upon information they have learned. When making a knowledge check, a chef with this ability may instead choose to treat the check result as if they had rolled a number equal to their level. Additionally the chef may add the following abilities to the list of meal preparation bonuses:

+1 int +1 wis

Caliente: As a standard action a chef with this ability may fling any combination of powerful spices into the face or eyes of an opponent creating a terrible burning pain that overcomes the senses. The chef makes a ranged touch attack with a range of 20 ft, on a successful hit the foe is blinded and unable to use scent or any ability based on scent for 1 round per 2 chef levels (min 1 round). Each round

after the first the target may take a move action to make a fort save (Dc 10+1/2 level+wis mod) to regain their sight and scent. Additionally the chef may add the following abilities to their list of meal preparation bonuses:

+5 fire resistance +5 cold resistance

Comfort food: A chef with this ability gains a bonus on all heal and sense motive checks equal to one half their level and anyone the chef treats using their heal skill doubles their natural healing rate (this benefit is applied after any other modifiers to natural healing). Lastly a chef with this ability adds the following ability to their list of prepared meal bonuses:

+1 fast healing when below 1/2 of full hp

Counting calories: Upon taking this ability the chef immediately gains one calorie feat. Additionally the chef may add the following ability to their list of meal preparation bonuses:

This meal counts as an additional meal for the purpose of determining meals eaten for the effects of starvation and calorie feats (this may safely exceed the maximum number of meals consumed in a day)

Eldritch flavour: Each time this ability is taken the chef chooses a school of magic that they can counteract. A chef may use greater dispel magic as a spell like ability at will regarding spells of their chosen school using their class level as their caster level. This is done with a flourish of spices and seasonings that perfectly counterbalance the magic. Additionally if they witness a spell of that school being cast they may identify it using a profession cook check instead of a spellcraft check to identify the spell. This ability may be taken multiple times to learn the flavours of new types of magic. Lastly a chef may add the following ability to their list of Prepared meal abilities:

+1 to caster level, spellcraft checks, and saves regarding spells of a specific school of magic. The school chosen must be one that they have taken Eldritch flavour for.

Eat what you kill: When preparing a meal you may use a slain creature of the aberration, animal, magical beast, plant, or vermin type as a material component to increase the amount of bonus abilities you may provide to your diners by 1 per 5 HD possessed by the creature (min 1), this applies only to a creature's racial HD and not to class levels. This ability only applies if the component creature is of 2 intelligence or less.

Additionally as a standard action you can offer words of encouragement to all allies who can hear you allowing each ally on your team to make an immediate move action or melee attack. If you use this ability, the next meal you prepare within 24 hours must either include at least one creature from the encounter used as a component or it provides only half the normal number of bonuses.

Eat the rude: Prerequisite: Evil alignment, Eat what you kill: A chef with this ability may use "eat what you kill" to prepare creatures of the Dragon, Humanoid, Fey, and Monstrous humanoid types and may add any of the victim's class levels to their racial HD to determine the bonus abilities granted. A

chef with this ability becomes immune to fear effects of all kinds and may, as a standard action, re-enforce the courage of their allies by sharing their confidence. This removes the shaken, frightened, and panicked conditions from all allies who can hear the chef speak, generally within 60 ft. It should be noted that knowingly participating in cannibalism is usually seen as an evil and generally deplorable act.

Eat the Unliving: Prerequisite: Eat what you kill. A chef with this ability may use their "Eat what you kill" ability to prepare meals using creatures of the construct, ooze and undead types in addition to the normal options. A chef with this unusual palette quickly finds their body able to digest anything and upon gaining this ability the chef becomes immune to ingested poisons and diseases. Anyone who consumes any meal prepared by the chef using their meal preparation ability likewise gains this immunity for 24 hours.

Green thumb: Prerequisite: character level 5, herbology culinary art. A chef with this ability has learned the secret art of growing living plant based servants called the Leshy. They can grow a Leshy with a 100% chance of success and they are counted as being able to cast all the required spells for the ritual.

As with creating Leshy normally you may grant them extra HD at additional cost, but a chef may continue doing this to any amount of HD, up to the chef's level, though as normal the Leshy never grows beyond small sized. Despite their status as plant creature's the Leshy created by this ability may consume a meal the chef prepares and gain the regular bonuses and they are born being helpful towards their creator.

Additionally, if a chef spends a day tending to crops, farmland, or other plants they increase the growth and productivity of the plants by half again the normal amount for the next year. This is an extraordinary ability. Lastly a chef may reduce the number of bonuses their meal preparation ability grants in order to affect additional creatures. Each +1 bonus sacrificed allows the chef to provide that bonus to 4 additional creatures.

Head chef: A chef with this ability may take a standard action to aid their allies in a single task. The chef grants their allies a bonus equal to 1/2 their ranks in the chosen skill, or their full ranks if the skill is profession (cook). If the chef is also taking the same action the use of this ability is a free action. Additionally the chef adds the following abilities to the list of meal preparation bonuses:

- +1 dexterity
- +1 charisma

Herbology: A chef with this ability adds their level as a competence bonus to knowledge nature checks made to identify plants and herbs as well as on survival checks made to gather such things. Additionally if the chef makes a knowledge nature check (DC 15+Creatures hd) to identify a plant creature they gain valuable insight regarding that creature. This confers to the chef a +2 on bluff, knowledge, perception, sense motive and survival checks involving the creature as well as +2 attack and damage on all attacks made against the identified foe.

This ability functions like the favoured enemy ranger ability. The bonus provided by this ability increases by +2 at levels 5, 10, 15, and 20. If the chef is successful in their knowledge check they may

also take a standard action to confer the details to their companions, giving all allies within 60 ft 1/2 the above bonus.

Hunting: A chef with this ability adds their class level as a competence bonus to survival checks made to track animals as well as knowledge checks about animals. The chef also gains the benefit of the track feat. In addition to this if the chef makes a knowledge nature check (DC 15+Creatures hd) to identify an animal they gain valuable insight regarding that creature. This confers to the chef a +2 on bluff, knowledge, perception, sense motive and survival checks involving the creature as well as +2 attack and damage on all attacks made against the identified foe.

This ability functions like the favoured enemy ranger ability. The bonus provided by this ability increases by +2 at levels 5, 10, 15, and 20. If the chef is successful in their knowledge check they may also take a standard action to confer the details to their companions, giving all allies within 60 ft 1/2 the above bonus.

King's Bane: a chef with this ability no longer risks poisoning themselves when applying ingested poisons to food. Secondly, when a chef with this ability prepares a magical snack of any kind, or applies poison to food, they may decide to include a delay before it takes effect.

This delay can be up to one hour per chef level at a maximum and must be descided at the time the snack is



made or the poison is applied. Additionally the effect of the snack or poison is experienced only by the individual who consumes the majority of the snack, instead of the first person to taste it.

Local custom: A chef with this ability gains a bonus equal to half their level on all Diplomacy, knowledge nobility, knowledge local, and knowledge planes checks. Additionally any failed diplomacy check can be attempted again after a chef has served a meal to the target of the diplomacy check even if 24 hours has not elapsed since the failure.

Lastly if an ally within 30 ft fails a diplomacy check, or role-plays, badly enough to lower the attitude of an NPC the chef can interject and smooth things over, attempting an immediate diplomacy check against the same DC it would take to make the npc helpful, if successful this simply prevents the lowering of attitude and has no other effect.

Marinade: As a standard action the chef may make a ranged touch attack with a range of 20 ft. If the touch attack is successful the target takes 1d8 acid damage +1d8 for every three chef levels and additionally suffers 1 point of strength or con damage for every 5 damage inflicted. Using this ability requires the chef to expend a flask of acid or specially prepare marinade.

Preparing a vial of marinade takes 10 minutes, and 10 gold pieces worth of ingredients and a DC 15 profession cook check. Other creatures may carry these marinade flasks but anyone who does not have this culinary art ability treats them as mundane flasks of acid. Additionally a chef with this ability may add the following to the list of abilities they may grant with their meal preparation bonus: +1 to Strength score

+1 to Constitution score

Purist diet: A chef with this ability may select different bonuses to grant each person consuming the food prepared by their meal preparation ability, but each extra creature with a different set of bonuses es reduces the overall number of bonuses the meals grant by 1. For example if a chef of 8th level made one meal for the wizard and a second for the party fighter and a third for the rest of the team, each meal would have only 2 bonuses instead of the usual four. Additionally the chef may add the following ability to the list of meal preparation bonuses:

+1 Feat from the following list: Extra Arcane Pool, Extra Bane, Extra Bombs, Extra Cantrips or Orisons, Extra Channel, Extra Evolution, Extra Grit, Extra Inspiration, Extra Ki, Extra Lay On Hands, Extra Martial Flexibility, Extra Panache, Extra Performance, Extra Rage, Extra Ranger Trap, Extra Reservoir, Extra Summons. This may be taken multiple times either for the same feat or for other ones, even if that would not otherwise be the case for the feat, however prerequisites must still be met by the character receiving the feat. Other similar feats with similar effects may be allowed at the DM's discretion.

Scale and shell: A chef with this ability may, as a standard action make a single melee attack as they begin to either scrape, peel, or break off the scales or shell of their opponent exposing their weak areas. If the attack hits it deals damage normally and in addition it reduces a creatures natural armour bonus by 1 for every 5 damage the attack deals, after damage reduction if any, rounded down to a minimum of 1. This only applies to weapon damage and does not include bonus energy damage such as from a flaming weapon but may be combined with feats that allow or require a single attack such as vital strike or spring attack. This reduction is healed in the same way as ability damage. Additionally a chef with this ability may add the following to the list of benefits they may grant with their meal preparation ability:

+1 Natural armour bonus to armour class

Spell rich snack: Prerequisite: character level 7: A chef with this ability may learn recipes' and prepare snacks that emulate spells of up to 4th level. A chef may take this multiple times and each time the spell level of snack they can cook using increases by 1 and the prerequisite character level increases by 2.

Tenderize: As a standard action the chef may make a single melee attack and if successful they deal damage normally and in addition they reduce a struck opponents damage reduction by 1 for every 5 damage their attack dealt. This only applies to weapon damage and does not include bonus energy damage such as from a flaming weapon but may be combined with feats or abilities that allow or require a single attack such as vital strike or spring attack. This reduction is restored in the same way as ability damage. Additionally a chef with this ability may add the following to the list of benefits they may grant with their meal preparation ability:

+1 Dr/-

Grand Culinary art

Upon reaching 20th level a chef has reached the pinnacle of their power and they may select a grand

culinary art to represent their final breakthrough in the world of cooking.

Age like wine: A chef with this ability becomes only more potent and pleasing as they grow older. They take no penalties for aging and any such penalties already suffered disappear and they do not die of old age, instead fact they get better with age. Each time a chef with this ability has lived the highest possible maximum age for their race they gain another +1 to int, wis, and charisma. Lastly the chef always counts as having died only one round ago for the purpose of resurrection magic such as breath of life or true resurrection, and if such magic has a costly component, the caster may instead use half the components cost worth of wine.

Master of temperature (Su): A chef using their temperature control ability can increase the range of temperature they can emulate. Firstly the maximum damage their temperature control ability can deal changes from d4's to d6's. Secondly the temperature control ability can now affect any kind of object, not just metal. As a standard action the chef may make a melee touch attack on a creature to force it to make a fort save DC 10+1/2 chef level+wis mod or die instantly as it's blood is either frozen solid or boiled.

On a successful save the subject takes the chef's temperature control damage and they not be outright slain on a failed save by this ability for 24 hours though they may still be dealt more damage from it. This is not a death effect, however if a creature is immune to the type of energy damage they would take on a successful save they are immune to this effect.

Snack synergy: A chef with this ability may prepare a snack or fresh snack with two spells infused into it, they pay the cost for both as if crafting two separate snacks but both spells take effect when the snack is eaten.

Supreme cuisine: A chef selecting this ability gains 4 extra bonuses they may select when using their meal preparation ability

Ultimate diet: The chef is capable of preparing masterful meals of such supreme quality that the benefits can permanently alter a consumer. Any creature, including the chef, partaking of a chef's meal preparation ability for 30 days in a row gains a +1 inherent bonus to an ability score of their choice. This stacks with itself and other inherent bonuses up to a maximum of +5 and, as long as the creature has spent enough time subsisting on the chef's meals, may be applied to every ability score eventually.

Favoured Class Options

Dwarf -Add +2 to either fire or cold resistance granted from temperature control, or 1 to each. When the resistance would reach 40 it becomes immunity, regardless of what level the chef is. Elf -Gain 1/6th of an extra bonus granted by meal preparation Gnome - Add one extra recipe to your recipe book of up to the highest level you can prepare Half Orc - Meal preparation takes 5 minutes less (To a minimum min of 5 minutes) Half elf - Temperature control applies to 1/4 extra object Halfling - Fresh snacks remain edible for 1 hour longer Human - Add one extra recipe to your recipe book of up to the highest level you can prepare Goblin - Meal preparation can feed 1 additional creature Ifrit - Every 4 times this ability is taken increase temperature control damage dealt by fire by 1d4 Ratfolk - Gain 1/6 of an extra culinary art Gillman - Add one extra recipe to your recipe book of up to the highest level you can prepare Grippli - Gain 1/6th of an extra culinary art Suli -Temperature control applies to 1/4 of an extra object Wayang - Every 4 times this ability is taken increase temperature control damage dealt by cold by 1d4

A Breif Repreive for some Recipes

Halfling Apple Pie

Crust:	Filling:		
1 ¹ / ₂ Cups of All Purpose Flour	5 ¹ / ₂ Cups of Peeled, Sliced, and Cored		
¹ / ₄ Teaspoons of Table Salt	apples		
¹ /8 Teaspoons of Baking Powder	1 Tablespoon of Lemon Juice		
8 Tablespoons of Unsalted Butter (cut into ½ Cup of Sugar			
¹ / ₂ inch peices)	¹ / ₄ Cup of packed Brown Sugar		
2 Tablespoons of Shortening (cut into ¹ / ₂	3 Tablespoons of Flour		
inch peices and chilled)	¹ / ₂ Tablespoons of Cinnamon		
2-4 Tablespoons of Ice Water	¹ /4 Tablespoons of Nutmeg		

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Jopping: 3/4 Cup of Flour 1/4 Cup of Sugar 1/4 Cup of Brown Sugar 1/3 Cup of Butter (Room Temp) A little extra Cinnamon if desired

Mix flour, salt, baking powder. Cut in butter and shortening, when it's thoroghly mixed it should look like cornmeal. Sprinkle in half of the water and mix to a crumble. Add more water, a teaspoon at a time. The dough should hold together when pressed into a ball. Turn onto a floured surface, flatten to a disk (6 inches in diamater.) Wrap and let it rest in the fridge for an hour. After the dough is done resting, remove it from the fridge and place in a pie tin.

Gently toss the ingredients for the filling and fill the pie crust, sprinkling the topping over top as well. Bake at 375 ° F for 50 minutes

Jeek and Potato Soup

Ingredients: 1 lbs of Leeks 1 lbs of Potatos 3 Tablesppons of Butter 2 Cups of Broth (of your choosing) 4 Cups of Water As much or as little Salt as you please Mix water and broth in a large pot and salt generously. Chop leeks and potatoes into medium or small peices and add to the pot. Let simmer for 20 minutes with a lid. Remove from heat, add butter, lightly mix, and serve.

Not-Quite-Puttanesca

Ingredients:

Whole Tomatoe (Chopped)
 Red Onion (Sliced)
 Cloves of Garlic (Minced)
 Tablespoon of any Oil
 As much Salt and Pepper as you like
 About 2 Bowls worth of Penne or
 Spaghitte

Sautee onion and garlic in oil in a large pan on a medium heat. Add tomatoes and crush them gently with a spoon as they cook. Add salt and pepper as you see fit, tasting as you do. Stir well. Remove from heat and add your pasta. Plate and Serve.

Teifling Scones

Ingredients:

2 ½ Cups of Flour
2 Tablespoons of Sugar
2 ½ Tablespoons of Baking Powder
½ Tablespoon of Baking Soda
½ Tablespoon of Salt
½ Cup of Butter (cold, and cubed)
1 Cup of Buttermilk
1 Egg

Mix flour, sugar, baking powder, baking soda, and salt in a large bowl. Cut in butter, and mix in milk and egg. Turn out on a floured surface and knead 10 times. Pat out the dough, and cut into whatever shapes or peices you desire.

Bake at 400 ° F for 12-15 minutes.

Buttermilk Repalcement

1 Cup of Milk 1 Tablespoon of white Vinegar or Lemon Juice

Dwarven Spicy Pickled Carrots

Ingredients:

½ lbs of Peeled and Trimmed Carrots
 Cup of White Vinegar
 Cup of Water
 Tablespoon of Pickling Salt
 Tablespoon of Dill Seed
 2 Teaspoon of Chili Flakes
 2 Teaspoon of Black Peppercorn
 Clove of Garlic for Each Jar

Sealing Jars:

You should not eat unsuccessfully sealed pickled goods. A successfully sealed jar will emit a somewhat loud popping sound, and should make a similar sound when opened for the first time. This recipe calls for either a single 1 Pint Jar, or 2 Jelly Jars.

Wash your jars and lids in hot, soapy water and rinse very thoroghly. In a large pot, boil enough water to submerge your jars in. Place your jars and lids in the water and let them simmer. Keep them hot until they're used. An excess of salt at the bottom of your jar may indicate that your brine has broken and your (in this case) carrots are no longer good to eat.

Bring a small pot of water to boil. Blanch carrots for 90 seconds, rinse in cold water. Prepare your jars as mentioned above. Combine vinegar, water, salt, and then boil. Carefully remove your jars from heat and place spices at the bottom. Place the carrots in the jars, standing upright. Pour in brine, leaving 1/2 inch space at the top. Tap the sides of the jars to settle everything into place, and apply lids. Let stand for a minimum of 48 hours.



Shown: The Bunslinger (Page 38)

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Wizard Archtype

Olfactory Arcanist

An Olfactory wizard is a specialist in casting spells triggered by familiar scents, allowing them to cast spells practically on the fly as long as they can expose them self to the right scent for the right situation

Smellcasting:

An olfactory Arcanist casts spells similarly to a traditional wizard but with a major difference; they have no need for a spellbook. Instead each and every spell they learn is fully memorized and the details of them are called upon by triggering a memory with a unique scent.

At first level an Olfactory arcanist knows 4 cantrips and 1+int mod first level spells, and each time they gain a level they learn only one new spell which can be of any level they can cast. However by spending one day per spell level studying a deciphered scroll or working with a mentor and practising a spell while inhaling special arcane aromatherapy ingredients costing (spell level squared)x100 gp an olfactory Arcanist can add that spell to their list of spells known. This process can be completed during consecutive days or gradually with breaks in between, though each session must be at least 8 hours to provide any benefit.

