

Profit Potential		
Food Cost	Menu Price	Profit
\$2.03	\$5.99	\$3.96

Pescado Tacos



Item Description	Amount	Cost
C&F Black Beans, Cooked	3 oz	\$0.69
C&F White Calrose Rice	3 oz	\$0.15
Mission Foods 6" Tortillas	1 each	\$0.18
Bay Valley Mild Pepper Rings	1 oz	\$0.04
Trident Seafoods Pubhouse Battered Cod	1-2 oz	\$0.92
Tabasco Red or Green Pepper Sauce	To taste	\$0.05
Serve with O Organics Vanilla Soy Milk		

Fry the cod and place in tortilla. Layer salsa, nacho rings, sour cream and shredded lettuce. For lighter fare, bake the cod. Toss shredded cabbage in lowfat yogurt and salsa, and top with mango-pineapple salsa. Garnish with fresh mint and lime wedges. For a southwestern flavor, toss shredded cabbage in the dressing, add chipotle chile mayo, and garnish with olives and nopalitos. Mexican rice, beans, and tomato-corn relish may be used as additional accents.

Find us on the web at
www.baybrokerage.com
 or visit our blog at
<http://culinaryspace.blogspot.com/>

