

Pricing reflects market conditions when originally created. Please re-price for accurate food cost today



Tonight's Special is...

Rockefeller Swai

Swai is similar to grouper but a quarter of the price, very satisfying and very profitable. Swai is naturally low in saturated fat and cholesterol, excellent source of lean protein and Omega-3 fatty acids. You'll be amazed at the affordability of this mild, versatile white fish. Swai is safe, healthy, delicious and an exceptional value - all in one.

Menu Applications

4 each 7-9oz. Swai fillets

6 strips bacon

1 tablespoon vegetable oil

6 green onions, chopped

2 cloves garlic, chopped

1 bag fresh spinach

1/4 cup heavy cream

1 cup shredded Asiago cheese

1/4 cup parmesan cheese

Salt and Pepper to taste

Item #	Cost
#28315	\$2.89/lb. or \$1.45/portion
#11008	\$0.17
#8992	\$0.03
#2375	\$0.22
#2213	\$0.09
#2337	\$0.75
#17577	\$0.13
#23834	\$0.37
#2944	\$0.26
#34277 & #34278	

Tonight's Savings

Portion Cost: \$3.47

Suggested Sell: \$13.99

Food Cost: 24%

Profit Dollars: \$10.52

1. Season swai with salt and pepper. Heat a skillet over medium heat. Add the vegetable oil and cook swai until it flakes easily about 4 minutes on each side. Remove from skillet and place each fillet on a baking dish.
2. Place the bacon in the heavy skillet and cook over medium-high heat, turning occasionally, until evenly browned. Remove the bacon slices on a paper towel-lined plate, chop. Set aside.
3. Fry the green onions, garlic, and spinach in the remaining bacon fat until the spinach is wilted. Stir in the chopped bacon and heavy cream. Bring to a low simmer. Next add the Asiago cheese a little at a time until fully melted to create a sauce. Divide the spinach mixture evenly over each fillet. Sprinkle with Parmesan cheese.
4. Broil in the preheated oven or infrared broiler until the cheese has melted and is lightly browned, 3 to 5 minutes more.



Not Responsible for Typographical Errors.