For every spell they know the smell caster chooses a specific aroma or scent, or combination of aromas that remind them of the spell. This scent can be changed by the same process as learning a new spell.

In exchange for this much more expensive learning process, an Olfactory arcanist is able to very quickly remind themselves of any spell they know and call upon its energy. By spending 1 round in the presence of a smell the Arcanist can prepare the spell associated with that spell as a free action at the start of their next turn.

It shoulder be noted that spending a round in the presence of the scent does not require any special action and if there is a doubt as to what can be smelled treat it as a perception check with a base DC between 5-20 based on the potency of the smell and then modified for distance just as with normal perception checks. Most olfactory arcanists tend to carry samples of every smell that evokes a spells memory on their person, simply uncorking a vial of such substance (A move action), and then waiting a turn to ready their spell and cast it. This ability replaces Spellbook.

Vivid memory (Su):

The memories a scent can evoke are so powerful that they last even after magic has tried to scour them away. For one round after casting a spell that used a spell slot, the Olfactory Arcanist may cast the same spell again without using a spell slot. This ability replaces arcane bond.

Scent (Ex):

At fifth level a Olfactory Arcanist gains the scent ability with a range of 30 ft. If they already have the scent ability it instead expands in range by 30 ft. This ability replaces the bonus feat gained at 5th level.

Barbarian Archetype

Hungry Barbarian

For some, the rage comes from pain, for others grief over a world the barbarian will never again know, and some just have a heart filled with hatred. For the hungry barbarian the rage comes from a need to devour, a need that can consume the barbarian just as they consume everything in their path, by continuing to feed their hunger and growing ever angrier at the need to feed they may rage for far longer so long as they continue to ceaselessly devour

Hungry rage (Ex):

When a hungry barbarian rages, they are filled with an indomitable hunger. A barbarian with this archetype gains only 2+con rounds of rage per day at first level and then only one more round each level after that. In exchange a raging Hungry barbarian not only can consume items while raging, but is rewarded for doing so.

A hungry barbarian does not expend a rage round during any round in which they consume at least a handful of food (A standard action), a potion, an elixir, or a snack or successfully deal at least 10 points of damage with a bite attack. In addition, once the rage ends, the hungry barbarian is staggered for one round per round they raged without expending rage, this is in addition to the fatigue effect. This modifies the rage ability.

Ferocious hunger (Ex):

Whenever a hungry barbarian gains a rage power they may also choose to instead gain the benefit of any Food Feat (the benefits of the feat apply only while raging.) This ability modifies the rage power ability.

Consume (Ex):

At 2nd level as a full round action a hungry barbarian may feast on a slain foe to try and sate their endless hunger. The foe must have been slain within the last minute. By doing so they regain a previously spent round of rage, up to their normal full maximum.

This counts as consuming a meal for all purposes. What a Hungry barbarian can safely consume is irrelevant, they gain the benefit even if eating the felled foe also poisons, chokes, or harms them as long as there is something left to consume. They may use this ability only once on any given corpse regardless of how much material is left to consume. This ability replaces uncanny dodge. It should be noted that devouring intelligent creatures is generally seen as an evil act.

Food sense (Ex):

When a hungry barbarian of 3rd level threatened by anything they consume they gain +1 to saving throws and DR 1/- against that threat. At 6th level and every 3 levels thereafter these bonuses increase by 1 and the damage reduction stacks with their normal DR/-. This ability replaces trap sense.

Devour (Ex):

At 5th level when a hungry barbarian in a rage slays an opponent using a bite natural attack, or if they have a bite natural attack remaining in their full attack routine, they may immediately use their consume ability to eat the downed foe. Additionally whenever using consume, the hungry barbarian may either heal 1 hp/level or recover 1 point of ability damage. This ability replaces improved uncanny dodge.

Never full (Ex):

At 17th level the Hungry Barbarian is no longer staggered after using a hungry rage in addition to longer being fatigued. This ability modifies tireless rage.



following changes should be made:

Hungry rage:

The staggered effect lasts for 1 minute instead of being based on the number of extra rounds gained by eating.

Food sense (Ex):

Food sense grants its bonus on perception checks to notice hazardous qualities of food such as being diseased, poisoned or enchanted, and the Barbarian is allowed a perception check to notice such hazards (even if they otherwise would not be granted one.) This replaces danger sense instead of trap sense.



The Food fighter is an expert at intense situations, both in a dungeon as well as in the kitchen. They are astoundingly skilled warriors who put their precision and dedication to work in the kitchen.

Food fighter:

In addition to a combat feat a Food Fighter may select any Food or Calorie Feat t as their bonus feats. Additionally they do not take a non-proficiency penalty with any cooking implements or foods they wield as weapons.

Culinary apprentice:

At 2nd level a Food fighter adds half their level to all Profession (cook) checks. This ability replaces bravery+1

Culinary protégé:

Sushi

Rolls At 6th level a Food fighter using their profession (Cook) skill to earn a living can make up to their profession check in gold pieces each day of work, provided this does not exceed the base limit of the settlement. This ability replaces bravery+2

Culinary expert:

At 10th level the Food Fighter can earn their profession checkx5 in gold for a day of work, provided this amount does not exceed the base limit of the settlement. This ability replaces bravery +3

Culinary Master:

Culinary Master: At 14th level the Food Fighter The food fighter can earn up to their profession check x10 for a single day's work, provided this amount does not exceed the base limit of the settlement. This ability replaces bravery+4

Culinary God:

At 18th level the Food fighter can earn up to their profession checkx25 for a single days work provided this does not exceed the base limit of the settlement. This ability replaces bravery + 5

Alchemist Archetype

The Ale-Chemist

The Ale-chemist is a special breed of alchemist that devotes their study to the Molotov cocktail (Ex): power of alcohol.

An ale-chemist's bombs are alcohol based and are designed for starting lasting fires rather than powerful explosions. An alechemist's bombs deal one step lower damage than they normally would, (usually 4d's instead of d6's), however they are capable of creating lasting flames. Any square affected by the bomb's splash damage continues to burn, dealing the splash damage every turn for a number of turns equal to the alchemist's int bonus.

Any creature passing through such squares takes that splash damage with a reflex save for half at the bomb's regular save DC. The creature directly hit with the bomb catches fire in the same way, taking splash damage each round but a successful reflex save extinguishes the fire. A creature cannot be on fire from more than one effect at once, only the most damaging effect applies. This ability applies only when the bomb is used to deal fire damage, any other type of damage still uses the regular die size and effects.

This modifiers the alchemist's bomb ability

Better when Im Drunk (Su):

An alechemist brews a very special and very potent mutagen with an alcoholic base. As a result the side effects are even more potent. An alechemist's mutagen grants a +2 to natural armor, and +4 to all ability scores, however it also imparts the sickened condition for as long as the alchemist benefits from the mutagen. (This effectively grants the advanced and drunk templates to the Alechemist.)

If the alechemist ever becomes immune to the sickened condition or ingested poisons they derive no benefit from this special drink but may instead brew normal mutagens. An alechemist selecting the greater or grand mutagen discoveries still gains only a +2 bonus to natural armour, but increases all 6 ability scores by 6 or 8 respectively, however they also worsen the sickened penalty to -3 or -4 also respectively.

Lastly if the alechemist takes the true mutagen grand discovery it applies a +10 to all ability scores and they may either accept the sickened condition with a -5 penalty, or they may choose to be confused for the duration of the mutagen and not become sickened at all.

This ability modifies the mutagen ability.

Poison resistance (Ex):

At 2nd level an alechemist still gains the poison resistance ability however the bonus provided by this ability continues to increase at 11th, 14th, 17th, and 20th level but never becomes immunity. This ability modifies poison resistance.

Booze blade (Ex):

At 3rd level an alechemist can craft alchemical or alcoholic items in half the normal time. Additionally as a move action an Alechemist can draw and apply any distilled spirit or other strong alcohol to one weapon they're wielding to weapon to make the wound sting even more.

If a doused weapon damages a creature not immune to poison the target takes nonlethal damage equal to the weapons base damage plus the alechemist's intelligence bonus. This applies each time the weapon damages a foe until the beginning of the alechemist's next turn. This ability modifies swift alchemy.

Absinthe makes the heart grow fonder (Su):

At 4th level the alechemist gains the infusion discovery, however any creature imbuing one of their extracts gains the sickened condition for the duration of the extract. While sickened in this way the alechemist gains a +5 circumstance modifier on all charisma based checks with the subject. This replaces the infusion gained at fourth level.

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Swift Spirit (Ex):

At 6th level an alechemist can use the booze blade ability to apply alcohol to a weapon as a swift action. If the ability is used as a move action it also ignites the weapon causing it to deal fire damage instead of nonlethal. This ability replaces swift poisoner.

Instant inebriation (Ex):

At 18th level, an alechemist can create alchemical items with almost supernatural speed. They can create any alchemical item as a full-round action if they succeed at the Craft (alchemy) check and have the appropriate resources at hand to fund the creation. Additionally when using the Swift spirit ability they may douse and ignite their weapon as a immediate action and if they choose to deal nonlethal damage with the ability their foe must make a fort save DC 10+1/2 the Alechemist's level+int bonus or be sickened for 1 minute. This ability modifies instant alchemy



A fruit ninja is a skilled and versatile warrior that generally eschews the shadows in favour of a spotlight. They are masters of the slice and dice, putting on amazing shows of culinary expertise, and if necessary cutting down or poisoning their targets along the way.

Fruit of the poison tree (Ex):

A fruit ninja may grow and nourish special poisonous fruit. This requires spending one hour tending to any edible, still growing, plant. The fruit ninja converts any type of poison they have access to into an ingested poison soaked into the fruit. This poison is sustained by the fruit and lasts as long as the fruit does. During the process if the poison's save DC would be less than 10+1/2 the fruit ninja's level+the fruit ninja's cha mod the dc increases to that amount. The fruit ninja never risks poisoning them self when using this ability or preparing food using poisons. This ability replaces poison use.

Ki-wi pool (Su):

A fruit ninja has a pool of ki energy equal to their charisma bonus which refills at the beginning of each day. However a fruit ninja may also draw on the life-giving power of nature to help fuel their power. by consuming a meal with at least two doses of fruits or vegetables, or a single goodberry, a fruit ninja may regain 1 spent Ki point up to the normal maximum of their charisma bonus. Additionally, the ways a fruit ninja may use their energy differs from a normal ninja, they may spend their ki to use the following 3 abilities and these replace the Ninja's normal ki pool and the abilities they can use their ki on:

Dazzling performance (Su): By spending 1 ki as a full round action the fruit ninja may put on a remarkable show, slicing and dicing airborne fruits, catching their juices and garnishing them. Anyone observing the fruit ninja's performance must make a will save DC 10+1/2 the ninja's level+cha bonus or be fascinated for as long as the fruit ninja performs. Once started the performance can last up to a minute and when that time ends the ninja may spend another ki to add another minute as often as desired.

Creatures currently being threatened or endangered get a +4 on their save to resist this effect and the fascination ends if they are attacked or threatened. In addition to distracting creatures this display also greatly impresses viewers. When using this ability the fruit Ninja may roll both a profession(cook) check as well as a diplomacy check. The better result is used to determine the quality of the show, the amount of wealth that can be earned, and how much the audience attitude shifts, if at all.

Swipe (Su): When making an attack roll the fruit ninja may choose to spend a ki point as a swift action when making an attack to turn a single swing into a devastating swipe. The attack is resolved against every target within the reach of the attack. All of these attacks use a single roll (usually the attack roll, but it may be a CMB roll if performing a combat maneuver), and if that roll is a critical threat a single roll is made to confirm and the attack is a critical hit against each foe it confirms against.

Any effect that would normally be discharged after a single hit or touch, such as poison or a held touch spell, is applied to all targets that were hit. The attack is resolved against each attacked target applying critical hit or sneak attack damage as if they were the sole target however each successful hit has its own damage roll. If the attack is a ranged attack, it targets all foes in a straight line from the ninja out to the weapons maximum range but ignores range penalties.

Freeze (Su): By spending 1 ki when attacking a plant creature or a plant object, that creature is considered flat footed and takes sneak attack damage if the attack hits, even if they would otherwise be immune.

Exquisite chef:

At 3rd level a fruit ninja adds half their level to all profession (cook) checks. Additionally a single days work using either skill earns their total perform or profession check in gold pieces unless they would otherwise earn more. This ability replaces the No trace ability.

Uncanny Cuisine (Su):

At 4th level a fruit ninja has mastered implementing and detecting the use of poisoned foods. Any ingested poison used or prepared by the fruit ninja is difficult to detect through magic, anyone attempting to use magic to discern if their food is dangerous, poisonous or even if eating it is a good idea must make a caster level check, DC 10+the fruit ninja's level or receive a false reading indicating the food is safe. Additionally a fruit ninja being served a poisoned or magical meal may automatically make a perception check with a DC equal to the poison or spell save DC to notice that the food has been contaminated by something, though this check does not reveal what. This ability replaces uncanny dodge.

Frenzy (Ex):

At 8th level a fruit ninja a melee or ranged attack gains +2 damage for each weapon damage roll they've already made in that round, regardless of the number of dice that attack inflicts. This ability replaces improved uncanny dodge.

Combo (Ex):

At 20th level a fruit ninja has become a master of stringing together devastating attacks. As a standard action the fruit ninja may spend 1 ki to make a single melee or ranged attack at a -10 penalty. If they hit they deal normal damage and may then immediately make another attack at -11. They continue to do this, each time increasing the penalty by 1 until their foe is dead or the fir attack misses

Antipaladin Archetype

Bad Apple

Most antipaladins tend to be dangerous enemies, powerful opposed forces that meet paladins on the battlefield in a struggle of good vs. evil. The bad apple is a far more insidious threat. They seek to bring down true Paladins by corrupting them from within their own ranks, weakening their resolve and faith before t: eventually turning them.

Alignment:

Lawful evil. A bad apple is expected to infiltrate paladin organizations for extended periods, follow their laws and rules and seem for all intents and purposes to be a paladin. As such they must be lawful in nature rather than chaotic.

Aura of good (Su):

Despite being entirely evil, a Bad Apple radiates a powerful aura of good that masks their true evil aura. For the purpose of all effects, mundane, magical or supernatural alike the bad apple is treated as being good aligned. This replaces the aura of evil.

Designate evil (Su):

At will, as a swift action the bad apple may designate any creature within 60 ft and wrap them in an aura of evil. The chosen creature gains an evil aura and is affected by magical affects as if they were a chaotic evil anti-paladin of the bad apple's level. This persists for as long as the bad apple chooses even if they are no longer within 60 ft of the target. Even once the bad apple dismisses this ability the evil lingers as listed under the detect evil spell. The bad apple may only maintain this effect on one creature at a time but doing so takes no effort. The bad apple is also immediately made aware if the subject dies. This ability replaces detect good.

Smite foe (Su):

A bad apple gains the ability to smite any creature regardless of alignment. They add their charisma bonus to attack and twice their level to damage against the designated foe, however they do not gain a deflection bonus to their armour class. in all other ways this functions as smite evil. Additionally, if a paladin desires to learn how to draw more damage from their smite the bad apple may teach them. By leading a Paladin of 4th level or higher in a 8 hour ritual the bad apple may permanently change a willing paladins smite into this ability. The discord created with the paladins god by such an act cause the paladin to receive one fewer smite each day, although even rigorous

examination of the ritual performed does not reveal it's profane nature.

This ability replaces smite good.

Lay on hands (Su):

At 2nd A bad apple must be able to blend in among true paladins, and this includes performing their duties. As such a bad apple gains lay on hands, just as a paladin does. This replaces touch of corruption.

Aura of stolen courage (Su):

ture. Masi Lemak

At 3rd level a bad apple saps the courage from those around them. All enemies within 20 ft of the bad apple suffers a -4 penalty on saves vs. fear effects and as long as one creature is within this aura the bad apple gains a +4 on all saves vs. fear effects. Whenever a creature with immunity to fear is within 20 ft of the bad apple that creature looses the ability and gains the -4 penalty while the bad apple gains immunity to fear.

The true danger of this aura is the way the doubt and fear lingers. the penalties and bonuses caused by this aura remain in place for as long as the subject remained in the aura. For example a paladin who sleeps next to a bad apple for 8 hours and then goes on an assignment away from them will continue to suffer the -4 penalty and loss of immunity for another 8 hours, while the bad apple will keep the immunity for the same length of time. If the subject returns to the aura before that time elapses the time is added together.

Aura of Rot (Su):

At 3rd level a bad apple causes rot and decay near them. All enemies within 20 ft of the bad apple suffers a -4 penalty on saves vs. disease effects and as long as one creature is within this aura the bad apple gains a +4 on all saves vs. disease effects. Whenever a creature with immunity to disease is within 20 ft of the bad apple that creature looses the ability and gains the -4 penalty while the bad apple gains immunity to disease.

The bonuses and penalties last for as long as the subject remains within 20 ft of the bad apple and for that long again once they leave. Lastly any creature within the aura attempting to consume food, potions, elixirs, or magical snacks must make a will save DC 10+1/2 the bad apple's level+cha mod or have the item turn to rot as they consume it, losing all magical effect and forcing a fort save at the same DC or suffer filth fever. This ability replaces plague bringer.

Cruel wounds (Su):

At 3rd level a bad apple inflicts wounds that defy the will of the gods. Any damage dealt by the bad apple cannot be healed by divine magic unless the caster succeeds on a caster level check DC 15+Antipaladin level. And even on a success the healing always restores the minimum damage. Any

examination into the cause of this, magical or otherwise, reveals only that the healer has a weakened connection to their god.

The bad apple conversely always heals the maximum possible amount when healing injuries they inflicted and may choose to remove this effect from any target they've damaged as a free action simply by willing it. This ability replaces the cruelty gained at 3rd level.

Touch of corruption (Su):

At 4th level the bad apple gains the ability to harm subjects while making it seem to be holy wrath. The bad apple may now use their lay on hands to deal damage equal to what they would heal. this functions exactly as the touch of corruption ability although it appears to all examination to be simply holy power. This ability replaces negative energy channelling.

Spell-stealing (Su):

At 4th level In addition to preparing spells as a paladin (not antipaladin) the bad apple also has the option of drawing power from other divine casters. When the bad apple witnesses a divine spell caster preparing spells they are immediately made aware of what spells are being prepared as long as they are of a level an anti-paladin level may cast.

While observing this process the bad apple may steal as many spells as an antipaladin would normally be able to cast that day and they become prepared like normal prepared spells regardless of what spell list they are from, so long as they are divine in nature. Meanwhile whoever the spell was stolen from is completely unaware of the loss until they attempt to cast that spell. When this occurs the spell fails and the action is wasted and the caster believes the failure was caused by the will of their god or patron and any magical attempt to divine the source of the problem reveals the same. This has no effect on spontaneous divine spell casters.

