

COST OF GOODS CHEAT SHEET | BruxMix

Edit any BLUE cell to customize — all calculations update automatically

SECTION A · YIELDED PORTION COST ($\$/lb \div \text{Yield\%} \div 16 \times \text{oz} = \text{Cost per Portion}$)

Find your purchase price row \times portion size column = true cost per portion after trim loss. Blue cells are editable: change yield %, portion sizes, or price/lb ranges to match your operation.

Cost per lb	100%					80%					70%				
	4 oz	5 oz	6 oz	7 oz	8 oz	4 oz	5 oz	6 oz	7 oz	8 oz	4 oz	5 oz	6 oz	7 oz	8 oz
\$4.00	\$1.00	\$1.25	\$1.50	\$1.75	\$2.00	\$1.25	\$1.56	\$1.88	\$2.19	\$2.50	\$1.43	\$1.79	\$2.14	\$2.50	\$2.86
\$4.50	\$1.13	\$1.41	\$1.69	\$1.97	\$2.25	\$1.41	\$1.76	\$2.11	\$2.46	\$2.81	\$1.61	\$2.01	\$2.41	\$2.81	\$3.21
\$5.00	\$1.25	\$1.56	\$1.88	\$2.19	\$2.50	\$1.56	\$1.95	\$2.34	\$2.73	\$3.13	\$1.79	\$2.23	\$2.68	\$3.13	\$3.57
\$5.50	\$1.38	\$1.72	\$2.06	\$2.41	\$2.75	\$1.72	\$2.15	\$2.58	\$3.01	\$3.44	\$1.96	\$2.46	\$2.95	\$3.44	\$3.93
\$6.00	\$1.50	\$1.88	\$2.25	\$2.63	\$3.00	\$1.88	\$2.34	\$2.81	\$3.28	\$3.75	\$2.14	\$2.68	\$3.21	\$3.75	\$4.29
\$6.50	\$1.63	\$2.03	\$2.44	\$2.84	\$3.25	\$2.03	\$2.54	\$3.05	\$3.55	\$4.06	\$2.32	\$2.90	\$3.48	\$4.06	\$4.64
\$7.00	\$1.75	\$2.19	\$2.63	\$3.06	\$3.50	\$2.19	\$2.73	\$3.28	\$3.83	\$4.38	\$2.50	\$3.13	\$3.75	\$4.38	\$5.00
\$7.50	\$1.88	\$2.34	\$2.81	\$3.28	\$3.75	\$2.34	\$2.93	\$3.52	\$4.10	\$4.69	\$2.68	\$3.35	\$4.02	\$4.69	\$5.36
\$8.00	\$2.00	\$2.50	\$3.00	\$3.50	\$4.00	\$2.50	\$3.13	\$3.75	\$4.38	\$5.00	\$2.86	\$3.57	\$4.29	\$5.00	\$5.71
\$8.50	\$2.13	\$2.66	\$3.19	\$3.72	\$4.25	\$2.66	\$3.32	\$3.98	\$4.65	\$5.31	\$3.04	\$3.79	\$4.55	\$5.31	\$6.07
\$9.00	\$2.25	\$2.81	\$3.38	\$3.94	\$4.50	\$2.81	\$3.52	\$4.22	\$4.92	\$5.63	\$3.21	\$4.02	\$4.82	\$5.63	\$6.43
\$9.50	\$2.38	\$2.97	\$3.56	\$4.16	\$4.75	\$2.97	\$3.71	\$4.45	\$5.20	\$5.94	\$3.39	\$4.24	\$5.09	\$5.94	\$6.79
\$10.00	\$2.50	\$3.13	\$3.75	\$4.38	\$5.00	\$3.13	\$3.91	\$4.69	\$5.47	\$6.25	\$3.57	\$4.46	\$5.36	\$6.25	\$7.14
\$10.50	\$2.63	\$3.28	\$3.94	\$4.59	\$5.25	\$3.28	\$4.10	\$4.92	\$5.74	\$6.56	\$3.75	\$4.69	\$5.63	\$6.56	\$7.50
\$11.00	\$2.75	\$3.44	\$4.13	\$4.81	\$5.50	\$3.44	\$4.30	\$5.16	\$6.02	\$6.88	\$3.93	\$4.91	\$5.89	\$6.88	\$7.86
\$11.50	\$2.88	\$3.59	\$4.31	\$5.03	\$5.75	\$3.59	\$4.49	\$5.39	\$6.29	\$7.19	\$4.11	\$5.13	\$6.16	\$7.19	\$8.21
\$12.00	\$3.00	\$3.75	\$4.50	\$5.25	\$6.00	\$3.75	\$4.69	\$5.63	\$6.56	\$7.50	\$4.29	\$5.36	\$6.43	\$7.50	\$8.57

