

| Profit Potential | | |
|------------------|------------|--------|
| Food Cost | Menu Price | Profit |
| \$1.72 | \$4.99 | \$3.27 |

Seafood Sandwiches



| Item Description | Amount | Cost |
|-------------------------------------|--------|--------|
| Flowers Foods Sliced Dark Rye Bread | 2 each | \$0.20 |
| Mayonnaise | 1/2 oz | \$0.10 |
| Shredded Lettuce | 1 oz | \$0.05 |
| Trident Seafoods Enterprise Flakes | 3 oz | \$0.70 |
| TomaTek Diced Tomatoes in Juice | 2 cups | \$0.20 |
| Fresherized Avocado Halves, Sliced | 2 | \$0.40 |
| Seasonal Garnish | 1 each | \$0.05 |
| Parsley Sprig | 1 each | \$0.02 |

Mix mayonnaise and seafood flakes. Spread seafood mixture on bottom half of the bread and then place the shredded lettuce, tomatoes and avocado slices. Place the remaining bread slice top and secure. Slice in half diagonally. Place sandwich on plate, garnish and serve.

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