This ability alters spellcasting.

Break bond (Su):

At 5th level the bad apple gains one of their most dreaded abilities, the power to sever even the most powerful and personal of bonds. As a standard action the Antipaladin may expend a use of their smite ability and make a single attack against a creature or object using a melee or ranged weapon. If the attack is successful the target must make a will save dc 10+1/2 bad apple's level+cha mod. If the subject fails then at any point within the next 24 hours the bad apple may will a powerful bond the creature possesses to be severed. This can have a wide variety of effects depending on the target.

A character with a familiar, animal companion, eidolon, or mount can have that bond severed and looses all benefits of such a bond, the companion creature likewise becomes a typical creature of that type and in the case of an eidolon, becomes an unfettered eidolon. The companion can be replaced, or even have the bond repaired in the same manner that would be required if the creature were slain.

This bond can also be broken by attacking the creature itself. If the target is an item such as a wizard's bonded item, a blade bound magus' black blade, or a paladins divine bond weapon, or the owner of such an item, the benefits of that bond are lost as if the item were destroyed. A divine spellcaster cannot be completely severed from their god or patron, but the connection can be weakened, this requires the divine spellcaster to make a concentration check with a DC of 20+spell level in order to cast any of their divine spells. If they fail the check the spell slot is wasted.

However, if the owner of any of the above bonds chooses to replace their old class feature with a more powerful evil alternative they may do so immediately, and at no cost, instantly becoming aware of the option. The exact options are up to the DM but generally a lost familiar may be replaced with an imp or quasit, granting the previous owner the improved familiar feat for free and ignoring the alignment restriction, a magical item may be replaced with a new one and it gains an evil magical ability such as the unholy or vicious enchantment for free, often along with an evil sentience.

A paladin mount may be replaced by a fiendish boon normally granted to an antipaladin. An eidolon can be re-summoned immediately and gains the fiendish appearance evolution for free and it's alignment switches to an evil version of its owners. A cleric may choose to venerate an evil god ect. This may also be used to serve the personal bond with any living creature causing their attitude towards the target of the attack to revert to indifferent if it would have otherwise been better. In all cases the breaking of the bond appears, to all magical examination, to be the result of mistrust or personal or magical incompatibility and it must be regained in the same way such bonds are normally restored, which vary based on the class and bond.

Only one bond from the above may be severed with each use of this ability. This ability replaces the fiendish boon ability.

Aura of Crippling insecurity (Su):

At 8th level the presence of a bad apple causes weakening and draining on those around it, especially creatures reliant on their personal energy to fuel their abilities. Any creature within 20 ft of the bad apple reduces its charisma bonus by the bad apple's own charisma bonus. There is no save to resist this effect and it lingers on a foe in the same manner as the bad apple's other auras. This does not however affect an ability that bases its number of uses per day on charisma, though it can reduce the effectiveness or save DC's of such abilities.

This ability replaces aura of despair.

Aura of wrath (Su):

At 11th level the bad apple can channel pure hatred into their allies. By expending one use of their smite ability a bad apple causes all allies within 20 ft to immediately enter a rage exactly like a first level barbarian but the rage lasts for as long as the ally stays within 20 ft of the bad apple and then for that amount of time again after. An ally may choose to attempt to resist this rage by making a will save DC 10+1/2 the bad apple level+cha mod, but regardless of success or failure the ally believes the rage was a divinely inspired righteous wrath.

This ability replaces aura of revenge.

Aura of faithlessness (Su):

At 14th level the bad apple has become a master of emulating alignments. Their attacks always ignore alignment based damage reduction, as do the attacks of their allies within 20 ft. However if desired the bad apple can reverse this ability, preventing their allies from being able to overcome any alignment based damage reduction. This bonus or penalty lasts for as long as the ally is within 20 ft of the bad apple and then for that time again after they leave the aura. Even if the ally is no longer in the aura, as long as they benefit from it the bad apple may invert or revert if they can penetrate DR.

This ability replaces aura of sin.

Aura of temptation (Su):

At 17th level a bad apple draws on the willpower of creatures around them. Anyone within 20 ft of the bad apple takes a -4 penalty on saves vs. compulsion and charm effects, and as long as any creature suffers this penalty the bad apple gains +4 to resist such effects.

Additionally if a creature within 20 ft has immunity to charm or compulsion effects they lose that immunity and the bad apple gains it. Both the bonuses and penalties last for as long as the creature remains within 20 ft and for that long again after they leave it. Creatures without an int score are unaffected by this ability but any other creature that was formerly immune believes that it still is immune and thus attributes any actions taken while charmed or dominated to be their own doing or the result of divine guidance.

This ability replaces aura of depravity.

Aura of violence (Su):

At 17th level the bad apple causes suffering and harm wherever they go. Any creature within 20 ft of the bad apple deals 1 bleed damage whenever they deal any damage to a creature, even if the original damage was nonlethal. This bleed damage stacks with itself and with any other instances of bleed damage and can be healed by a heal check DC 10+ the bad apple's level. It can also be healed through magical healing but the damage counts as being dealt by the bad apple for the purpose of their cruel wounds ability.

Corrupting beacon (Su):

At 20th level a bad apple expands the size of all their aura abilities by an extra 20 ft. Additionally any bonus, penalty or damage caused by any of the bad apple's aura abilities is doubled. Finally the first time in a 24 hour period a bad apple strikes a foe with a smite they must immediately make a will save DC 10+1/2 the bad apple's class level+cha mod or immediately have their most personal bonds violated. This has three effects.

Firstly it causes the character to take any penalties that would normally come with violating their a sacred oath, breaking a taboo, changing alignment, or otherwise committing any action prohibited by a class feature, feat, magic item ect. These penalties may be removed in whatever way that sin or action would normally be atoned for. Secondly this causes every creature the target has ever met who is not immune to mind affecting abilities to lower their disposition towards the victim by 1 step. lastly, for one round per bad apple level no creature other than the bad apple can designate the target as an ally for any action prohibited by a class feature, feat, magic item ect. These penalties may be removed in whatever way that sin or action would normally be atoned for. Secondly this causes every creature the target as an ally for any action prohibited by a class feature, feat, magic item ect. These penalties may be removed in whatever way that sin or action would normally be atoned for. Secondly this causes every creature the target has ever met who is not immune to mind affecting abilities to lower their disposition towards the victim by 1 step. lastly, for one round per bad apple level no creature other than the bad apple can designate the target as an ally for any action prohibited by a class feature, feat, magic item ect. These penalties may be removed in whatever way that sin or action would normally be atoned for. Secondly this causes every creature the target has ever met who is not immune to mind affecting abilities to lower their disposition towards the victim by 1 step.

Lastly, for one round per bad apple level no creature other than the bad apple can designate the

target as an ally for any effect and ability and the target cannot voluntarily fail a will save even against harmless effects for the same amount of time.

The Insidious Rot:

All of the Bad apple's aura abilities poses remarkable control and precision allowing the bad apple to willingly exclude any creature from their aura's effect if they choose. This does not require an action. From a design perspective this is to allow the bad apple to function on a party without constantly weakening their allies. From an in game perspective this allows the Bad Apple to focus their penalties on the most vulnerable members of their order and ensures that the source of the weakness is not traced back to them.



A vegetarian druid is just what it sounds like, a druid, hold the meat. They abstain from any special connections with animals to instead tighten their connection with plants of all kinds allowing them to become one with the truest form of nature.

Plant Magic (Su):

The vegetarian druid looses access to all magic that affects only animals. Any spell that specifically targets only animals is removed from their spell list and any spell that can affect creatures of only certain types, such as awaken, do not affect animals but can still be learned and cast on plants.

When a vegetarian druid casts summon nature's ally, either spontaneously or normally the creature summoned changes its type to plant, and gains all the immunities associated therein, do not recalculate the creature's Hit Dice, base attack bonus, saves, or skill points.

Nature's bond (Ex):

Upon gaining nature's bond the vegetarian druid must select either the plant domain or the animal companion feature. If they select animal companion the companion creature has the plant type instead of animal type.

Plant empathy (Ex):

A vegetarian druid gains the wild empathy feature but they influence the attitudes of plants instead of animals and they may not use it to influence to influence magical beasts.

Plant-like anatomy (Su):

At 4th level the vegetarian druid becomes more plant like, gaining +2 on saves vs. all mind-
affecting effects (charms, compulsions, morale effects, patterns, and phantasms), paralysis, poison, polymorph, sleep effects, and stunning. This ability replaces resist nature's lure.

Plant shape (Su):

At 4th level the vegetarian druid is able to become a plant temporarily. This functions as the spell Tree shape useable once per day at 4th level and an additional time every 2 levels beyond that.

At 6th level instead of gaining tree shape the vegetarian druid may gain the benefit of a barkskin spell lasting 1 hour per class level.

At 8th level the vegetarian druid may use plant shape I with a duration of 1 hour per level instead of either previous effect.

At 10th level the vegetarian druid may use plant shape II with a duration of 1 hour per level instead of the previous effects.

At 12th level the vegetarian druid may use plant shape III with a duration of 1 hour per level instead of the previous effects.

At 14th level the vegetarian druid may use plant shape III to assume a "plant form" of their own body. They maintain their original size but gain +2 str, +2 con, a slam natural attack for 1d6 and +4natural armor, and they also gain darkvision 60 ft, grab, and constrict damage equal to 1d6+ 1/2their str bonus. Maintaining this plant form is very strenuous and each round spend in this form uses one hour of the plant shape ability.

At 16th level the vegetarian druid's plant form becomes more powerful giving them +4 str, +6 con, and +8 natural armor as well as darkvision 60 ft, grab, A slam natural attack for 1d8, constrict for 1d8+str bonus, electric resistance 10 and 10 ft reach.

At 18th level the vegetarian druid's plant form grows even mightier, granting +6 str, +6 con, +8 natural ac, 60 ft darkvision, grab, a slam natural attack for 2d6 damage, constrict for 2d6+1.5 times str bonus, and electric resistance15.

At 20th level the vegetarian druid's plant form reaches its peak, granting +8 str, +8 con, +10 natural armor, 60 ft blindsense, grab, trample for 2d8+1.5 times str bonus, a slam natural attack for 2d8, constrict for 2d8+twice str bonus, electric resistance 20, 15 ft reach and regeneration 5 overcome by acid, cold, and fire.

Evolved plant-like anatomy (Su):

At 9th level the bonuses granted by plant-like form increase to +4 instead of +2. Additionally the vegetarian druid now require only sunlight instead of food and thus become immune to starvation, but not dehydration. This ability replaces venom immunity.

Heightened plant-like anatomy (Su):

At 13th level the bonuses granted by plant-like anatomy increase to +8 instead of +4. Additionally the vegetarian druid no longer needs to sleep, though they must still experience 8 hours of calm to prepare new spells. This ability replaces a thousand faces.

Ultimate plant Anatomy (Su):

At 15th level the bonuses granted by plant-like anatomy become immunities. Additionally the vegetarian druid no longer takes ability score penalties for aging and cannot be magically aged. Any penalties she may have already incurred are removed. Bonuses still accrue, and the vegetarian druid can never die of old age.



The bunslinger is a master of ranged combat that eschews the firearms, bows and crossbows of their kin and focus entirely on the art of throwing weapons. Sling buns: Equally deadly whether wielding javelins, shurikens, or even fresh bread.

At first level a bunslinger gains their trademark ability, the skill to hurl anything with precision, accuracy, and surprising damage. The bunslinger gains the benefit of the throw anything and quick draw feats. Additionally the bunslinger may treat a slice of bread or a tortilla or flatbread as an improvised shuriken, loafs of bread, pork, bean or other filled bun and all types of rolls as boomerangs, and baguettes or other long hard breads as javelins.

Any ability referring to a "Thrown weapon" includes any improvised, or melee weapon the bunslinger could wield one handed that equals less than their light load and such weapons can be used in a full attack. Any thrown attacks they make use either the bunslinger's str or dex for both attack or damage, whichever is higher. This replaces the Gunsmith ability.

Grit:

As with a normal gunslinger, a bunslinger has a pool of grit equal to their wisdom bonus. But the ways they regain grit are as follows:

Eating: Consuming a meal including at least a serving of bread restores 1 grit point.

Baking bread: By spending 3 cp and at least 1 hour baking a bunslinger may attempt a DC 5 profession (cook) check to create a batch of 10 loaves of bread or 10 bread rolls of any kind, in doing so they regain 1 grit point.

Dough-eye toss (Ex):

The 1st level bunslinger gains the deadeye deed when using any thrown weapon instead of a firearm, and may also use this deed to turn a thrown weapon attack into a ranged touch attack in the first range increment of the attack as long as they have at least 1 grit in their pool.

Counter-toss (Ex):

At 1st level When the bunslinger or one of their allies is targeted by a ranged projectile and they have a thrown weapon on hand or within reach they may spend one grit point to immediately grab and throw a projectile in an attempt to counter the attack. The bunslinger rolls a ranged attack roll and compares it to the attackers roll, if the bunslinger rolls higher the ranged attack is deflected. Using this deed is a free action that may be performed even when it is not the bunslinger's turn.

This ability replaces gunslinger's dodge.

Grab and go (Ex):

At 1st level a bunslinger with at least 1 grit point in their pool may pick up any unattended item in their square or any square within reach of them as a free action that does not provoke an attack of opportunity.

This ability replaces quick clear.

Early riser (Ex):

At 3rd level as long as the bunslinger has at least 1 grit point in their pool they gain a +2 on initiative rolls, and as part of rolling initiative they may immediately draw a thrown weapon or pickup an object in their square or any square within reach. This ability replaces gunslinger's initiative.

Point bake shot (Ex):

At 3rd level a bunslinger may spend 1 grit point as a swift action and for that round all their thrown ranged attacks do not provoke attacks of opportunity. This ability replaces pistol whip.

Fricky tosser (Ex):

At 3rd level a gunslinger with at least 1 grit point remaining in their pool may perform any of the following tricks in place of a regular ranged attack.

Toast toss: You may make a ranged touch attack to hurl bread, toast, or other consumable items into the mouth of a creature within range. If successful the creature may consume the item immediately as a free action. If the creature does not wish to consume the item it may choose not to, however it cannot make a bite attack or cast a spell with a verbal component until it spends a move action spitting out the food product, this ability only affects creatures of the bunslinger's size or smaller.

Ricochet throw: A bunslinger may make an attack with a thrown weapon that rebounds off the initial point of impact. A bunslinger may select any surface or object within range of their thrown attack

and make an attack roll against the AC of that object or surface if successful they then may make another attack roll and treat their attack as originating from that spot. If desired the bunslinger may even ricochet their attack multiple times as long as they continue hitting the ac of the surfaces they are bouncing their attack off of however the range penalty on the attack is determined by the total distance the projectile travelled up to that point and only the final attack roll deals damage if successful.

Scoot object: A bunslinger may attack an unattended object with a thrown attack, and if successful they may move that target up to 5 ft per point of either their str or dex bonus provided the object falls within their light load.

Joaf or death dodge (Ex):

Beginning at 2nd level A bunslinger adds their wisdom bonus to their armor class in addition to the +1 every 5 levels however they lose this bonus even when wearing light armor. This ability alters nimble.

Bonus feats:

In addition to combat or grit feats a bunslinger can select food feats.

Bun training (Ex):

At 5th level the bunslinger adds their wisdom to the attack and damage rolls for thrown weapons in addition to either their str or dex. This ability replaces gun training.

Breadshot (Ex):

At 7th level a bunslinger gains the deadshot deed but for throwing weapons in place of firearms and they add their str bonus to damage for each successful attack.

Startling scone (Ex):

At 7th level the bunslinger gains the startling shot deed but for use with thrown weapons instead of firearms.

Tricky sticky dough throw (Ex):

At 7th level a bunslinger may perform a dirty trick, disarm, sunder, trip, bullrush, steal, or reposition combat manuever with a thrown weapon attack by spending 1 grit as part of the attack. A disarm or steal causes the item to fall into a square adjacent to the target of the bunslinger's choice and a bullrush, drag or reposition counts the projectile as the attacker for the purpose of positioning and it always counts as being able to move the maximum distance allowed.

Ranged penalties still apply to this CMB roll, though the bunslinger also adds their wisdom bonus to this roll in addition to the higher of their str or dex.

Blood bread (Ex):

At 11th level the bunslinger gains the bleeding wound deed but for use with thrown weapons instead of firearms and the bleed damage is based on the higher of str or dex.

Rye-turning weapon (Ex):

At 11th level a bunslinger may spend 1 grit when making a thrown weapon attack, after the attack resolves the thrown weapon immediately returns to their hand, ready to be thrown again. This effect persists for the entire round. This ability replaces expert loading.

Jong distance laobing (Ex):

At 11th level as long as the bunslinger has at least 1 grit left in their pool any thrown weapon they wield has a range increment of 30ft if it would otherwise be less. This ability replaces lightning reload.

Menacing massa sovada (Ex):

At 15th level a bunslinger may spend 1 grit and make a single thrown weapon attack against a target as a standard action. If they hit the target and all foes within 30 ft must make a will save DC 10+1/2 bunslinger's level+ wis bonus or be frightened for 1 minute. This ability replaces menacing shot.

Funeral bread (Ex):

At 19th level the bunslinger gains the death's shot deed but for use with thrown weapons and the save DC is wis based.

Stunning sourdough (Ex):

At 19th level the bunslinger gains the stunning shot deed but for use with thrown weapons and the save DC is wis based

Gluten-free bunslinger

At the core of their abilities a bunslinger is really just a master of thrown weapons in the style of the gunslinger. If desired a few tiny changes can be made to remove the food connotations. Allowing a bunslinger to regain grit like a normal gunslinger, replacing thrown weapons with firearms, and simply choosing to use real thrown weapons takes the food aspects out of the class to leave a serious weapon thrower. Though the player or DM may want to re-consider renaming the abilities as well.

Butcher Chef Archetype

Combat chef:

A butcher has unsurpassed skill with flaying cutting carving and tenderizing, they gain full base attack bonus instead of 3/4. This replaces the snack preparation ability.

Nicks and cuts (Ex):

Beginning at 1st level a chef gains DR 1/-, this damage reduction increases at 5th level and every

4 levels thereafter. This replaces temperature resistance.

Sneak attack (Ex):

At 2nd level the butcher learns to apply their precision cuts in the middle of combat. They gain the sneak attack ability as a rogue of their level. This ability replaces temperature control.

Hungry Monk Monk Archetype

A hungry monk pursues the path of perfection, eschewing the pleasures of life that others live for. In exchange for their self denial they gain a phenomenal transcendental physiology that makes them more than human. Hungry Monks exchange their speed and reflexes for a more precise style that focuses on conserving energy and enduring any suffering. Most hungry monks choose to subsist almost solely on water, while the truly dedicated go for as long as possible

dehydrating themselves as well.