SECTION B · MENU PRICE CALCULATOR ($\text{Plate Cost} \div \text{Target Food Cost \%} = \text{Menu Price}$)

Find your plate cost row and read across to your target food cost % column to see the required menu price. Blue cells are editable — adjust COGS % targets or plate cost range.

Plate Cost	16%	17%	18%	19%	20%	21%	22%	23%	24%	25%	26%	27%	28%	29%	30%
\$5.00	\$31.25	\$29.41	\$27.78	\$26.32	\$25.00	\$23.81	\$22.73	\$21.74	\$20.83	\$20.00	\$19.23	\$18.52	\$17.86	\$17.24	\$16.67
\$5.25	\$32.81	\$30.88	\$29.17	\$27.63	\$26.25	\$25.00	\$23.86	\$22.83	\$21.88	\$21.00	\$20.19	\$19.44	\$18.75	\$18.10	\$17.50
\$5.50	\$34.38	\$32.35	\$30.56	\$28.95	\$27.50	\$26.19	\$25.00	\$23.91	\$22.92	\$22.00	\$21.15	\$20.37	\$19.64	\$18.97	\$18.33
\$5.75	\$35.94	\$33.82	\$31.94	\$30.26	\$28.75	\$27.38	\$26.14	\$25.00	\$23.96	\$23.00	\$22.12	\$21.30	\$20.54	\$19.83	\$19.17
\$6.00	\$37.50	\$35.29	\$33.33	\$31.58	\$30.00	\$28.57	\$27.27	\$26.09	\$25.00	\$24.00	\$23.08	\$22.22	\$21.43	\$20.69	\$20.00
\$6.25	\$39.06	\$36.76	\$34.72	\$32.89	\$31.25	\$29.76	\$28.41	\$27.17	\$26.04	\$25.00	\$24.04	\$23.15	\$22.32	\$21.55	\$20.83
\$6.50	\$40.63	\$38.24	\$36.11	\$34.21	\$32.50	\$30.95	\$29.55	\$28.26	\$27.08	\$26.00	\$25.00	\$24.07	\$23.21	\$22.41	\$21.67
\$6.75	\$42.19	\$39.71	\$37.50	\$35.53	\$33.75	\$32.14	\$30.68	\$29.35	\$28.13	\$27.00	\$25.96	\$25.00	\$24.11	\$23.28	\$22.50
\$7.00	\$43.75	\$41.18	\$38.89	\$36.84	\$35.00	\$33.33	\$31.82	\$30.43	\$29.17	\$28.00	\$26.92	\$25.93	\$25.00	\$24.14	\$23.33
\$7.25	\$45.31	\$42.65	\$40.28	\$38.16	\$36.25	\$34.52	\$32.95	\$31.52	\$30.21	\$29.00	\$27.88	\$26.85	\$25.89	\$25.00	\$24.17
\$7.50	\$46.88	\$44.12	\$41.67	\$39.47	\$37.50	\$35.71	\$34.09	\$32.61	\$31.25	\$30.00	\$28.85	\$27.78	\$26.79	\$25.86	\$25.00
\$7.75	\$48.44	\$45.59	\$43.06	\$40.79	\$38.75	\$36.90	\$35.23	\$33.70	\$32.29	\$31.00	\$29.81	\$28.70	\$27.68	\$26.72	\$25.83
\$8.00	\$50.00	\$47.06	\$44.44	\$42.11	\$40.00	\$38.10	\$36.36	\$34.78	\$33.33	\$32.00	\$30.77	\$29.63	\$28.57	\$27.59	\$26.67
