

BAY BROKERAGE PRESENTS

Profit Potential		
Food Cost	Menu Price	Profit
\$1.19	\$4.99	\$3.80

Seafood Omelet



Item Description	Amount	Cost
Trident Seafoods Enterprise Flakes	3 oz	\$0.38
Primera Scrambled Egg Mix	4 oz	\$0.26
LW Gilroy Fire Roasted 3/8" Green Pepper Strips	1 oz	\$0.04
LW Gilroy Fire Roasted 3/8" Red Pepper Strips	1 oz	\$0.06
LW Gilroy Fire Roasted 3/8" Onion Strips	1 oz	\$0.03
Roth Käse Shredded Mozzarella	2 oz	\$0.17
Tabasco Chipotle Pepper Sauce	2 oz	\$0.20
Chopped Parsley	1 tsp	\$0.05
Serve with O Organics Apple Juice		

Give your customers something completely original! The incredible flavor is an unexpected delight that your customers will remember and come back for! A Seafood Omelet is a perfect meal for breakfast, lunch or dinner!

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

