



Wild Blue Nutrition Information

10 PCS	Serving Size	Serving Wt. (g)	Cal. per Serving	Fat Total (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
California Roll 10pc	1 pkg	229	310	6	0.5	0	0	670	58	5	12	8
California Roll 10pc (Brown Rice)	1 pkg	229	260	6	0.5	0	0	470	44	5	9	8
California Salad Roll 10pc	1 pkg	229	340	9	1	0	5	670	57	5	11	7
California Salad Roll 10pc (Brown Rice)	1 pkg	229	290	10	1	0	5	470	44	5	9	8
Cream Cheese Roll - Imitation Crab 10pc	1 pkg	229	360	10	6	0	35	770	57	3	13	9
Cream Cheese Roll - Imitation Crab 10pc (Brown Rice)	1 pkg	229	310	11	6	0	35	570	44	3	10	9
Cream Cheese Roll - Salmon 10pc	1 pkg	229	400	15	7	0	45	610	53	3	11	12
Cream Cheese Roll - Salmon 10pc (Brown Rice)	1 pkg	229	350	16	7	0	45	420	39	3	8	12
Crunchy CA Roll 10pc	1 pkg	258	510	24	6	0	10	840	65	6	14	8
Crunchy CA Roll 10pc (Brown Rice)	1 pkg	258	460	25	6	0	10	640	51	6	11	9
Crunchy Dragon Roll - Orange 10pc	5 pcs	150	310	17	3	0	15	450	32	3	8	8
Crunchy Dragon Roll - Red 10pc	5 pcs	150	280	14	2	0	15	440	31	3	8	10
Crunchy Dragon Roll - Red 10pc (Brown Rice)	5 pcs	150	260	14	2	0	15	350	24	3	7	10
Crunchy Dragon Roll - White 10pc	5 pcs	150	280	13	1.5	0	5	630	35	3	10	6
Crunchy Dragon Roll - White 10pc (Brown Rice)	5 pcs	150	250	13	1.5	0	5	540	28	3	9	6
Crunchy Roll 10pc	5 pcs	157	310	14	4	0	5	630	39	3	10	6
Crunchy Roll 10pc (BR)	5 pcs	157	290	15	4	0	5	530	33	3	9	6
Crunchy Shrimp Tempura Roll 10pc	5 pcs	143	290	13	4	0	10	460	37	5	8	5
Crunchy Shrimp Tempura Roll 10pc (Brown Rice)	5 pcs	143	260	14	4	0	10	370	30	4	7	5
Dragon Roll 10pc	5 pcs	150	240	11	1.5	0	5	380	32	5	6	5
Futomaki Roll - Salmon 10pc	1 pkg	258	450	14	3.5	0	20	630	63	6	11	17
Island Roll - Salmon 10pc	5 pcs	160	290	13	3	0	30	580	32	3	9	11
Rainbow Roll - Albacore, Salmon, Tuna 10pc	5 pcs	149	220	7	1	0	15	350	29	3	6	12
Rainbow Roll - Amberjack, Salmon, Tuna 10pc	5 pcs	149	240	8	1.5	0	20	350	29	3	6	11
Rainbow Roll - Avocado, Salmon, Tuna 10pc	5 pcs	143	220	7	1.5	0	10	350	29	3	6	9
Rainbow Roll - Salmon, Shrimp, Tuna 10pc	5 pcs	145	210	7	1	0	15	370	29	3	6	10
Salmon Avocado Roll 10pc	1 pkg	221	380	13	3	0	15	520	53	5	9	13
Spicy California Roll 10pc	1 pkg	238	390	15	2	0	5	730	58	5	12	7
Spicy California Roll 10pc (Brown Rice)	1 pkg	238	340	15	2	0	5	540	44	5	9	8
Spicy Roll - Salmon 10pc	1 pkg	229	380	14	3	0	20	580	52	3	10	13
Spicy Roll - Salmon 10pc (Brown Rice)	1 pkg	229	330	14	3	0	20	390	38	3	7	13
Spicy Roll - Shrimp 10pc	1 pkg	229	320	7	1	0	65	860	52	3	10	11
Spicy Roll - Shrimp 10pc (Brown Rice)	1 pkg	229	260	8	1	0	65	660	38	3	7	11
Spicy Roll - Tuna 10pc	1 pkg	229	340	8	1	0	15	710	52	3	11	15
Spicy Roll - Tuna 10pc (Brown Rice)	1 pkg	229	290	8	1	0	15	510	39	3	8	15
Unakaba California Roll 10pc	1 pkg	235	430	15	3	0	90	990	64	5	18	11
Unakaba Sushi Roll	5 pcs	146	250	10	2	0	10	650	33	3	8	7
Vegetable Combo 10pc	1 pkg	229	290	6	0.5	0	0	510	56	6	11	5
Vegetable Combo 10pc (Brown Rice)	1 pkg	229	240	6	0.5	0	0	320	43	6	8	6