\$8.25	\$51.56	\$48.53	\$45.83	\$43.42	\$41.25	\$39.29	\$37.50	\$35.87	\$34.38	\$33.00	\$31.73	\$30.56	\$29.46	\$28.45	\$27.50
\$8.50	\$53.13	\$50.00	\$47.22	\$44.74	\$42.50	\$40.48	\$38.64	\$36.96	\$35.42	\$34.00	\$32.69	\$31.48	\$30.36	\$29.31	\$28.33
\$8.75	\$54.69	\$51.47	\$48.61	\$46.05	\$43.75	\$41.67	\$39.77	\$38.04	\$36.46	\$35.00	\$33.65	\$32.41	\$31.25	\$30.17	\$29.17
\$9.00	\$56.25	\$52.94	\$50.00	\$47.37	\$45.00	\$42.86	\$40.91	\$39.13	\$37.50	\$36.00	\$34.62	\$33.33	\$32.14	\$31.03	\$30.00
\$9.25	\$57.81	\$54.41	\$51.39	\$48.68	\$46.25	\$44.05	\$42.05	\$40.22	\$38.54	\$37.00	\$35.58	\$34.26	\$33.04	\$31.90	\$30.83
\$9.50	\$59.38	\$55.88	\$52.78	\$50.00	\$47.50	\$45.24	\$43.18	\$41.30	\$39.58	\$38.00	\$36.54	\$35.19	\$33.93	\$32.76	\$31.67
\$9.75	\$60.94	\$57.35	\$54.17	\$51.32	\$48.75	\$46.43	\$44.32	\$42.39	\$40.63	\$39.00	\$37.50	\$36.11	\$34.82	\$33.62	\$32.50
\$10.00	\$62.50	\$58.82	\$55.56	\$52.63	\$50.00	\$47.62	\$45.45	\$43.48	\$41.67	\$40.00	\$38.46	\$37.04	\$35.71	\$34.48	\$33.33
\$10.25	\$64.06	\$60.29	\$56.94	\$53.95	\$51.25	\$48.81	\$46.59	\$44.57	\$42.71	\$41.00	\$39.42	\$37.96	\$36.61	\$35.34	\$34.17
\$10.50	\$65.63	\$61.76	\$58.33	\$55.26	\$52.50	\$50.00	\$47.73	\$45.65	\$43.75	\$42.00	\$40.38	\$38.89	\$37.50	\$36.21	\$35.00
\$10.75	\$67.19	\$63.24	\$59.72	\$56.58	\$53.75	\$51.19	\$48.86	\$46.74	\$44.79	\$43.00	\$41.35	\$39.81	\$38.39	\$37.07	\$35.83
\$11.00	\$68.75	\$64.71	\$61.11	\$57.89	\$55.00	\$52.38	\$50.00	\$47.83	\$45.83	\$44.00	\$42.31	\$40.74	\$39.29	\$37.93	\$36.67

QUICK REFERENCE · Key Formulas & Industry Benchmarks

Yielded Cost Formula	$\text{Cost per lb} \div \text{Yield \%} \div 16 \text{ oz} \times \text{Portion oz} = \text{Cost per Portion}$
Menu Price Formula	$\text{Plate Cost} \div \text{Target Food Cost \%} = \text{Required Menu Price}$
QSR / Fast Casual	Typical food cost target: 28–32%
Casual Dining	Typical food cost target: 25–30%
Fine Dining	Typical food cost target: 20–25%
Rule of Thumb	Menu price \approx Plate cost \times 3–4 for a 25–33% food cost