Endure suffering (Ex):

While a hungry monk does gain the AC bonus class feature of a monk it is based on their constitution, not wisdom. Additionally this bonus changes as the monk starves their body. When a hungry monk has taken at least one point of nonlethal damage from starvation their bonus to armor class disappears and is replaced by damage reduction X/bludgeoning where X is the bonus they were receiving from the monk's AC bonus ability, including con bonus.

At 7th level this DR is only overcome by magical bludgeoning weapons, and at 16th level it is not overcome by anything. This ability modifies the monk's AC bonus.

Perfect blow (Ex):

At 1st level a Hungry monk gains the vital strike feat even though they do not meet the prerequisites, additionally, when using this feat they treat their base attack bonus as being equal to their character level and they add their con bonus to damage in addition to strength. If the hungry monk uses their standard action to perform a combat manuever they add their con bonus in addition to strength to the roll.

At 6th level the monk gains improved vital strike.

At 11th level the monk gains Greater vital strike.

At 16th level the monk may roll their unarmed strike damage five times when using greater vital strike.

This ability replaces flurry of blows.

Hungry fist (Ex):

A hungry monk still gains the normal benefits of stunning fist however the saving throw is based

Hungry fist (Ex):

A hungry monk still gains the normal benefits of stunning fist however the saving throw is based on their con instead of wisdom.

Tight steps (Su):

At 3rd level a hungry monk moves with lightness and grace, they gain the nimble moves feat even if they do not meet the prerequisites. If they already possess this feat they may select any other feat they qualify for.

At 6th level they gain the acrobatic steps feat as well. At 9th level they may ignore all difficult terrain they pass through.

At 12th level the hungry monk gains constant water walking. At 15th level the Hungry monk gains a supernatural fly speed equal to their land speed with perfect manoeuvrability. This ability replaces fast movement and abundant step.

Ki pool (Su):

A hungry monk gains the ki pool ability as normal but with several changes. Firstly a hungry monk's ki pool is based on their con bonus instead of wisdom. Secondly a hungry monk that has forgone eating or drinking in the last 24 hours gains an additional point of ki after meditating, and one that has taken nonlethal damage for such deprivation gains an additional 1 ki. Additionally the abilities a hungry monk can activate by spending 1 ki are as follows:

> Reroll a single attack roll. The new result may be rerolled for another 1 ki and so on Reroll all 1's rolled for the damage of a perfect blow. Continue to reroll until no 1's remain Increase speed by 20 ft for 1 round

Gain +4 dodge bonus to ac for 1 round

Increase damage reduction from endure suffering ability by 4 for 1 round. This ability alters Ki pool.

Falling leaf (Ex):

At 4th level A hungry monk who has forgone eating or drinking in the last 24 hours only takes nonlethal damage from falling, though the amount they take is unchanged. If the hungry monk has begun taking nonlethal damage from starvation they reduce any falling damage taken by the amount of nonlethal damage they currently have, to a minimum of 0 damage.

This ability replaces slow fall.

Oneness of self (Su):

At 7th level a hungry monk who spends a full round taking no action may effectively render them self in a sort of stasis. As long as they remain in this state the monk is considered helpless and unable to perceive their environment, the only sense they can feel is tactile. In exchange for this vulnerability

all effects on the hungry monk are suspended. Poisons and diseases do not advance and require more saves, spell effects have their durations suspended, bleed effects cease to cause damage and the monk's starvation does not grow worse, age has no hold over the hungry monk while in this state and they do not grow older as a result of this ability, though they also do not heal naturally. Even death has a reduced ability to touch the hungry monk.

While using this ability a hungry monk can only be slain by an attack or effect that damages their body so traumatically that they could not be revived by a raise dead spell. Regular damage continues to accrue beyond up to a maximum equal to their full normal hp, but if all of that damage is healed the hungry monk will be alive when they cease using this ability. The only process not halted by this ability is natural healing which continues as if the monk were receiving full bed rest.

A hungry monk must choose for how long they will enter this state before hand and may not voluntarily choose to end this state earlier than that unless they are exposed to physical contact, including damage. At that point they feel the contact and may decide to awaken or not. However a hungry monk may not choose to awaken if doing so would kill them. This ability replaces wholeness of body.

Improved hungry mettle (Ex):

At 9th level the hungry monk is incredibly resistant to effects that assault the body or mind. If they succeed on a Fortitude or Will save against an effect with a partial effect on a successful save, they instead suffer no effects from the attack. If they fail the save, they instead suffer the partial effect. This ability replaces improved evasion.

Hungry palm (Su):

At 15th level the hungry monk may share the depth of their suffering with a foe. As part of a vital strike attack the hungry monk may expend five uses of their stunning fist ability for the day to force their opponent to make a fort save DC 10+1/2 hungry monk level+con mod. If the target fails they immediately take nonlethal damage equal to the hungry monk's current nonlethal damage.

This damage is treated as being caused by starvation and as such can only be healed after the target has eaten. This ability has no effect on creatures that cannot eat, but it does effect creatures that simply do not need to eat. This ability replaces quivering palm.

One with life (Su):

At 20th level the hungry monk reaches physical perfection. The Hungry monk is never rendered unconscious from nonlethal damage, though it can still be accrued normally and excess nonlethal damage becomes lethal damage. lastly the hungry monk no longer dies of old age and if they die as a result of violence they may begin using their oneness of self ability as an immediate action to enter a protective trance. This ability replaces perfect self.

Monk Archetype

Hungry Monk Unchained

If using the monk from pathfinder unchained the following changes should be made:

Perfect blow:

The Hungry monk still learns style strikes but applies them to their single perfect strike instead of to a flurry. at 15th level they apply 2 style strikes to the same attack.

The light steps ability above is added to the list of ki powers that may be selected. It requires the expenditure of 1 ki per round it is used.

The falling leaf ability above replaces the option to take slow fall as a ki power and the expenditure of 1 ki to function.

The oneness of self ability above is added to the list of ki powers the monk may select. It requires 1 ki to enter the trance regardless of how long it lasts and requires the monk be at least 10th level.

Hungry palm is added to the list of ki powers the monk may select. The hungry monk must be at least 16th level to select this power.

Fighting Food Master Summoner Archetype

A fighting food master creates dishes of animated food that help them in the heat of battle. Instead of calling on a variety of extra planar powers they carefully piece together the perfect dish for the situation at hand.

Cook combat cuisine creature (Su):

A fighting food master prepares special animated food based creatures to aid in combat. These creatures are created from recipe's which the fighting food master creates through practise and experimentation. The fighting food begins play with three recipe's and learns a new one for every 5 ranks they have in profession (cook). Each time a fighting food master gains a level they may forget one old creature recipe and create a new one. Every recipe is essentially a creature modified by abilities and bonuses chosen by the fighting food master.

A combat cuisine creature has the base statistics of an animated object but instead of construction points they gain a number of evolution points to purchase abilities that would normally be granted to en eidolon. The size of the animated object and number of evolution points they gain varies based on the level of the Fighting Food Master. Once prepared the cuisine creature can be summoned as a standard action.

The fighting food master may summon their cuisine creatures 5+cha mod times per day regardless of which recipes are chosen. The summoned cuisine creatures last for 1 minute per level and

only one use of this ability may be active at a time. Regardless of the food master's level the cuisine creatures do not possess hardness like normal animated objects do. The creature created always strongly resembles the dish that was cooked, though it can vary considerably. A plate of spaghetti could become a writhing noodle-beast, and a fresh apple pie may grow numerous spidery limbs and spin a cotton candy web.

This ability is a summoning effect and replaces the summon monster and eidolon abilities of the summoner and counts as summon monster for all other effects and has an effective spell level equal to half the summoner's level (max 9).

At first level the fighting food master may summon a cuisine creature with the stats of a tiny object with 3 evolution point to spend.

At 3rd level the fighting food master can still only create tiny objects but they now may spend up to 5 evolution points and they may also use any construction points as evolution points to buy evolutions for their cuisine creatures.

At 5th level the fighting food master may summon a cuisine creature with the statistics of a small sized animated object with 7 evolution points

At 7th level the fighting food master may summon a cuisine creature with the statistics of a medium sized animated object with 9 evolution points

At 9th level the fighting food master may summon a cuisine creature with the statistics of a large sized animated object with 11 evolution points

At 11th level the fighting food master may summon a cuisine creature with the statistics of a Huge sized animated object with 13 evolution points

At 13th level the fighting food master may summon a cuisine creature with the statistics of a gargantuan sized animated object with 15 evolution points

At 15th level the fighting food master may summon a cuisine creature with the statistics of a colossal sized animated object with 18 evolution points

At 17th level the fighting food master may summon a cuisine creature with the statistics of a colossal sized animated object with 21 evolution points.

At 19th level the fighting food master may summon a cuisine creature with the statistics of a Colossal sized animated object with 24 evolution points.

Eat ally (Su):

By taking a standard action while adjacent to their cuisine creature a fighting food master may

consume the creature, slaying it instantly. This heals the fighting food master by a number of hit points equal to the creature's HD. This counts as a meal. This ability replaces lifelink.

Sensible cuisine (Su):

At 2nd level the fighting food master may bestow their cuisine creatures with trace amounts of talent. For every 1 evolution point spent on this ability the cuisine creature gains 1 skill rank per HD to be spent on skills as chosen by the fighting food master. This ability replaces bond senses.

Combat creature cuisine coaching (Su):

At 4th level a fighting food master may include innate combat training to be cooked right into their cuisine creatures. For a cuisine creature may be given any number of combat feats it qualifies for even though it does not possess an intelligence score, paying 1 evolution points per feat granted. This ability replaces shield ally.

Concentrated flavour (Su):

At 6th level a fighting food master may concentrate the power of their cuisine creatures. The cuisine creature gains more power for being smaller than its maximum. Each size category lower than the maximum the creature is grants it 2 extra evolution points. This also applies a -2 penalty to str for each size reduction along with decreases in attack damage dice and reach as normal. The creature's size may not be reduced below tiny. This ability replaces makers call.

Beastly batch (Su):

At 8th level a fighting food master may choose to create more than one combat cuisine creature by reducing their overall size and power. By reducing the combat cuisine creature's evolution points by four it instead is summoned an additional creatures. This ability may be applied multiple times creating another creature for every 4 evolution points spent. All cuisine creatures in a batch have identical statistics. This ability replaces transposition.

You are what you eat (Su):

At 10th level a fighting food master draws more power from eating a summoned creature. By consuming a cuisine creature the fighting food master gains 2 evolution points worth of abilities the creature possessed. This benefit lasts for one hour and if used again in that time new abilities replace the old ones and the duration resets. This ability replaces aspect.

Masterful cuisine (Su):

At 12th level the fighting food master can improve their cuisine creatures in new exciting ways. By reducing a cuisine creature's evolution points by 10 you may apply any +1 cr template suitable for constructs to it. At the DM's discretion other +1 cr templates that would not normally be available for constructs may be permitted. This ability may be taken multiple times, costing 10 points for each+1 of the templates CR or for each +1 template applied. The combat cuisine creature may not gain templates with +0 cr adjustment unless the DM permits it. This ability replaces greater shield ally.

Nutritious meal (Su):

At 14th level the fighting food master can draw more essence and energy from their consumed summons. When using their eat ally ability a fighting food master may immediately make a saving throw to end any one ongoing effect they suffer from that could have been avoided with a successful save.

The DC is the same as the initial save that was failed and if the save is successful the condition ends, though any damage caused by the condition is not healed. If the save fails, this ability may not be used to attempt another save against the same effect, though it could be used to make a save against a different effect by consuming another cuisine creature. This ability replaces life bond.

Improved, you are what you eat:

At 18th level they instead gain 6 points worth of abilities when consuming a summoned creature. This ability replaces greater aspect.

Seconds (Su):

At 20th level the fighting food master may have 2 uses of their summoned cuisine creature active at the same time.

Advanced Cooking

The fighting food master can be a very complicated and intimidating archetype for new players and is generally geared to those with more experience who desire a lot of customization in their summons and who want to take the time to create several stat blocks for their summons before session. It essentially allows the player to build a roster of animated objects with evolution points that they can then summon.

Fighting Food Master Unchained

Summoner Archetype

If using the pathfinder unchained rules for summoner the only adjustment that needs to be made are the changes to the class' spell list.



Feats with the calorie descriptor involve "burning" consumed meals. This represents consuming all the energy and nutrients the food provided and for the purpose of starvation it treats the character as if they had missed that many meals. Most characters can only eat a few meals a day^{*} and beyond those meals already consumed it can become dangerous to expend more energy. Each meal above and beyond what the character has consumed in the last 24 hours counts as a day of starvation.

Calorie Feats

Ordinarily, for every day of starvation beyond 3 the character must make a constitution check or take nonlethal damage however the use of a calorie feat can cause dramatic amounts of starvation in an instant and so the rules are slightly different. Once the bonus from a calorie feat ends the character must make a single con check with a DC equal to 10+the number of effective days of starvation incurred. Failure causes the character to take nonlethal damage equal to 1d6 per effective day of starvation. Once this damage is taken those days of starvation are ignored for the purpose of other calorie feats used, but if the save is successful further uses add to the DC and potential damage until it is failed. If this causes more damage than the character's normal full hit points the remaining damage is taken as lethal damage and the character falls unconscious.

It should be noted an unconscious character can be fed a meal as a full round action automatically. If a character is foolish enough to call upon so much energy that they die outright from the damage they inflict on themselves their hunger consumes their soul and they may only be revived by a wish or miracle followed by resurrection magic. Since this is starvation damage, none of the damage can be healed, even magically, until the character has eaten.

In the case of calorie feats the character must catch up on every meal they burned before they can heal this damage, fortunately, meals burned away by calorie feats no longer count as consumed meals for the day so a character may eat all the way back up to their full daily limit, assuming they have that much food on hand. Until all nonlethal damage taken from starvation is healed the character is fatigued. A character may not use a calorie feat to burn more than two meals per character level.

Example: Grogan the ravenous is caught in a desperate situation and uses his surge of strength feat to increase his strength by 10, however this requires the burning of ten meals. Grogan had a roast duck for lunch but unwisely chose to skip breakfast, he has consumed only one meal since waking up this morning and so he incurs 9 days worth of starvation.

At the end of the round, once his strength bonus runs out, he must make a DC 19 constitution check, which he fails causing him to take 9d6 damage. Rolling fairly well he took 20 nonlethal damage, which is not enough to reduce him to unconsciousness, though he does become fatigued and not even magic can restore the damage until Grogan has had a chance to eat nine full meals.

Continuing the example, the next round Grogun decides to burn only 6 meals for a +6 to str. Since he's already taken damage from previous starvation the DC for his con check to resist more damage is only 16, which he makes easily. He avoids taking more damage but must now eat 15 meals before he can heal his damage. The round after that he hopes to end the battle and calls on another +10 to strength. At the end of the round his con check DC is now 26 since he has not taken damage for the previous 6 meals burned. And on a fail he suffers 16d6 nonlethal damage. This causes 54 more nonlethal damage, which is enough that he not only passes out, but has taken lethal damage equal to the nonlethal damage above his hp, in this case 14. While he's not currently dying; Grogan will have to rely on his allies to nurse him back to health and spoon feed him the 25 meals he has burned away before he can even begin to recover.

Absolute burn out: (Calorie)

Prerequisite: Character level 5th

Benefit: By expending tremendous amounts of caloric energy you may push yourself beyond what is ordinarily possible. By burning ten meals as a swift action you may immediately make an additional move action. By burning twenty meals as a swift action you may take an extra standard action in this turn. By burning thirty meals as a swift action you may take a full rounds worth of actions, including an additional swift action.

Arcane furnace: (Calorie)

Benefit: You may convert calories into heightened magical ability. By burning consumed meals you may increase your caster level for the casting of a single spell. This requires a number of meals equal to the square of the increase to caster level. Despite its name this may be used with arcane or divine spells as well as psionic powers, in which case it increases manifester level and also counts as a psionic feat.

Aromatic expert: (Food)

Prerequisite: Perception 1 rank

Benefit: You automatically gain a perception check to notice traps or poisons within 5 ft provided they have some form of distinct smell, even if that smell is mixed with other scents.

Amok

Trey

Aromatic master: (Food)

Prerequisite: Aromatic expert

Benefit: You gain the benefit of the scent ability with a range of 30 ft and any item or ability that attempts to conceal scent by masking or changing it has no effect on you.

Big stomach: (Food)

Prerequisite: Con 13

Benefit: Your capacity to eat is remarkable and you may eat up to a twice as many meals per day as you would otherwise be allowed. Magical foods that can be consumed only once per day count as one meal and may be consumed multiple times in a day.

Normal: See "What is a meal" sidebar

Bottomless stomach: (Food)

Prerequisite: Big stomach, con 15, character level 10

Benefit: Your stomach gains the ability to hold far more than it should gaining as much capacity as a bag of holding type 2. Every 5 levels after 10 the capacity increases to the next larger bag of holding. Food and other items in this space are not digested normally, and as such this feat has no effect on how many meals can be consumed, stored items are instead stored indefinitely and do not rot or go bad, though magical effects can still wear off.

Items or food stored within can be retrieved by spending 1 round reaching around inside one's own stomach or regurgitating.

Bitter pill to swallow: (Food)

Benefit: Any consumed nonmagical alchemical item granting a temporary alchemical bonus has that bonus increased by 1 when you ingest it.

Burning pain: (Food)

Benefit: For 1 hour after consuming chillies, ground pepper, cinnamon, A chef's meal prepared using the caliente ability, or other hot spicy or burning food worth at least 1 gp you receive a +2 bonus on all melee damage rolls. This is an untyped bonus that does not stack with itself.

Caloric caster: (Calorie)

Prerequisites: spellcasting

Benefit: You may transform caloric energy into arcane or divine power. As a swift action you may burn any number of meals in multiples of 3 to regain expended spell slots or spells per day totalling one third the number of meals burned. This feat may only be used once per day.

Calorie component: (Calorie)

Prerequisite: Ability to cast 4th level spells.

Benefit: When casting a spell with a costly material component you may instead choose to burn one meal for every 25 gp worth of material components. This takes no action but may only be done once per day.

Cool as a cucumber: (Food)

Benefit: For 1 hour after enjoying a fresh, raw, unpreserved vegetable dish worth at least 1 GP or a chef's meal prepared using the green thumb ability, you gain a +2 bonus on all skill checks. This is an untyped bonus that does not stack with itself.

Deflecting energy: (Calorie)

Benefit: as an immediate action, when you are declared the target of an attack, you my burn any number of meals to gain a dodge bonus to armor class equal to the number of meals burned. This bonus only applies against the triggering attack.