CLASSIC	Serving Size	Serving Wt. (g)	Cal. per Serving	Fat Total (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
Inari	2 pcs	140	250	4	0	0	0	540	48	1	16	6

The nutrition provided on this chart excludes individually packaged sauces. The products listed in this publication, when made with approved AFC ingredients, will provide the nutritional composition as indicated. Information may vary slightly depending on location and supplier. The nutrition information is generated by the industry standard Genesis R&D Nutritional software.



Wild Blue Nutrition Information

15 PCS	Serving Size	Serving Wt. (g)	Cal. per Serving	Fat Total (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
California Roll 15pc	6 pcs	132	180	3.5	0	0	0	380	34	3	7	4
California Salad Roll 15pc	6 pcs	132	200	5	0.5	0	0	380	33	3	6	4
Cream Cheese Roll - Imitation Crab 15pc	6 pcs	132	210	6	3.5	0	20	440	33	2	7	5
Cream Cheese Roll - Salmon 15pc	6 pcs	132	230	9	4.5	0	25	340	30	2	6	7
Salmon Avocado Roll 15pc	7 pcs	158	280	10	2	0	10	360	38	4	6	9
Spicy Roll - Salmon 15pc	6 pcs	132	230	8	2	0	10	330	30	2	6	7
Spicy Roll - Shrimp 15pc	6 pcs	132	190	4.5	0.5	0	40	490	30	2	6	6
Spicy Roll - Tuna 15pc	6 pcs	132	200	5	0.5	0	10	400	30	2	6	9
Vegetable Combo 15pc	6 pcs	132	170	3.5	0	0	0	280	32	4	6	3

NIGIRI	Serving Size	Serving Wt. (g)	Cal. per Serving	Fat Total (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
Marina Plate - Albacore, Amberjack, Salmon, Shrimp, Tuna	1 pkg	243	390	8	2	0	40	610	58	3	10	21
Marina Plate - Albacore, Amberjack, Salmon, Tuna	1 pkg	249	400	8	2	0	40	590	58	3	10	23
Marina Plate - Albacore, Salmon, Shrimp, Tuna	1 pkg	243	370	6	1.5	0	35	610	58	3	10	22
Marina Plate - Albacore, Salmon, Tuna	1 pkg	249	380	6	1.5	0	35	590	58	3	10	24
Marina Plate - Salmon	1 pkg	249	450	15	4	0	30	610	58	3	10	20
Marina Plate - Salmon, Tuna	1 pkg	249	400	8	2	0	35	590	58	3	10	23
Marina Plate - Tuna	1 pkg	249	350	1.5	0	0	35	570	58	3	10	26
Poké Nigiri - Salmon	1 pkg	261	500	19	4.5	0	30	850	59	3	12	21
Poké Nigiri - Salmon, Tuna	1 pkg	261	450	13	2.5	0	35	830	59	3	12	24
Poké Nigiri - Tuna	1 pkg	261	400	6	1	0	35	810	59	3	12	26
Sashimi Platter - Salmon w/ Cucumber	1 pkg	227	350	23	7	0	50	220	7	1	3	28
Sashimi Platter - Salmon, Tuna w/ Cucumber	1 pkg	227	270	12	3.5	0	55	180	7	1	3	33
Sashimi Platter - Tuna w/ Cucumber	1 pkg	227	190	1.5	0	0	60	150	7	1	3	38
Sashimi Sampler - Salmon w/ Cucumber	1 pkg	156	230	14	4	0	30	180	7	1	3	17
Sashimi Sampler - Tuna w/ Cucumber	1 pkg	156	130	1	0	0	35	140	7	1	3	23
Super Marina Plate - Albacore, Salmon, Shrimp, Tuna	4 pcs	154	230	2.5	0.5	0	25	380	37	2	6	14
Super Marina Plate - Albacore, Salmon, Tuna	4 pcs	160	250	4	1	0	25	370	37	2	6	16
Super Marina Plate - Salmon	4 pcs	160	290	10	2.5	0	20	380	37	2	6	13
Super Marina Plate - Salmon, Tuna	4 pcs	160	260	6	1.5	0	20	370	37	2	6	15
Super Marina Plate - Tuna	4 pcs	160	230	1	0	0	25	360	37	2	6	17



