

Still Unbroken After 1,700 Years

What a late-Roman egg buried in Britain reveals about Rome's deepest beliefs.

Eggs Opened Every Roman Banquet

Ancient Romans began every formal dinner with eggs. The custom was so fixed that poet Horace wrote 'ab ovo usque ad mala': from egg to apple, start to end.

Source: [Wikipedia: Ab ovo](#)

Eggs Meant Rebirth to Romans

Romans linked eggs to new life, offering them to the gods. A baby buried at the Vatican necropolis was found with a chicken egg near its left hand, a sign of hope in death.

Source: [Forbes](#)

A Pit Sealed for 1,700 Years

In 2010, archaeologists in Aylesbury, England opened a waterlogged late-3rd-century Roman pit. Inside: leather shoes, animal bones, and a woven basket holding four eggs.

Source: [Smithsonian Magazine](#)

Three Broke. One Survived.

When lifted, three eggs shattered, releasing what excavators called a 'potent stench.' One egg survived intact: the only uncracked Roman egg ever found in Britain.

Source: [Smithsonian Magazine](#)

Liquid Still Inside the Shell

Micro-CT scans years later revealed a liquid mixture inside, likely from the yolk and egg white, still sealed after 1,700 years. Researchers said they were 'absolutely blown away.' It now sits at the Discover Bucks Museum.

Source: [Smithsonian Magazine](#)

An Egg Was Always Sacred

From banquet table to tomb, Romans treated eggs with reverence. They understood, long before science could prove it, that a shell holds something irreplaceable.

Source: [UNRV Roman History](#)

IN SHORT

Every egg on your Multan morning table carries the same quiet promise the Romans knew: life, sealed fresh, handled with care.

References

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3. [Smithsonian Magazine](#) <https://www.smithsonianmag.com/smart-news/archaeologists-held-their-noses-when-found-1700-year-old-roman-eggs-180973722/>
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6. [UNRV Roman History](#) <https://www.unrv.com/food/eggs.php>