Desperate burn: (Calorie)

Benefit: When you are required to make a saving throw you may, as an immediate action, burn any number of consumed meals in order to gain a bonus on the saving throw equal to the meals burned. This bonus applies only to that save.

Divine diet: (Food)

Prerequisites: Non-evil alignment, 1 rank knowledge religion

Benefit: By consuming a regularly sanctified diet including blessed libations, holy wafers or other sacred foods your body becomes infused with divine power. Any undead or evil outsider that deals damage to you with a bite, blood drain, or swallow whole attack takes 2d4 damage as if exposed to a dose of holy water.

Eat anything: (Food)

Prerequisite: Con 13, str 13

Benefit: You have toughened your stomach and mouth to the point that you can consume things normally impossible to digest. You are immune to filth fever and any diseases carried by spoiled foods. Additionally, you gain a natural bite attack for 1d3 lethal damage (1d2 if small sized.)

Lastly you and can chew up and consume objects with hardness 1 or less without suffering any damage or side effects and if the object is the size of your fist or smaller you can consume it in a single round even if your bite would not be enough to destroy it. Most objects consumed by this feat won't provide nutrition or replace meals.

Eat everything: (Food)

Prerequisite: Eat anything, character level 5th,

Benefit: Your entire digestive system becomes even more powerful. Your bite attack increases to 1d6 damage (1d4 if small) and it overcomes hardness and damage reduction as if adamantine. Additionally you gain immunity to ingested poisons and any disease that would be contracted through through eating. Finally you may eat any object of hardness 20 or less without suffering any ill effects and if the object could conceivably fit into your mouth and down your throat (such as a staff or sword) you can treat it as a consumable item for the purposes of eating it.

Efficient digestion: (Food)

Benefit: When consuming a snack, elixir, or potion the caster level is treated as being one higher than normal for the purposes of all benefits it provides you.

Exemplary digestion: (Food)

Prerequisite: Efficient digestion, Con 14

Benefit: The caster level for snacks, elixirs, and potions you consume is instead increased by an amount equal to your constitution bonus

Exemplary digestion: (Food)

Prerequisite: Efficient digestion, Con 14

Benefit: The caster level for snacks, elixirs, and potions you consume is instead increased by an amount equal to your constitution bonus

Extra big spread:

Prerequisites: meal preparation class feature

Benefit: Your meal preparation ability creates up to four times as many meals as normal. This effectively allows you. You may take this ability multiple times, and each time the number of meals affected multiplies by 4 again.

Extra culinary art:

Prerequisite: Culinary art class feature

Benefit: You may select an additional culinary art ability

Extra recipe:

Prerequisite: Snack preparation ability

Benefit: You learn 2 additional recipe's and these may be cooked even without access to your recipe book.

Fasting expert: (Food)

Prerequisites: Con 13

Benefit: Double your constitution score for the purpose of resisting starvation and thirst. Additionally you double your constitution bonus for the check to resist nonlethal damage from starvation and thirst. Additionally it takes only a small handful of edible material such as nuts, raisins or even grubs and a sip of water to count as a meal.

Fasting master: (Food)

Prerequisites: Fasting expert

Benefit: You no longer need to eat or drink at all and are immune to any effects related to thirst or starvation. You may still choose to ingest consumables if you desire.

Feed the beast: (Food)

Prerequisite: Animal companion, familiar, mount, or eidolon

Benefit: By taking this feat you gain a +4 on all charisma based checks related to your familiar, mount, animal companion or Eidolon and when you consume a potion, elixir or snack you may share it with them and they also gain the benefit of it as long as they remain adjacent to you.

Feel the burn: (Calorie)

Benefit: By burning calories you may generate a heat intense enough to actually cause burns. As a standard action make a melee touch attack and burn any number of consumed meals. For each meal burned your touch deals two points of fire damage. You must declare the number of meals burned before rolling the attack, however this attack can score a critical hit, doubling the damage dealt.

Food for thought: (Calorie, Psionic)

Prerequisite: 1 power point

Benefit: You may convert caloric energy into psionic power. By burning any number of consumed meals you regain the same number of power points up to your normal maximum. This feat may only be used once per day.

Fuel to burn: (Calorie)

Benefit: You are capable of great bursts of speed by burning large sums of calories. As a swift action you may activate this feat to burn any number of meals consumed in exchange for an additional 5 ft increase to land speed for each meal burnt. This bonus lasts for 1 round.

Fuel efficient: (Calorie)

Benefit: When using a calorie feat it may be activated as a free action, if it would normally be immediate it is still taken at the same time but it does not cost the swift action from the next round. Additionally using a calorie feat requires 1 less meal than usual (minimum 1) and any calorie feat that

may only be used once per day is useable twice per day.

Hand off:

Benefit: As a swift action you may give a held object to an adjacent ally with a free hand.

Normal: Picking up or retrieving an item is a move action. (If your DM would already rule this a swift action this feat changes it to a free action).

Heat shimmer: (Calorie)

Prerequisite: Feel the burn

Benefit: You may burn a large sum of caloric energy to distort the air around you. As a swift action burn any number of meals to gain concealment with a miss chance equal to the number of meals burned for 1 round. This concealment does not allow you to make a hide check. You may not gain more than 50% concealment from this feat.

Heat treatment: (Calorie)

Prerequisite: Feel the burn

Benefit: When using feel the burn, instead of delivering a melee touch attack you may instead make a ranged touch attack at a range of 10 ft per meal burned.

Heat wave: (Calorie)

Prerequisite: Feel the burn, Heat treatment

Benefit: When using heat treatment you may instead deal damage to all foes in either a line 10 ft long per meal burnt, a cone 5 ft long per meal burnt, or a radius of 5 ft per level centered on you. Foes in the area may make a reflex save with a DC equal to the meals burned for half damage.

Hit the sauce: (Food)

Benefit: For one hour after imbibing any serving of strong alcohol worth at least 1 gp, or a chef's meal prepared with the marinade ability, you gain 1 temporary hit point per point of your constitution bonus. This temp hp stacks with temp hp from any other source apart from this feat.

Hot potato:

Prerequisite: Hand off

Benefit: When using hand-off you may instead toss the held item to an ally. This requires a ranged touch attack vs. the ally with a range increment of 20 ft. Nonproficency penalties do apply but if the ally is aware you are tossing them something they may decrease their touch ac by their dex bonus instead of

increasing it. Using this feat is a swift action.

Improved meal preparation: (Food)

Prerequisite: meal preparation class feature

Benefit: Your meal preparation ability provides one more bonus than it normally would

Jimit removal: (Calorie)

Prerequisites: Character level 10th

Benefit: You may burn much more caloric energy than would otherwise be safe. When using a calorie feat you may burn up to five meals per level instead of the normal Two.

Mental consumption: (Calorie)

Prerequisites: Character level 10th

Benefit: You may burn much more caloric energy than would otherwise be safe. When using a calorie feat you may burn up to five meals per level instead of the normal Two.

Metabolic aid: (Calorie)

Benefit: You may convert consumed food into vital tissue to attempt to save your own life. As an immediate action you may burn any number of consumed meals to heal 2 hit points per meal burned. This feat may only be used once per day.

Multicultural palette: (Food)

Benefit: You may benefit from any consumed item as though you were any race. You could, for example, consume a hobgoblin war draught without needing to making a saving throw. Additionally when consuming trail rations specific to a race, such as Elven trail rations, you need only eat the rations for three consecutive days in a row in order to gain their bonus, and any numeric bonus granted from such rations is increased by 1.

Perfected Palette: (Food)

Benefit: By consuming even the smallest taste of something you can immediately recognize its composition, automatically identifying a potion or snack if you have imbued another consumable with the same effect. Furthermore you are entitled to a knowledge check to identify who brewed or cooked the consumable.

This knowledge check is usually local but can be replaced with a different skill based on who prepared the food. (Arcane for a spellcaster, nobility for a royal chef, nature for a druid ect.) The DC for the check is 30 minus the brewers level.

Prepare snacks: (Food)

Prerequisite: Brew potion, 1 rank profession (cook)

Benefit: You may prepare fresh snacks in the same way as a chef. This follows the standard rules for brewing potions but costs only 1/10th the normal cost however these snacks expire after 24 hours. Unlike a chef you must expend the spell to be placed into the snack.

Powerful push: (Calorie)

Benefit: As a standard action you may make a melee touch attack against a foe and burn as many meals as desired to generate a powerful push. This is treated as a bullrush attempt that does not provoke an attack of opportunity but in place of your regular strength bonus you add the number of meals burned to the attempt.

You do not move with the opponent but they can still be pushed back the maximum distance. If they strike an object before moving their full distance both the foe and object take 1d6 damage per 5 ft left of movement. If this is enough to destroy the object the target continues moving.

Quick consumption: (Food)

Prerequisite: Quick draw

Benefit: The befits of quick draw now apply to potions, elixirs and snacks, as long as easily accessible. Additionally, consuming any of those items is now only a move action.

Quick preparation:

Prerequisite: Meal preparation class feature

Benefit: You may prepare and serve a meal in just 10 minutes instead of the usual 1 hour

Rising heat: (Calorie)

Prerequisite: Feel the burn, Fuel to burn, character level 6th

Benefit: When using fuel to burn you may instead choose to gain a fly speed with perfect manouverability equal to the increase in speed you would have gained. This benefit lasts 1 round.

Slow metabolism: (Food)

Prerequisite: Efficient digestion, Con 13

Benefit: Any snack, potion, or elixir you ingest has the duration doubled, this stacks with items made using the extend metamagic as well as with the extend potion discovery and other duration increasing effects (remember that two doublings equals a tripling and so on). Additionally any ingested poison acts slower, doubling both the onset time, as well as the amount of time between savings throws.

Lastly any food feat that grants its own bonus based on eating a specific type of food lasts 2 hours instead of 1.

Soothed soul: (Food)

Benefit: for 1 hour after enjoying a cup of tea, coconut milk, a simple fresh fruit or other dish of bland simple foods worth at least 1 gp, or a chef's meal prepared with the comfort food ability, you gain a + 1 on all saving throws. This is an untyped bonus that does not stack with itself.

Speed eater: (Food)

Prerequisites: quick consumption

Benefit: Eating any type of food requires far less time than normal. A heroes feast normally consumed in an hour takes only a minute to consume. Any meal or food product normally consumed in a minute takes a single round. And consuming a potion, elixir or snack takes only swift action.

Additionally if a foe provokes an attack of opportunity by consuming one of the items mentioned above a disarm or steal attempt may be made in place of an attack of opportunity and if successful you may immediately consume the item.

Speed swallow: (Food)

Prerequisites: speed eater, quick consumption

Benefit: Your ability to eat quickly is unmatched. Any food requiring an hour to eat can be consumed in a full round, any consumable that would take a minute or less to eat can be downed as swift action.

Additionally the first potion, elixir or snack consumed in a round is a free action. Lastly, a 5 ft square of edibles can be eaten through as if it were difficult terrain, effectively allowing you to burrow at half speed through anything you can eat and in most cases leave a usable tunnel behind you.

Starving spell (Food, Metamagic)

Benefit: A spell modified by this metamagic deals nonlethal damage as a result of starvation. The damage from the spell becomes untyped and as such bypasses resistances and damage reduction and the damage cannot be healed by any means until the creature consumes a meal. the spell also causes fatigue if it dealt any hit point damage.

This effect has no impact on how many meals the creature has eaten or can eat in a day and creatures who do not need to eat or drink are immune to this damage. This metamagic raises the spell by 2 spell levels.

Steaming aura: (Calorie)

Prerequisite: Feel the burn

Benefit: When using feel the burn you may instead generate much more heat at the same cost.

Instead of a melee touch attack you may infuse the air around you with sweltering heat. Any creature striking you in melee or ending it's turn in a square adjacent to you takes the damage from feel the burn. there is no save to resist this damage. This lasts until the end of your next turn.

Stick to the ribs: (Food)

Benefit: For 1 hour after eating a serving of meat of any kind worth at least 1 gp, dealing at least 5 damage to a foe made of meat using a bite attack, or consuming a chef's meal prepared with the tenderize ability, you gain +1 on all attack rolls. This is an untyped bonus that does not stack with itself.

Stomach mastery: (Food)

Benefit: When consuming any food, (but not potions, elixirs, or snacks) to gain the benefit of a food feat the bonus granted is doubled, this applies to flat bonuses as well as to other statistics such as land speed. Additionally upon consuming a edible consumable item of any type that you may choose to delay the effect by as much time as desired up to a maximum of one day per character level. The amount of time delay must be chosen when it is eaten.

Sugar high: (Food)

Benefit: for 1 hour after consuming any sweet, confection, candy, caffeine, chocolate or stimulant costing at least 1 gp, or a chef's meal prepared with the "counting calorie's" ability, you gain an extra +10 ft to land speed. This is an untyped bonus that does not stack with itself.

Surge of strength: (Calorie)

Benefit: You can call up dramatic moments of physical might by burning calories. As a swift action you may burn any number of meals to gain a +1 to str for every 1 meal burned, this bonus lasts for 1 round.

Sustaining spell: (Food, Metamagic)

Benefit: Any creature affected by this spell is treated as being fed a meal in addition to the normal effects of the spell. If a creature benefits from consuming certain types of food that spell counts as all beneficial types of food. This effect raises the spell by one level.



Cheese Burger

A Breif Repreive for some Recipes

Nana Gnarlug's Orcish Peach Cobbler

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8 Peeled and Pitted Peaches
½ A Cup of Brown Sugar
¼ Tablespoon of Ground Cinnamon
¼ Teaspoon of Ground Nutmeg
1 Teaspoon of Lemon Juice
2 Teaspoons of Cornstarch

Cobbler:

2 Cups of Flour
1/2 of a Cup of White Sugar
1/2 of a Cup of Brown Sugar
2 Teaspoons of Baking Poder
1 Teaspoon of Salt
3/4 of a Cup of Butter or Oil
1/2 a Cup of Boiling Water
1 Tablespoon of Sugar (to sprinkle on top)

In a large bowl combine the filling ingredients, and then pour this into a baking dish. Bake this for 10 minutes (see cooking instructions regarding pans bellow.)

For the cobbler combine flour, sugar, baking powder, and salt in a separate bowl. Blend in the oil/butter, and then stir in the boiling water until just combined. Drop spoonfuls of cobbler dough onto the cooked peaches, sprinkle the top with sugar. Bake for 30 Minutes.

If cooking in a glass or dark coloured pan, bake at 400. If baking in a light coloured pan, bake at 450.

Gnomish Snickerdoodles

Cookies:

2 ³/₄ Cups of All Purpose Flour ¹/₂ Teaspoon of Salt Coating: ¹/₃ Cups of Granulated White Sugar 2 Teaspoons of Ground Cinnamon

⁴/2 Teaspoon of Salt

2 Teaspoons of Baking Powder

1 Cup of Unsalted Butter (Room Temp.)

1 $\frac{1}{2}$ Cups of Granulated White Sugar

2 Large Eggs

1 Teaspoon of Pure Vanilla

In a large bowl, with either a magical or hand mixer, beat together the butter and sugar until smooth. Add the eggs one at a time, mixing well. Scrape down the sides of the bowl and add the vanilla. Add flour, salt, and baking powder and beat until your dough is smooth. Mix together cinnamon and sugar in a separate bowl.

Preheat oven to 400 ° F. Shape cookies into 1 inch round balls, roll in coating. Bake for 8 - 10 minutes or until golden-brown.





Communal stomach

School: Conjuration: Alchemist 3, Druid 4, Shaman 4, Summoner 3, Witch 4, Wiz/Sorc 4, Casting time: Standard action Components: S,V, M (Any bag, box or container) Range: Touch Targets: Up to one willing touched creature per 3 caster levels Duration: 1 hour/level Saving throw: None Spell resistance: No

Upon casting this spell all of the targets have their stomachs linked to a single extra dimensional portal, which is then connected to the container serving as a focus. Thereafter all subjects combine the total number of meals they can consume, as well as the meals they have consumed into a single pool of meals.

New Spells

Should this pool become negative (Such as through the use of calorie feats) the number of meals burned is divided evenly amongst the subjects for the purpose of DC to resist nonlethal damage and the damage taken. Furthermore any item eaten while under the effect of this spell can count as being consumed by any one target of the spell (consumer's choice, provided they are willing). This would for example allow one subject to consume a potion but bestow the benefit onto someone else connected to their stomach as if that person had consumed it.

If the recipient is not willing the creature that consumed it is affected normally. This spell does however leave a vulnerability. Anything placed inside the container serving as a focus for the spell is also considered consumed by the collective in the same way with the person placing the item in the container choosing who is affected, or randomly chosen if they are unaware of the collective's members.

Ease pain

Abjuration: Alchemist 1, Cleric 1, Druid 1, Shaman 1, Summoner 1, Casting time: Standard action Components: S,V, M (A drop of honey) Range: Touch Targets: One willing creature Duration: 10 minutes/level Saving throw: None Spell resistance: No

A creature affected by this spell reduces any nonlethal damage taken by 5 points, even if the origin is not from an attack, such as from starvation. At 5th level and every 5 levels thereafter the amount of damage reduced increases by 5 to a maximum of 25 points of resistance. Additionally for every 5 points of resistance the subject gains +1 on saves vs. pain effects.

Gut wrench

School: Conjuration: Alchemist 3, Druid 4, Shaman 4, Witch 4, Wiz/Sorc 4, Casting time: Standard action Components: S,V, M (Any bag, box or container) Range: close (25 ft+5 ft/ 2 levels) Target: one creature within range Duration: 1 round/level Saving throw: Will negates Spell resistance: Yes

This spell functions similarly to communal stomach but is intended to target a single enemy, giving you direct access to their insides allowing you to poison them or fill them with harmful foods or devices as you desire. In general, dangerous items such as sharp weapons deal their weapon damage each turn while they are ingested and can only be removed with a DC 15 heal check, causing an additional 2d6 damage.

Other effects such as bombs or poisons ignore any need for attack, ingestion, or contact when placed into the container. In the case of an alchemists bombs the subject takes damage with no save allowed, and in the case of anything not harmful but also not organic (such as dirt, leather, hair ect) the subject is nauseated until the spell ends.

Helpless Hunger

School: Necromancy: Shaman 3, Witch 3, Wiz/sorc 3 Casting time: standard action Components: V, S Range: Close (25 ft+ 5ft/ 2 levels) Effect: One Ray Saving throw: None Spell resistance: Yes

This spell fires a sick ashy grey bolt of necromantic energy on a target. On hit the target looses the benefit of their most recent 1 meal per 2 caster levels (Max 10). Similar to the effects of calorie feats this can cause a creature to begin starving and take damage and if that is the result the save DC is based on the number of meals missed as normal, it is not based on the save DC of this spell. If the target is currently under the effects of any potion, elixir, or snack that effect ends and counts as 1 meal lost. If the target would lose the benefit of a meal that granted bonuses, such as from a chef's meal preparation ability, that bonus too is lost.

