

BAY BROKERAGE PRESENTS

Profit Potential		
Food Cost	Menu Price	Profit
\$7.44/svs 4	\$15.99/per 4	\$8.55

Avocado Grapefruit Salad



Item Description	Amount	Cost
Sovena Canola Oil	3/4 cup	\$0.66
Honey	1 cup	\$0.75
Tabasco Pepper Sauce	1/4 tsp	\$0.05
White Vinegar	1/3 cup	\$0.35
McCormick Poppy Seeds	1 tbsp	\$0.10
Dry Mustard	1 tsp	\$0.05
Fresherized Sliced Avocados	4 cups	\$2.76
Simply Fresh Grapefruit Sections in Light Syrup	4 each	\$2.72
Salad Greens		
Serve with O Organics Earl Grey Tea		

Place oil, honey, Tabasco, Vinegar, poppy seeds, mustard and 1/2 tsp salt in blender; cover. Blend on med speed 30 seconds or until well mixed. Pour into small serving bowl. Arrange fruit and avocado slices on plates lined with salad greens. Serve with poppy seed dressing.

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