The Flavorlicious

Mountaire® Black Label Chicken Thigh Menu Profit Worksheet

Discover the versatility of this growing menu centerpiece which offers high-performance and value in this back-half cut. See where you can maximize profits by filling out the indicated sections.



[The Opportunity: Crowd Pleasers]

Pizza/Flatbread

6 oz. per pizza (14" Pizza)	$0.72 each	
Average Menu Price	$17.00 entrée	
Protein Cost (4%)	$0.72	
Additional Food Cost (34%)	$5.79	
Profit Margin	62%	
Example Food Cost: dough, pizza sauce, cheese, spices	Example Numbers	Your Numbers

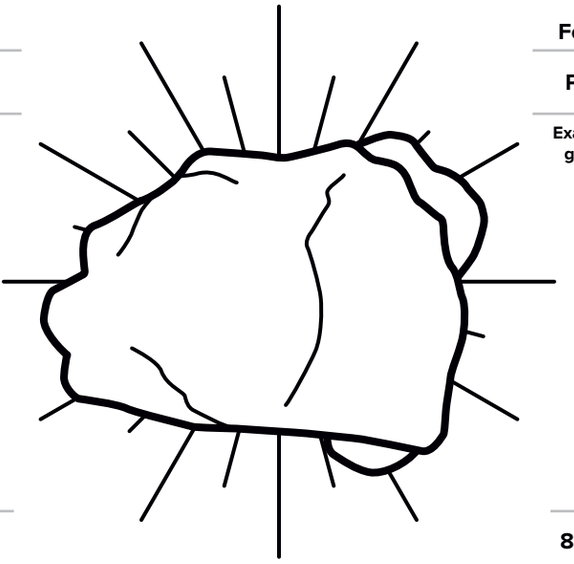


[The Opportunity: Beloved Simplicity]

BBQ Thighs

8 oz. per serving	$0.97 each	
Average Menu Price	$16.00 entrée	
Protein Cost (6%)	$0.97	
Additional Food Cost (2%)	$0.36	
Profit Margin	92%	
Example Food Cost: BBQ seasoning, BBQ sauce	Example Numbers	Your Numbers

Average piece weight of Mountaire thigh is 6.5 oz.*





[The Opportunity: Flavor Exploration]

Chicken Adobo

8 oz. serving	$0.97 each	
Average Menu Price	$15.00 entrée	
Protein Cost (6%)	$0.97	
Additional Food Cost (6%)	$0.84	
Profit Margin	88%	
Example Food Cost: garlic, soy sauce, rice, spices	Example Numbers	Your Numbers



[The Opportunity: Flavor Customization]

Chicken Teriyaki Bowl

8 oz. per bowl	$0.97 each	
Average Menu Price	$13.00 entrée	
Protein Cost (7%)	$0.97	
Additional Food Cost (9%)	$1.16	
Profit Margin	84%	
Example Food Cost: rice, teriyaki sauce, cucumbers, carrots, cabbage, spices, rice vinegar	Example Numbers	Your Numbers

NOTE: These are examples of how the Mountaire Black Label Chicken Thigh could be used back of house to deliver profitable dishes. This is based on a cost of $1.93 lb/$0.120 oz.* The actual costs and profitability will be different depending on the market, menu prices, and many other factors. All menu prices are an average of casual dining restaurant from Datassential Menu Trends.

Sources: SupplyTrack YE August 2025 for Average Price Per Pound; Datassential Menu Trends for average menu costs; numbers could vary slightly due to rounding.
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*Average price of Mountaire chicken thighs via SupplyTrack is $1.93/lb.
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