Mythic Helpless hunger: The number of meals lost is no longer limited to 10 as a maximum. Additionally, unlike meals required to heal from calorie feats, this does not allow the subject to eat more meals in a day than it's normal limit. (See "what is a meal" sidebar.)

Augmented (3rd): By spending an extra point of mythic power you may target an additional creature within range. Each use of mythic power allows another target but you may not target the same foe more than once with a single casting of this spell.

Intestinal distress

School: Transmutation: Druid 2, Shaman 2, Witch2, Wiz/Sorc 2 Casting time: standard action Components: V, S Range: Close (25 ft+ 5ft/ 2 levels) Target: One creature Duration: 1 round/level Saving throw: Fort Spell resistance: Yes

This spell causes a creature a tremendous deal of intestinal distress, preventing it from eating anything. A creature under this spell cannot eat, use potions, snacks, or elixirs, and cannot use any bite attack or swallow whole ability it may have.

Sate Hunger

School: Conjuration: Alchemist 2, Cleric 3, Druid 3, Shaman 3, Summoner 2 Casting time: Standard action Components: S,V, M (A drop of honey) Range: Close (25 ft+5 ft/ 2 levels) Targets: One willing creature Duration: Instant Saving throw: None Spell resistance: No

This spell immediately provides a feeling of fullness and nourishment to the target. This gives it the benefit of having eaten one meal per caster level, or the most number of meals they can consume without getting ill if lower.

The best kind of Mistake



Butchering: *4 bonus (or *2)

Aura: Moderate necromancy, CL 10

When a weapon with this enchantment is used to make a called shot the penalty is reduced by -2 and any attack can be a called shot even if it is part of a full attack routine. Lastly any attack with this weapon dealing half the targets full hp or more is a debilitating blow even if it does not exceed 50 damage. (If this is already the case in your campaign this weapon price becomes +2)

Construction requirements: Craft magic arms & armor, Brow gasher. Price: +4 or +2

Sampling: *1 bonus

Aura: Moderate transmutation, CL 9

When this weapon strikes a creature and deals at least 1 point of damage it tears a sample from the target, ripping off skin, flesh, blood and hair, everything that might be needed to track the foe or affect them with certain magics, or just to get a taste for their flesh. The sample is stored in a vial held in the weapon which can be released into a free hand as a free action. This enchantment may only be placed on a piercing or slashing weapon.

Construction requirements: Craft magic arms & armor, Telekinesis. Price: +1

Scaling: *4 bonus

Aura: Strong transmutation, CL 16

Scaling weapon: As a standard action make a single attack with this weapon, for every 10 points of damage the attack deals reduce the targets natural armor by 1. This reduction is healed in the same way as ability damage. This enchantment may only be applied to a slashing or bludgeoning weapon

Construction requirements: Craft magic arms & armor, Strip scales. Price: +4

Jenderizing: *4 bonus

Aura: Strong transmutation, CL 16

As a standard action the wielder of a tenderizing weapon may make a single attack. For every 10 points of damage their attack inflicts the target's damage reduction, if any, is reduced by 1 point. This

damage is healed at the same rate as ability damage. This ability may only be placed on a bludgeoning or piercing weapon.

Construction requirements: Craft magic arms & armor, ray of enfeeblement. Price+4

Magic Armor Abilities

Appetizing: *2

Aura: Moderate enchantment, CL 12

As a swift action the wearer of this armour can cause themselves to look and smell incredibly tasty to any creature with a natural bite or swarm attack. Such creatures within 10 ft, or who can scent the wearer, must make a DC 18 will save or be filled with the compulsion to rush to the wearer and bite them, taking no other actions, though if the creature has the swallow whole ability they may proceed to do that normally.

If the target would not normally crave the flesh of the wearer it receives a +4 bonus on its saving throw. A creature who cannot possible reach the wearer is not compelled to waste it's turn. As a side effect of being so appetizing the wearer gains +5 on all charisma based checks made to attract or improve relations with other humanoids. Each round an affected creature may attempt a new save and once it succeeds it is immune to this armour's effect for 24 hours.

Construction requirements: Craft magic arms & armor, unnatural lust. Price+2

Mobile banquet: *16,000 gp

Aura: moderate conjuration, CL 10

A suit of armor with this ability is host to several useful enchantments woven into one. Firstly the armor possesses 10 pockets, each one a small extra dimensional space capable of holding up to 20 lbs or 2 cubic ft of material. Additionally each pocket has an individual temperature controlling keyword, protection from foreign bodies and bacteria, and is awarded by a gentle repose spell allowing hot fresh meals to be brought anywhere, though this does not extend the magical longevity of temporarily magical foods. Finally every item held within any of these pockets is considered to be on easily accessible for the purposes of drawing them. Despite the obvious cooking applications these pockets could just as easily contain weapons, potions, poisons, familiars or anything else.

Construction requirements: Craft magic arms & armor, instant summons. Price: +8,000 gp

Pristine: *1 bonus

Aura: Faint abjuration, CL 5

A suit of armor with this ability never becomes sullied or unclean, it is always perfectly clean even down to a bacterial level. As a side effect of this enchantment the wearer gains a +2 resistance bonus to saves vs. diseases and is immune to the engulf ability of oozes. They still take damage normally but cannot be grappled by the ooze.

Construction requirements: Craft magic arms & armor, prestidigitation. Price: +1

Magical Items

Chef's hat: 20,000 gp

Aura: Moderate enchantment, CL 11

This magical hat grants you authority over those under your command, but in exchange you bestow them your skill and knowledge. All allies who can see and hear you may gain the benefit of your ranks in profession (cook), as well as any meal preparation and snack preparation abilities you possess.

However if you speak to someone gaining the benefit of this they must follow any instructions you give them and must respond by saying "Yes chef". If they fail to do either they lose the benefit of this item for 24 hours. Additionally if the ally goes beyond your line of sight or hearing for more than 1 minute they likewise lose the benefit for 24 hours. This is a sonic language dependant ability.

Construction requirements: Craft wondrous item, borrow skill. Price: 10,000 gp

Gold coins, chocolate: 10 gp

Aura: None CL 3, (True seeing reveals faint illusion)

This bag appears at first glance to be a satchel of 50 gold coins, and they feel like real gold to the touch as well as in weight. A DC 20 perception or appraise check made with the intention of examining the coins reveals that they are in fact chocolate disks wrapped in a cheap foil. These coins do not radiate any magic, and do not melt at any temperature less than what would melt gold however anyone checking the coin by trying to bend or break it finds it breaks just as a chocolate con would.

This same pricing can be scaled up to emulate larger denominations of currency (such as a bar of chocolate resembling gold bullion costing 20 gp, or a diamond appearing to be worth 5,000 gp may in fact be 1,000 gp worth of rock candy.

Construction requirements: Craft wondrous item, perform (cook) 1 rank, silent image. Price: 5 gp

Goodberry jam: 450 GP

Aura: Faint Transmutation, CL 3

This jar of jam is made using freshly picked goodberries, preserved with magical sugars and kept safely in a simple glass jar. A single spoonful of this jam counts as a full meal and restores a single hit point. A maximum of 8 servings can be consumed by any individual person in a single 24 hour period, but any more than three can cause bloating and weight gain. A single jar has 50 spoonfuls.

Construction requirements: Craft wondrous item, goodberry. Price: 225

Heroes mead: 67,500 (Barrel), 33,750 (cask), 6,750 (bottle), 1,350 (cup) Aura: Moderate conjuration, CL 10

This nectar-like mead is traditionally served alongside a heroes feast, but the most talented of brew masters can create it alone. It has a powerful sweetness and remarkable warmth brought on by the honey, gathered by giant celestial bees.

It's power is so great that normal humans dare not taste so much as a single sip lest it's power destroy them. This potent beverage is sold in many forms, a barrel contains 50 doses, a cask has 25, a bottle has 5, and a cup is a single dose. A drink of this heady and heavenly brew is a boon to all adventurers and protects them from, or relieves them of, illness and injury. One dose provides the drinker a +5 sacred bonus to all saving throws against poison and disease for the next 10 hours and also has the effect of a neutralize poison, and neutralize disease spell, both at Caster level 10.

Additionally the brew heals 20 hit points, and if this healing brings a subject over their maximum it instead grants the remainder as temp hp that lasts for the next 10 hours.

Construction requirements: Brew potion, remove poison, remove disease, false life. Price: 33,750 (Barrel), 16,875 (cask), 3,375 (bottle), 675 (cup)

Metamagic tea bags:

This special blend of herbs can be steeped in a potion, elixir or drinkable snack to greatly enhance its power. The tea bags come in a variety of flavours and can emulate nearly any metamagic. The brewing process requires a kettle of hot water, and a cup and takes 10 minutes and it may not be done on an item already treated with any metamagic tea bag. Thereafter the potion is imbued with the metamagic once held in the tea bag and if desired can be put back in its original container. The price of the tea bag varies based on the increase to the spells level and each price is for a Pack of 5 tea bags.

+0 adjustment- 500 +1 adjustment- 1,250 +2 adjustment- 3,750 +3 adjustment- 5,750 +4 adjustment: 14,500

Construction requirements: Craft wondrous item, the metamagic feat in question. Price: varies

Portable feast: 7,000 gp

Aura: Faint conjuration, CL 5

This magic item can come in the shape of an oven, chest, cabinet or picnic basket, but regardless of its shape the effects are the same. Each day this item can produce up to fifty meals or drinks for medium or small sized humanoid creatures. On opening the item the user simply declares what food item they desire and it will be inside the container.

Whiskey Ion Stone

The flavour is typical of the food named, though more and more detail can be added when the meal is being named. After 24 hours the created food items vanish if not consumed.

Construction requirements: Craft wondrous item, prestidigitation, create food and water. Price: 3,500

Greater portable feast: 35,000

Aura: Moderate Conjuration, CL 10

This magic item functions as a portable feast but it can create any number of meals per day, never exhausting it's supply of food.

Construction requirements: Craft wondrous item, prestidigitation, create food and water. Price: 17,500

Portable Heroes feast: 118,000

Aura: Strong Conjuration CL 15

This incredibly powerful magical item functions as a portable feast but it produces a meal of unsurpassed quality. In addition to filling the belly the food produced by this banquet functions as the food provided by a heroes feast, including requiring a full hour to consume.

Construction requirements: Craft wondrous item, prestidigitation, heroes feast. Price: 59,400

Tearing teeth: 5,000

This set of sharp toothed dentures flawlessly melds into the mouth of anyone equipping them. The wearer gains a bite natural attack for 1d6, this replaces any bite attack they may have already had and it may be enchanted in the same way as a magic weapon. When used as part of a full attack the bite is considered a secondary attack. This occupies the mask magic item slot.

Construction requirements: Craft wondrous item, magic fang. Price: 2,500

Wasabi pill: 10,000

This little green pill is a desperate last ditch tool for those with the ability to channel caloric energy. Upon being ingested, using the same rules as consuming a snack or potion, this pill seems to bestow the consumer with unlimited calories to burn. However the truth is far more perilous. For one minute the consumer of this pill may freely use any calorie feats they wish without needing to make a fortitude save or keep eating.

The user must still keep track of how many meals are burned however as once the minute ends they are considered to have expended all of those meals at once, requiring a single con check to resist starvation. Any effect that would allow the consumer to automatically succeed or automatically count as rolling a natural 20 is ignored. This pill is extremely potent and the resulting saving throw at the end is very likely to endanger or kill an overly ambitious character, extreme caution is advised.

Whisky ioun stone: 100 GP

Aura: Faint evocation, CL 6

This peculiar whisky stone has several interesting properties. first of all, by holding it in their hand and declaring a temperature such as "warm", "warmer"," cold", "freezing" ect the stone changes it's temperature as well as the temperature of any beverage it is placed in, though this can never cause damage. Additionally when placed in any beverage container that the caster could hold one handed, the drink rotates around the caster, always within easy arms reach.

The owner can call the beverage and drink from it even if they don't have a free hand and no matter what the wearer's orientation or velocity the drink never spills. This does not change the amount of time required to drink the beverage, though it does save the owner the time of having to draw the drink since it is already effectively on hand. This stone works just as well with drink like foods such as soups,
as well as with potions and elixirs. In all other ways this item is treated as an ioun stone.

Construction requirements: Craft wondrous item, prestidigitation, endure elements. Price: 50 gp

Alchemical Items

Potion booster: 5 gp

This special alchemical ingredient can be added to any potion, elixir, or snack and it contains strong doses of vitamins, minerals, or proteins that allow it to emulate a specific food group. There are a plethora of potion boosters that can change a potion to count as a meat, as a sweet, a vegetable, any type of basic food that can be required by a food feat. When you buy a potion booster you must decide which type you are buying.

Protean booster: 25 gp

This much more potent additive is made using protean cuisine (see below) and as such causes a potion to count as a full meal as well as counting as every type of food.

Protean cuisine: 10 gp

This thick, claylike glob weighs less than a pound and feels slightly sticky and slick to the touch. It is a mass of proto-food harvested on a chaotically aligned plane. The aroma and flavour of this substance can be befuddling and different with each passing moment, but it contains in it all the vital nutrients that can be derived from any food. As such even a single serving, consumable in the same manner as a potion, counts as every type of food for the purpose of food feats and also counts as a full meal.





Several effects in this book make reference to meals and eating, so it can be helpful to define exactly what a meal is, and how much you can eat. What constitutes a meal can vary considerably based on race, but for a typical medium sized creature a meal is 1 lb of nontoxic organic matter. For a small sized creature a meal is about half that much, about 8 ounces or 225 grams. And each category down requires half as much again.

Larger creatures however require four times as much for each size category larger, even though their stomachs on average are actually 8 times larger. This is because constitution also has a large effect on how much can be eaten, and since constitutions scales up with size above medium, but not down below medium, the numbers are a little different.

A creature can eat as many meals per day as 3+it's con bonus. This is not necessarily how much they must eat to survive, but it is the most they can possibly eat in a day. Most consumed magical items, snacks, potions, elixirs ect do not count as meals since they are completely absorbed by the body. Other foods, generally ones created by spells or magic items may have their own separate limitations, and these should still be abided by.

If the DM wishes to tightly monitor meal consumption, or just add a touch more realism, they may rule that after eating a meal a character must wait 1 full hour before eating another, if they decide to do this the feat "Big stomach" should remove that limit reflecting their expanded ability to eat.

100 Adventure Ideas:

1.) The Party gets stranded without food or supplies run low and they must find alternate food sources

2.) The local lord calls upon a party member with a cooking or perform skill to provide their services for an upcoming banquet

3.) A delicious new beverage is becoming wildly popular, but that may be due to it containing addictive ingredients, the party is called upon to investigate the source of this new brew.

4.) A group of man-eating giants is willing to cease capturing and devouring villagers if they can be taught how to prepare more flavourful fare.

5.) A travelling butcher is pedaling cuts of meat taken from an endlessly regenerating monster they have caged up in their caravan.

6.) A local church has banned the consumption of a food vital to the local diet, and if a replacement can't be found, or the church persuaded to overturn their choice, people may get sick or even starve.

7.) The king or other powerful noble is hosting a cooking tournament to find a new royal chef.

8.) A cult has begun the practise of consuming its own members who willingly give their flesh, but when the cult members die they transform into ghouls, or worse.

9.) A wizard has been travelling from town to town selling illusionary food that makes it's consumers believe they are full, without actually providing them nutrition.

10.) A legendary chef's tomb has been found but the magical cooking equipment and lost recipes within are guarded by a gauntlet of food related traps and riddles.

11.) An excessively wealthy noble demands his wedding have a cake the size of a castle.

12.) A bizarre demon falls in loves with a chef's cooking and begins possessing people so it can follow the chef wherever they go and eat their cooking.

13.) An alchemist is well out of their breadth when they find strange potions more based on alcohol than traditional alchemy, only the aid of a chef can unravel the mystery.

14.) The party is invited to a very fancy banquet and the strictest of etiquette must be upheld.

15.) An insane troll decides to begin eating everything, and never stop.

16.) A hedonistic power crazed ruler has the party chef captured, if they cannot prepare a meal of surpassing flavour and taste they will be executed, but if their fare is acceptable they will be released, and maybe even rewarded. Can the rest of the party gather ingredients while the chef stalls for time?

17.) A batch of bread dough is accidentally made using alchemical potions rather than water and chaos ensues, it may be limited to a small settlement or could threaten a major trading hub.

18.) The ghost of an ancient chef torments their former kitchen and can only be laid to rest by being served a final meal that they can actually eat.

19.) An eccentric wizards holds a bizarre contest: a bag of holding, portable hole, or even demiplane is filled with pudding as well as a few valuable magic items. Whoever can eat their way to the items first, can keep them.

20.) The very last specimen of an endangered magical beast is the desire of several kingdoms for the privilege to eat it. Wars could break out over this last creature and who has the right to consume it.

21.) A powerful dragon has been slain, and the warrior who bested it has offered half the hoard to whoever can cook the dragon in the most flavourful way, but is eating a dragon morally right? or safe?

22.) A gluttonous ethereal filcher has been pillaging military supply lines, unaware that it's actions could affect the entire outcome of the war.

23.) An evil warlord possesses a form of alchemical immortality, only by poisoning them with a potent elixir can they be made mortal again so they can be defeated.

24.) A representative from an unpopular church requests the aid of a chef to spice up their sacred dishes in hopes of drawing new worshippers.

25.) A whimsical performance goes terribly wrong when a court spellcaster's "animate objects" spell goes haywire and the food begins trying to bite back!

26.) A breed of magical creatures with nearly human intellect is discovered to be delicious and soon the hunt is on for them.

27.) A special sacred herb from across the sea is the only cure for a wasting illness befalling a friend of the party.

28.) lured by the prime material plane's phenomenal cuisine, a race of powerful outsiders attempts to conquer parts of the plane, or at the very least abduct some of the finest chef's.

29.) The war has driven the price of a basic staple food sky high.

30.) A village holds a special ceremony once a century where an entire lake is boiled and made into a massive soup.

31.) The "Eternal cask" of sacred Dwarven mead has run dry and a brewer must be found who can create a massive new batch using only the final mug of mead as a guide, provided they can keep it safe from thirsty dwarves.

32.) A gingerbread house has been spotted in the forest, and local children begin going missing.

33.) A thousand year old lich craves the taste of their mother's soup, but no written recipe remains, only trial, error, and research can reconstruct it.

34.) The mother of vinegar used to make the first Elven vinegar has been stolen! It is an ancient bacteria culture no longer in existence in the world and is utterly irreplaceable.

35.) A wealthy tea lover desires to create "The All Tea" requiring hundreds of herbs and ingredients from around the world, they believe such a tea will have miraculous properties.

36.) A god who survives only by drinking their sacred libation has had their divine wineskin stolen. If it is not found and returned the god will become mortal, and then waste away and die.

37.) A belker has infused itself into a smoked ham, laying in wait for someone to consume it so it can become solid and begin clawing them from the inside.

38.) A wealthy food lover has a desire to taste "Gnomish doughless noodles". The problem? They're a myth and don't really exist but the food lover will not be convinced of this.

39.) A famous adventurer has been consumed by a bag of devouring, only by venturing into the gullet of the astral monster the bag feeds can the hero be retrieved and revived.

40.) After a war or prohibition occurs coffee is outlawed and a new criminal organization of coffee smugglers begins to form.

41.) A monastery of ancient sages has been kept alive for centuries due to a special mix of herbal tea, but after a drought has killed their crops they must share the recipe for imortali-tea with someone they trust in order to ensure survival.

42.) A forest of Treants is being cut down to create treant-smoked bacon, hams, and other cured meats of impossible flavour.

43.) A Legendary barbarian drinks a tavern dry and goes on a drunken rampage, the only thing that can stop them is even more drink of surpassing potency.

44.) A complex and widespread recipe turns out to be a demon summoning ritual in disguise

45.) A kingdom of salt elementals have come to avenge their inanimate kin, demanding human sacrifice equal in weight to all the salt ever consumed.

46.) A millennia old jar of honey is found containing what could be the tooth of a ruler of a dynasty forgotten by time. With that tooth a powerful enough spellcaster could revive this kingd and learn the secrets of their forgotten history.

47.) A cold, calculating and high class serial killer has been murdering and cooking their contemporaries, only by gathering information from their contacts in the culinary world can this criminal be caught.

48.) An ancient dragon offers its weight in gold to anyone who can give it the experience of being drunk.

49.) A travelling Halfling caravan introduces spices and new foods to the land, but few can figure out how to cook with them.

50.) An Efreet Malik seeks someone skilled enough to bring fine dining to the elemental plane of fire.

51.) After a chef is granted the position of court entertainer a local bardic college sparks fierce rivalry bordering on open war with the college of chefs.

52.) A Calzone golem goes berserk after a burglar tries to break into a local bakery and it begins tearing apart the city.

53.) A wealthy noble grows increasingly ill after switching to an all chocolate diet, someone must educate them on the importance of healthy eating before they die or their coffers run dry.

54.) Orcish hot peppers become a beloved delicacy amongst high society, but only the Orcs know the secret of growing them the spiciest.

55.) To cook a meal spicy enough to satisfy a fire giant, a chef must commission distant dwarves for a set of adamantine cook wear.

56.) An esteemed ranger's animal companion grows sick after eating table scraps and time is short to figure out what went wrong and how it can be cured.

57.) A crazed wizard has created an edible slave race, but when they begin to gain sentience they revolt.

58.) A magic user begins creating multitudes of food for the masses, devoting all their magical energy to feeding people, putting chefs out of business.

59.) A group of skilled cooks get together and form the world's first chef's college.

60.) An apple orchard grows magical ghost touch fruit that draws hordes of incorporeal creatures to it.

61.) A local village is serving an enormously long sandwich, but a group of bandits have their eyes on the meal.

62.) A strange green fairy is visible only to those who are intoxicated on absinthe, it pleads for help saving it's magical homeland.

63.) A drought is causing starvation in a group of small villages and provisions must travel a great distance to reach them.

64.) A bored Vampire seeks new ways to prepare and consume blood.

65.) A brilliant scholar believes the undead can be tamed by training them with a human meat flavoured substitute.

66.) A deadly curse gone wrong causes food to rain from the sky in a small city.

67.) A stranger in town is giving candy to local children, could something sinister be afoot?

68.) A magical cupcake is bestowed to a child that will grant the wishes of anyone who takes a bite.

69.) A variant of a petrifaction spell is discovered and it turns people into candy.

70.) A new land is discovered where fruits and vegetables and animals are much much larger.

71.) A polymorphed hag uses her cooking to try and attract a mate.

72.) Life gives you lemons.

73.) A deadly form of plant life is used in the favoured meal of the local ruler and great money can be had in slaying and harvesting such creatures.

74.) A new flambé recipe creates newborn fire elementals who seem to be loyal to the chef who made them.

75.) A god descends to earth and offers to grant divinity to anyone who can prepare a tasty dish with one ingredient from every plane.

76.) A devil challenges a party member to a cook-off, the stakes? The party member's soul against a solid gold set of kitchenware .

77.) A group of evil humanoids plan to infiltrate a wedding by hiding in a cake of holding.

78.) An interplanar merchant prince desires a goblet of eternal ice but it has fallen into the plane of water and lays trapped within a massive ever-moving iceberg.

79.) A wealthy retired pirate is nearing death, but has a request for a last meal: The blubber of the great white whale.

80.) The Merfolk demand Humans cease consuming sea creatures from their oceans.

81.) A Thriae queen demands back all the world's honey, claiming she is the true queen of all bees.

82.) A group of zealous angels attempts for force humanity to consume only bland simple foods, proclaiming spice, fat, alcohol and sweets to be "Gluttonous and wicked".

83.) Truly appalling "Goblin cuisine" becomes a dietary fad, can chef's swallow their culinary pride to serve such fare?

84.) A master chef offers their entire restaurant to anyone who can out-cook them.

85.) When a nature spirit is slain and eaten after being mistaken for a normal animal the local Kami grow furious.

86.) Gnoll slavers capture the party and demand they somehow feed 100 slaves with very limited resources.

87.) A famous chef offers to give the party cooking lessons but turns verbally abusive and profane at the slightest mistake.

88.) Fetchlings and Wayangs have a rare delicacy known as "shadow sauce" is there some way to allow other creatures to taste such a flavour?

89.) An ancient beef jerky of unrivalled aroma and taste is finally ready to be consumed, but the family line who began the drying process has died out, to whom goes such a rare delicacy?

90.) A breed of sweet, edible, harmless gelatinous cubes appears in a small town, is this a problem?

91.) The location of a legendary cookbook said to contain 10,000 recipes from around the world has been revealed and the race is on.

92.) A world famous chef offers to teach a party member if they can simply prepare and pour a "passable" cup of tea, but they demand seemingly more than perfection.

93.) A Tanuki monk believes that enough sake will transcend them to divine status, but each night of drinking causes more damage both to their body and to everything they encounter while inebriated.

94.) An inhuman looking Summoner has been consuming their eidolon each day and is becoming less and less human with every meal, but what will they become?

95.) A kind-hearted and resourceful butcher has been feeding their newly adopted pet, unaware that it is a barghest, growing stronger with each day and manipulating it's owner into feeding it more and more.

96.) A comely fey creature offers a night of passion to anyone who can prepare a truly fine and romantic dinner.

97.) A boisterous centaur crashes a pie eating contest, with two stomachs can anyone out-eat such a challenger?

98.) A thirsty titan calls on the players to bring it an ice elemental or ice golem to cool it's drink.

99.) An Elan that has lived 100 years without having ever eaten decides to celebrate by trying food, but after one taste they decide they must experience a lost lifetime worth of flavour and call on the party to help.

100.) The Tarrasque awakens to devour everything, unless something can be found that will sate it's hunger.

"Molasses from the united states, Anise from Spain, Liquorice from France, Vanilla (bourbon) from Madagascar, Cinnamon from Sri Lanka, Wintergreen from China, Pimento Berry oil from Jamaica, Balsam oil from Peru."

Country Connoisseurs

In his book, World War Z, Max Brooks lists these ingredients for a simple bottle of root beer and illuminates the importance of trade. Every setting is going to have countries distant from each other with their own unique foods, seasonings, styles, and spices and only through experimentation and combination can these tastes and styles come together. It's all too easy to overlook the effect trade, travel, and policy can have on the culinary world, but with a little effort something seemingly innocuous can become the broth for a sensational story soup. So when you take a look at the campaign setting you're embroiled in; think about some of the following ideas:

Who is breaking bread with who? - Look at the country you're in and their friends and trading partners both near and far. Here you'll find the opportunity for culinary fusion. Has your desert country made a peace agreement with a tropical island? Perhaps someone is about to discover fresh tropical fruit juices mixed with narcotic cactus juices, or exotic foods preserved by drying them with a technique previously unknown to the small island inhabitants. Or even more simply, has a food from a distant land started becoming popular with their allies? or does it need a little help becoming popular? Perhaps an astute and ambitious chef can help herald in the new culinary techniques.

Who has bitter feelings? - Just as allies are prone to sharing food and cooking techniques, enemies are much less likely to enjoy each other's food, and even like likely to obtain each other's ingredients. While some of the most patriotic souls may outright refuse to eat food representative of an enemy nation, few can turn down a finely crafted exotic meal, and sharing the culinary experiences of another nation can be a very powerful force for understanding each other indeed.

What are the current tastes? - More general than the above two, consider what style of food is popular. Is current cuisine bland and utilitarian? Is spice and heat the ruling fad or are the people craving sweets and scrumptious deserts? Do the common folk have complex palates or is that a privilege limited to the upper class?

Can we trade lunches?- As well as the above, consider how hard shipping and trade is in your setting. Can foods be instantly teleported across the world with ease? Do they have to come over a boat? over enemy territory? These things can change the feeling of a chef and how they're received and allow you to illustrate things like wealth and luxury as well as showing off the capabilities of your world. Taking the root beer example from above, if your world is one where goods are shipped across the ocean in deadly waters filled with pirates and monsters, and bought and sold in enemy harbours taxed from evil kings then a single bottle could be more valuable than its weight in gold.

Flavour and Theme

What is flavour? It's a taste, it's a special signature that makes one dish different from another, it takes "food" and makes it something more. It's beyond "bitter" or "sweet" it's what makes everything we eat and drink and smell unique. But flavour isn't just for food, it's for your character too. When talking about flavour for your character what you are really deciding is what does your character look like? How do they talk? How do they smell? Do they have any unusual traits. And going a step beyond, how do they fight? What do their attacks look like? How about their spells?

Flavour is the difference between an "attack" and "A savage overhead chop with a gleaming great axe". The basic premise is simple, describe extra details about your character or what they're doing beyond simple statistical effects. While this might seem easy or even obvious to some people, the ways you can use flavour can be myriad and fascinating. The right flavour can fix almost anything. Altering your abilities, sometimes called "re-skinning" can achieve surprising results.

The following sections include a few basic ideas for flavouring everything from spells, to combat, to monsters but these should just be used as a starting point.

Acid damage: Many people picture the ubiquitous green bubbling goo as the classic example of acid, despite many of the most common acids actually being clear and water like. Many other DnD writers have pointed out that acid is associated with the element of earth, but why is this? The general response is that they draw on Alkali salts. Imagine your acid attack as a hulking chunk of chalky white salt that causes flesh to burn and blister with a touch. Or break it down into jagged salty crystals that pierce into the flesh and burn from within. Grind that down even further and your acid attack can be a spray of fine scouring powder that erodes and burns everything it touches, think lye or other intensive powder cleaners . If you dare to do a quick internet search for acid burns you'll see some absolutely horrifying images, and I only recommend this if you're very hearty as some of those images stick with you. If realistic acid doesn't suit your needs; consider pure dissolution. The target of your damage just seems to corrode, disintegrate, fall apart on a most basic level. Or get even more exotic, perhaps your acid damage appears as strange alien runes and symbols carved or burned into the target, and an object destroyed is left as unusual oddly shaped and sculpted eldritch designs of otherworldly geometry.

Cold: Classic cold damage usually looks like a either blue beam/wave/bolt of energy and then ice everywhere or a spray of jagged ice crystals but there's so much more we can do. If you want to mix things up a bit, consider a chill horrible fog that seeps over the target and layers it in ice and rhyme, coating anything it touches like freezing rain. For something even more gruesome, consider your spell as visible only in terms of the effect. You can't really see cold itself, so as your attack collides or your spell washes over them we see skin turn blue and black from frostbite, stone split from sudden ice formations inside, plants wither and die in seconds all without any showy flash or sparkle. For something more foreign, imagine the target of your attack partially being transmuted directly into ice, spots of skin becoming crystal clear and glasslike, walls turning from brick, to ice, and then cracking instantly.

Or perhaps your attacks are like beautiful snowflakes until they collide and leave beautiful and painful frozen fractals across exposed skin and glass. Don't forget to toss in details on how it feels, is it a deep ache in the bones? Is it a horrible stinging frost? Or perhaps a numb painless cold death?

Electric: Electric damage is generally described as a crackling bolt of blue, white, or sometimes yellow lightning but there's so much more than can be done with such a powerful force. First consider times you have been electrocuted if any. Most of the time we're exposed to shocks and zaps it comes in the form of contact with a live current, it didn't look like anything, but it felt like buzzing in your blood. Imagine your lightning having no visible path but instead everyone it comes into contact with twitches and convulses, burning or smoking or even just spasming hard enough to break teeth and bone. Alternatively, take a look at real lightning bolts, often lightning actually flows from the ground into the sky, likewise your lightning attack could appear to originate from the enemy and then arc to your hand where it dissipates. Lastly consider your electrical attack as a stream of charged particles, and only when that stream comes near a viable target to small fast bolts arc out and blast everything near it in a wild forking pattern. And also consider the scars and burns a survivor of real life lightning strikes retain, such marks can be truly noteworthy and unique.

Fire: Fire can come in many different exciting forms and is one of the most common elements in a typical game. Even regular fire can be very impressive, but there are a plethora of ways to turn the heat up even higher. Firstly, even real natural fire can come in a whole assortment of colours. Blue, for example, may give a feeling of cold, precise, incredibly hot fire, while something light white or gold might feel sacred and holy. And, of course who doesn't love Green Flame! Colour is a great first step, but what if the fie attack has no colour at all.

We've all seen invisible heat shimmers and watching paper burn and flesh crisp and blacken with seemingly no visible source makes for a fantastic description. Opposing the incredibly dry heat one could also use scalding steam as the source of their fire attacks turning flesh hot horrible pink and boiling blood as it goes. Other common considerations are from where this fire emerges. A spell crating a small dragons maw unleashing a blast of flames speaks differently than a flickering bolt of wispy blue fire, and both are very different from a spell that simply creates fire on their target or invoking a sudden dramatic explosion with no trail or path from which it came.

Force: Force damage is unusual in that the quintessential force spell, magic missile, is often described much different from others of its kind like wall of force or hand of force which are usually just big semi-clear constructs. For some extra oomph in your force spells imagine them manifesting as fully coloured, fully realized version of what they seem. A force hand looks like a giant hand, a faithful phantom hound actually appears as a dog, a magic missile appearing like sling stones, daggers, or anything else. If your campaign is casual enough these constructs could even appear crude and clearly fake like a child's drawing, complete with magic missiles shaped like modern day missiles. For something more impressive imagine force effects as being utterly two dimensional. a Mage's sword has no thickness at all, a wall of force is remarkably hard despite being thinner than paper, and magic missiles may even be considered one dimensional Points that tear through a foe. Alternatively your force effects could be pure radiant energy constructs, maybe all the same brilliant colour, a wilful green or hateful red perhaps.

Negative energy: A crackling ray of utter blackness or a sickly red lightning are the most common forms of negative energy. Consider a negative energy effect as pure rot and decay, imagine the sickly sweet smell of meat rotting and the foe's flesh simply starts to yellow, green, or blacken before your eyes. Another way of looking at negative energy is being pure entropy, picture each attack like a tiny sliver of annihilation, a blackness that appears to be two dimensional and corrodes all it touches. For a more mystical feeling consider a part of a foe struck by negative energy to be dissolved down to the bone, but eerily still functional leaving skeletal hands or an exposed thighbone without loss of movement.

Positive energy: Healing is just as common as harmful spells and deserves equal attention. Common healing takes the form of a white or blue light that washes over the wound and undoes it. But other options abound. An old favourite of mine was the spell softening the flesh like clay and the healer working it with their hands, pressing and smushing and smoothing the skin back into an uncut seamless whole. More nature oriented healers could imagine tiny vines and plants and leaves growing into the wounded area and then turning back into regular skin and bone.

And some unusual healing could appear as though the blood and skin were flowing back into the wound, unsplattering from the walls to seep back into the body. Another consideration is what happens after magical healing. Do healing spells leave scars? does the skin look new and clean? Does it look chalk white or jet black and then slowly match the persons real skin colour? Or taking the druidic version above perhaps wounds healed by some magic's leave part of a person as a living wood, or some other equally abnormal substance. Just make sure the other players are okay with having some odd looking scars before you implement something like this since it can affect their characters too!

Sonic: Rippling air, cracking stone and an intense rumble is the quintessential sonic damage but there are many pitches and tones. Perhaps your sonic attack is in a range humans cannot hear, it is eerily utterly silent even when accompanying other actions, even to the point of blocking out all sound in the area. Bones crack, skin peels, earth shatters and all of it drowned out by silence.

Or instead imagine the power of sound focused utterly, instead of devastating waves perhaps your sonic attack appears to be one or more deep puncture wounds just opening up in the target seemingly from nothing, literal piercing notes. Or, if you're in a hustle for some sonic kung fu styled sonics, imagine every note of your instrument or syllable of your voice to take the form of translucent weapons and warriors flying through the air, slicing, bashing, and splitting anything in their path. If you're more into deep reverberations you could even flavour your sonic attacks as such fierce vibrations that a foe shakes apart, or as a blasting chorus of an appropriate theme music so powerful that ears bleed and teeth rattle.

Untyped/Arcane/divine: These are different types of damage, but all of them are open enough to be nearly anything at all. These damages can be anything from a precise colour beam, to a wild multicoloured spiral, to appearing like a real weapon and carving enemies away, there is no classic or traditional appearance, but here's a few suggestions: Perfect holes and craters appear in the target of your attack, you can adjust the number and size up or down as much as you want, achieving anything from damage looking like a shotgun blast to a cannonball or more if you deal enough damage.

Or for a truly bizarre and terrifying effect, try complete erasure. Even more abnormal and

horrifying than disintegration, picture the spots your attack collides with as no longer existing, but it's absence seemingly going unnoticed. "Erasing" a section of shoulder on an enemy doesn't cause their arm to fall off, instead it functions normally, but they can no longer feel the shoulder and their hand passes clear through it, when a foe is slain or object destroyed it is simply completely erased.

Location: Humans are generally accustomed to thinking of their hands as being their tool for affecting change in the world. It's only natural that most of us picture blasts and spells and powers emanating from our hands, but what if we mix it up? Any of the above abilities would be interesting emanating from eyes, from mouth, from the very aura of the wielder themselves or emerging from their chest or stomach. While a few combinations (sonic eyebeams, I'm looking at you), might not make as much sense they can still work out if you describe things the right way and these abilities lend a more supernatural feel to your character.

Melee combat: Melee combat is the area that by default has the least flavour, but has the most potential to be filled with flavour. Consider the same premise for melee combat that was posed above, as long as the rules aren't changed, anything goes. Sure, your fighter might full attack for 3 attacks, but that doesn't mean they aren't swinging six or seven powerful strokes of their blade, and just because your attack missed doesn't mean the opponent dodged, it could be parried, or it could have struck but not penetrated their armour, or just narrowly missed.

Likewise a hit doesn't always have to be a hit, you can flavour a hit as a miss, a swing the foe evaded but still took a little wind out of their sails, making them more likely to take a grievous injury or die from a future swing. And likewise a miss can be flavoured as a thin shallow hit, a nick or scratch dealing only superficial damage. By the same token, how brutal and painful a hit is can change dramatically. Was that blow from a greatsword a brutal stab in the chest? A shallow slice along the arm? A harsh bash with a pommel? And that brings up the question of where a blow hit. It's generally assumed most blows are going to strike the center of mass, but there's a whole plethora of other options besides chest wounds. Eyes, lips, cheeks, ears, biceps, forearms and other wide flat soft tissue areas are interesting places for piercing and slashing weapons to strike, particularly if they leave interesting scars on an enemy likely to survive. Bludgeoning weapons typically are best directed at boney areas, hands, shins, cheekbones, skulls, shoulders, collarbones, spines and the like.

Sneak attacks, called shots and critical hits: These powerful attacks by their very nature are seen to severely damage vital organs, the neck, the lungs, the heart, the brain, the base of the skull or anywhere along the spine. These attacks also though can represent simply much bigger more visceral hits, such as impaling with a greatsword, or shattering bones. Ultimate combat also added in the rules for special called shots if you want our flavour to perfectly match the statistical impact of an attack, however I would advise slightly modifying the called shot rules. Remove the limit of 50 damage to inflict a debilitating blow. This 50 damage minimum is not only unnecessary and remarkably hard to achieve for most straight melee characters, but it doesn't make any sense. A creature like a goblin, a human of 5th level, or even a minotaur cannot survive the loss of an eye, hand, or even an ear. The loss of such a piece of their body comes only with more damage than they can possibly survive. But conversely a bandersnatch or 20th level barbarian could potentially survive the loss of both arms and finish the fight just fine.

Death: Also consider if an attack slew an opponent. Provided the DM is okay with it they can tell the player simply if the attack slew the enemy or not and let the player really go wild with describing how that final blow takes place. Another consideration is what happens when a creature dies. Does a demon explode in a blast of smoke? Does an elemental crumble into pieces? Does and ooze melt away? does a dragon seem to burn with an inner fire and rage even after it is defeated? And in the case of sentient foes does a creature have any final words?

Grappling, unarmed strikes and combat manoeuvres: Of all the weapons, none are as versatile as the unarmed strike. A character who specializes in unarmed attacks can have any of a countless myriad of styles. Do they throw devastating punches like a boxer? Unleash swift kicks and palm strikes like a martial arts master? Swinging flipping spinning Capoeira style fighting? Savage scratches, claws and rakes? The possibilities are nearly endless. Likewise with grappling. Does your character use specialized grabs, trips and throws that flip and roll and twist their opponent using their joints and size against them? Or does your character bench press, powerbomb and suplex everything within arm's reach like a medieval pro wrestler? Do you bullrush with a powerful ram of your shoulder or a barrage of sumo slaps? do you trip, reposition and drag an opponent through lures and baiting without ever touching them or do you simply grab a handful of face and throw them where you want them?

Movement: When described accurately and factual movement in regular melee combat can sometimes be boring and minimal. two enemies may spend several turns in a row just swinging away at each other with powerful blows. Consider adding in "descriptive movement". Perhaps two trained swordsmen circle each other carefully, lashing out swift attacks as they do. A swing of a giant's club sends a warrior flying back nearly a dozen feet before the warrior hits the ground and comes charging right back for a counterattack.

A clever rogue darts behind the knight they're fighting to catch them across the ankle before rolling once more to the front when they turn back. All of these sequences involve movement and energy, but they all wind up with both warriors back where they started by the end of the full attack. No tactical movement was made at all, but the combat feels more dynamic and vibrant. Comparatively, actual movement is a great way to customize your character. Does your rogue charge by sliding over tables, bouncing off walls and back flipping? Does your Paladin wade through enemies with determination, shrugging off blows directed at them? Does your party monk move so fast they seem to blur, or leave after images? Or do they simply seem to "appear" behind the enemy? Considering the amazing speeds some characters can reach a few of these examples are more likely for higher powered games, but may not be entirely too absurd.

Ranged combat: Ranged combat is very tricky to flavour, of all the styles it is the hardest to emphasize and exaggerate, mainly because it already gets exaggerated in regular DnD. Reloading a crossbow or blunderbuss in six seconds, firing off half a quiver of arrows in the same amount of time, ranged combat gets a pretty good deal right from the word go. The most important advice I can offer is to mix up the hit locations in the same way I recommended for melee combat. Apart from that make note of how your character stands, do they stand profile like a professional shootist? Do they brace their crossbow against a low wall? Thrown weapons are a bit easier because there are more ways you can throw a weapon, a flick of the wrist, or a palm toss, or just holding the weapon between two fingers and flicking can all make for distinct styles.

Power and theme: A final consideration is how powerful attacks should look and feel and in keeping that level relatively consistent with the feeling of the campaign. Consider a gritty realistic nonmagical setting based off medieval Europe. Even if they can deal enough damage to do so, perhaps the party barbarian shouldn't be describing every attack as shearing off limbs, shattering stone, and sending defeated enemies flying 10 ft through the air. Likewise in a high powered high fantasy game a rogue might want to embellish their sneak attack more than leaping on an opponent's back and stabbing them repeatedly in the jugular while screaming in rage and fear.

But there are many games where both are suitable. Perhaps the party paladin wants to describe each swing of their magical blade as carving through the stone behind the opponent through sheer force alone, while the party cleric has a penchant for messily caving in skulls, and the monk throws punches so hard they tear the clothing in perfect circles on the back of their opponents shirt, in some games all of these styles are acceptable and don't cause too many problems. Always keep in mind the feeling and theme of a game when designing your character's flavour and how their abilities work.

Limitless possibilities: As an extension of these ideas picture a warrior. A proud noble savage from a far blasted frozen wasteland. This warrior has ferocious strength beyond all compare, every one of their blows deals savage damage and they throw aside even foes larger than them with ease. The warrior fights with little regard for their own safety leaving themselves more vulnerable to attacks, while their own blows are less accurate but far more devastating. This warrior is so swift that even passing remotely close to them leaves you open for attack, which is to say they have a larger threat range, and they can carry four times what a normal human could.

But with such tremendous power comes an aversion to closed spaces and an inability to fight in them, half movement speed and -4 attack and ac. This sounds pretty amazing right? Is this some kind of fantastic barbarian archetype? No. This is an ogre, a hill giant, any number of large sized creatures. Some of the most amazing and memorable challenges can be created by taking something standard and just reflavouring it, make it new, make it yours, but save yourself the work of cooking up a whole new stat block. Every gaming session is a little bit different and every group has their own ways of doing things but a few commonalities usually hold true. Any gaming session lasting more than a few hours is likely to involve food at some point. The end goal is usually to cram as much playing time as possible into a session, which most often devolves into a sad common truth. The classic gaming snacks are soda's and chips and some gummies or other sweets and the most common meal is a big pizza for everyone to grab a slice of.

Food at the Table

There is nothing innately wrong with this sort of setup, and there are a lot of reasons it's the most popular, but there are alternatives. For sessions that tend to last a long time, four or more hours, it's a good idea to get some good wholesome food into everyone at the table. During the day this should lean towards sandwiches or pastas, foods with carbs for energy that will last for a good chunk of the day, of course that's not always an option depending on dietary needs. Later sessions, especially with ones that end when someone is too exhausted to keep playing, are often filled with soft drinks and coffees, but these are good only for trading a tiny bit of time now for less time later in the night. A better alternative would be fruits, vegetables, and cold water.

These will help to provide wakefulness, energy, and a healthy dose of sugars without causing anyone to crash an hour later and they don't have to be a huge hassle to prepare. If you are the DM you're already likely putting a lot of labour into making your game go will and this can be a quick step that makes a world of difference. And if you're a player then you should consider doing something nice and quick that will make your whole game run smoother, it's a team effort to have a good session and that means good food. Healthy foods keep brains active and engaged allowing players to focus on the story and strategy going on around them instead of forgetting their dice and trip up with their addition. If the decision is made to have a food break at session encourage the others in your group to bring something to share with everyone, this keeps the burden from falling just on the host or a single generous benefactor.

Everyone's situation is different but feeding a team of hungry adventurers every month, week, or day, can be very taxing on someone and that can lead to shortcuts like ordering out and junk food, not to mention empty coin purses. If the decision is made to order out try to take the (improved) initiative and gather orders beforehand if possible, if the food can be decided and ordered before session it keeps everyone from having to argue over pizza toppings for an hour or two that could be spent gaming. Again, every group is different, but when it comes to food at the table consider what is going to be healthiest for everyone, because happy healthy games make for a happy healthy game. Since early humans realized that animals are made of tasty, tasty meat there has been a drive to hunt, catch, kill, and eat anything we can. Roleplaying games are certainly no exception. History is filled with tales of consuming a creature to gain it's power, drawing life, strength, mana, and even eternal life from a fallen creature, but how can such a visceral concept be brought into your own game?

Dragon Steaks and Water Elemental Soup

The simplest method is to turn some of the treasure that comes with that creature into useable parts that function as items of a similar value. Take 300 gold from a minotaur's loot and replace it with a Horn that can be ground up into an elixir of bull strength. Have a hydra leave behind a heart that can be eaten to grant a regeneration spell. The potential is limited only by what items you want to make available and while it does take a bit of extra effort it can be well worth it.

To take the idea a step further, consider adding an extra free bit of treasure but requiring a certain skill check. Perhaps a minotaur's horn can only be prepared using craft alchemy. A hydra heart may require a perform cook check to ensure it is edible, and harvesting parts from a golem may require a knowledge arcane check. As a loose rule the DC for the check should be 15+the creatures CR, plus or minus up to five based on how hard to prepare or rare the creature might be. And the value of the component should usually be no more than 10% of the normal treasure value and if a caster level is needed, use the monsters hit die. Don't be afraid to grant otherwise impossible rewards "Potions" of higher than third level and caster levels more than 20 can be interesting and remarkable treasures even though their actual value in gold is not very considerable. Since the items are generally going to be consumables, and, at your discretion, may even expire on their own this won't unbalance the wealth by level.

As another alternative, you could convert vast sums of wealth or experience into specific rewards. Consider a party of adventurers battling a massive and iconic red dragon. After a long and gruelling battle the creature is slain and the heroes are awash in mystical dragon blood. The vital energy transforms them into something more than their old selves. Instead of awarding a large chunk of experience points grant them a special reward: immortality, the power to speak all languages, resistance to fire, or if the xp would be enough to increase their level, even a template without the accompanying level adjustment.

Something that stands above a normal reward, somthing monumental to mark the occasion. Many of the monsters players will face are fantastic and phenomenal creatures, and even once dead those entities should still hold mystery and excitement for an adventuring party. There are a myrad of rules, abilities, rewards, and bonuses for food presented in this book, but there's still more to consider. The culinary world is vast and detailed and branches into many areas of study. Historical food, cultural food, the religious importance of food, which foods grow in which climates, which foods were rare or common, and of course the myriad number of cooking techniques. There's always more to learn but having a grasp of the basics can be incredibly helpful and can help you get a start while you learn more.

Food in Your World

History and food: Food follows progress. Before fire food was raw, when people needed to save food for when there was none we found ways to preserve it by drying it, freezing it, or wrapping it, when we figured out how to microwave food the T.V dinner was invented. But, the vast majority of setting are going to have magic, and magic makes things very hard to predict. Use this to your advantage. Unless you or one of your players are food experts you can explain nearly any kind of food's presence through the use of magic. Unless your setting has a specifically detailed history of magic, you don't really need to know when which kinds of foods became popular. And if you DO have a detailed history of magic you can simply match magical innovations to cooking techniques as they become available. What I do recommend is having a few staple foods for each area that have been consumed for as long as any-one remembers, and maybe one really new popular dish for a particular area.

Culture and food: Food is so closely tied to culture that they are often times synonymous. When someone says "I want some Italian" everyone knows they mean food, without even having to ask. One of the core aspects of a culture that people flock towards is their food. Every culture that you plan to detail should have a few dishes that are special and dear to them, and those foods should say something about the cultures. If you think for ten seconds about dwarves, the odds are good you will picture ale, beer, or mead. The association of a culture with their food is incredibly powerful. If your Orcs prepare pemmican using anything they find and your elves subsist solely on fruit and your Halflings bake their treasures inside of buns for safe keeping you have already got three fascinating ideas for fleshing out your races and cultures that can serve as set pieces or spark bigger better ideas.

Religion and food: Every religion has something to say about food. Some have certain meals for certain days, some prohibit certain foods and many have views on when and how often to eat at all. For every religion in your setting consider what their views on food are. Priests who offer holy wafers have a different feeling from a church with a communal chilli pot where everyone brings an ingredient. Even something as simple as cannibalism may be permitted or encouraged by one religion while abhorred by many others. The easiest way to think about how a religion views food is to consider the principle that what you eat becomes a part of you and so the religion is likely to encourage taking in good things while avoiding bad things. But good and bad are quite relative in the eyes of the gods.

Where food grows: There are a whole host of climates in the world, and each one has many kinds of plants and animals in them, which can make it very hard to know where to put which plants. There are a few simple tricks to remember. Firstly, the bestiaries are filled with animals and their climates, use this to your advantage. If you know that this area of your world has temperate forests, search for animals from those climates and determine what they ear and work from there. Secondly keep in mind that many plants are very versatile, some plants can grow nearly anywhere in the world and many an grow in the wrong climates, albeit poorly, and in a world where there are winter wolves that breathe ice the idea of "Arctic oranges" or "Desert mangos" is not exactly farfetched. Lastly, either your group has a botany expert, in which case pick their brain, or it doesn't, in which case no one will know if you mess up a bit with placing your foods.

Cooking techniques: The number of cooking techniques is truly astonishing. Frying, sautéing, boiling, poaching, searing, flambé, blanching, Sous Vide, and baking are just a few of the methods we have today, but by adding magic to the mix there's no limit to what can be done. As one diversifies their knowledge of cooking they find that there are few things at least a handful of chef's aren't willing to at least try and so the imagination is really the only limit. Learning even just a few basic cooking principles can really get the mind going and build on what's already there. My recommendation is if you are playing in or running a food centered game just look up one or two cooking techniques a week, or watch a single cooking show between sessions just to get the juices flowing so to speak.

Fust use Magic

The inevitable question will arise when dealing with chef's and characters with many ranks of profession cook. Can't a wizard do that better? If prestidigitation can flavour food then why would anyone learn how to season? If goodberry can feed you for a whole day then why grow crops or hunt? If heroes feast can create an amazing world class meal then why learn to cook?

Firstly prestidigitation. This simple cantrip can make anything taste like anything. That seems like a pretty good reason to eat gruel everyday and just change up the taste but there's a few factors to consider. To start is of course texture. You can put vanilla extract on a piece of bread and it will taste like vanilla, but it's still just soggy bread. Eating good food is about far more than just flavour. The crunch, the smoothness, the temperature, the look of food is all just as important to the quality of your meal as simple flavour. We also have to consider that a wizard can only flavour something if they know what a flavour is. Can you wizard make their jerky taste like chocolate? Yes, if they've had chocolate. But someone is going to have to prepare that for them.

For every flavour a spellcaster can produce there must first be an entrepreneur who discovers that flavour experience first. A reproduction of Van Gogh's "Starry Night" is easy to come by, but the original piece took mastery to create. And lastly, while this is a bit of a nitpick, one could argue that a lot of flavour's are really combinations. Smores are a whole host of flavours mixed together, and it could well be impossible for such weak magic to simulate such a diverse host of tastes all at once.

Secondly, magically creating food. A ring of sustenance is only 2,500, A magical item that could create goodberries at will would cost 1,800 gold pieces, and if you just need one casting a day you could swing it for about 360 gold. These are the basic prices as found on the magic item pricing chart. But even if they cost ten times the normal amount the question arises "Why farm normally?" There are a few answers to this that will work perfectly fine. Firstly, most people in a traditional fantasy setting will never have even as much as 360 gold, and if they did they aren't likely to stumble across any fifth level druids who took craft wands within their town.

Furthermore under the feudal system many of those peasants work primarily to pay their liege rather than just to feed themselves and their families. Of course even if they could afford such an item and knew a druid who could make the item the simple fact is that without knowledge nature a peasant has little hope of even knowing such a thing exists at all. As we move up to wealthier characters such as nobles and adventurers and merchants the importance of this question fades considerably. These people can already easily afford to eat, but when you have that much money eating the same berry over and over again hardly seems palatable and vegetables and meat become a luxury that you indulge in so you can savour a variety of tastes. Even if a particular wealthy character is fine with just munching on magical goods to survive they will still need produce and meat to trade with and to feed their people. With all of that being said, it could make for a very memorable setting to have eliminated the need for farming altogether. Perhaps generous spellcasters have provided limitless free food for all and people instead focus all their time on arts, sciences, and adventuring. The look and feel of a country or world where toiling for food was completely abandoned would be vastly different and could be quite fascinating on its own.

Lastly Heroes feast. Unlike the other options this is clearly a spell of luxury, a fantastic unrivalled banquet of ambrosial food fit for kings. But the problem is just that. Once you're wealthy enough to eat heroes feast every week, or every day the problem becomes going beyond that. If the duke gets a heroes feast every night than how can the king eat better? How does a liege display the superiority of their wealth if they are eating the same fare as their underlings, and the underlings below them? The need for ever grander and ever more fantastic displays of culinary artistry drives the super wealthy to pursue chef's who can surpass any magically crafted meal. Chef who are daring enough to serve food no one would have ever considered through magic, food that is a true experience for all the senses. The height of taste and texture cannot be achieved by a spell whipped up by a bard who doesn't know a brioche from a bun.



"[...]It's a taste, it's a special signature that makes one dish different from another, it takes "food" and makes it something more. It's beyond "bitter" or "sweet" it's what makes everything we eat and drink and smell unique. But flavour isn't just for food, it's for your character too." *Exerpt from the Flavour and Theme Article by Gregory Ducker*

In this book Gregory Ducker gives life to a seldom recognized aspect of table top gaming: food. From Classes, to Spells, to Feats, and even Articles *The Flavour Handbook* is brimming with new, brilliant content.

But beyond the statistical wonder of this book, there is also a personality and whimsy that's difficult to find anywhere else. Gregory Ducker does a fantastic job of bringing to life the importance of food in a way palatable for both the most experienced, or newest player.