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HYBRID	Serving Size	Serving Wt. (g)	Cal. per Serving	Fat Total (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
Classic Yummy Roll	5 pcs	157	280	12	1.5	0	5	630	38	3	13	6
Crunchy Spicy Tuna Roll	5 pcs	155	280	11	3.5	0	15	480	34	4	7	12
Crunchy Tempura Roll	2 pcs	114	180	6	1	0	20	500	28	3	7	5
Crunchy Vegetarian Roll w/ Crispy Beets & Okra	5 pcs	149	250	6	0.5	0	0	460	48	5	19	3
Crunchy Vegetarian Roll w/ Crispy Beets & Quinoa	5 pcs	151	230	4	0	0	0	440	45	5	18	3
Crunchy Vegetarian Roll w/ Quinoa	5 pcs	152	200	3	0	0	0	420	42	5	15	4
Done Deal Roll - Salmon	5 pcs	154	260	11	3	0	15	480	32	3	7	8
Done Deal Roll - Tuna	5 pcs	154	240	9	2.5	0	20	470	32	3	7	8
Mango Shrimp Roll	5 pcs	136	250	11	2.5	0	15	450	34	4	8	5
Red Rock	2 pcs	114	190	8	1.5	0	20	480	22	2	7	9
Sakura Roll	5 pcs	143	250	9	1.5	0	10	690	35	2	9	7
Spicy Mango Roll - Unakaba	2 pcs	112	200	9	2	0	10	350	26	2	7	4
Spicy Sakura Roll	5 pcs	150	300	14	2	0	10	740	36	2	10	8
Spicy Tiger Roll	4 pcs	139	280	12	2	0	15	780	36	3	12	6
Tiger Roll	4 pcs	137	270	12	2	0	15	730	35	3	11	6
Ultimate Chili Roll - Salmon	5 pcs	162	290	14	3	0	15	400	29	3	6	10
Ultimate Chili Roll - Tuna	5 pcs	162	250	9	1.5	0	20	380	29	3	6	13

WRAP	Serving Size	Serving Wt. (g)	Cal. per Serving	Fat Total (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
Avocado Salad Roll	1 pc	101	90	4.5	0.5	0	0	60	14	3	1	2
California Wrap	4 pcs	96	120	6	1	0	5	180	13	2	2	3
Cream Cheese Wrap - Salmon	4 pcs	96	150	10	3.5	0	20	100	11	2	1	5
Sakura Rainbow Wrap	4 pcs	136	210	9	1.5	0	15	520	20	1	6	11
Sakura Salad Wrap	5 pcs	156	220	9	1.5	0	10	630	26	2	8	8
Soy Wrap - Avocado Roll	5 pcs	144	240	7	1	0	0	350	40	5	6	4
Soy Wrap - California Salad Roll	5 pcs	144	250	7	1	0	5	520	41	3	8	6
Soy Wrap - Salmon Avocado Roll	5 pcs	144	250	8	1.5	0	10	360	37	3	6	9
Soy Wrap - Spicy Tuna Avocado Roll	5 pcs	144	220	3.5	0	0	5	450	38	3	7	11
Spicy California Wrap	4 pcs	102	150	10	1.5	0	5	230	13	2	2	3
Spicy Sakura Rainbow Wrap	4 pcs	142	250	13	2.5	0	20	560	21	1	6	12
Spicy Sakura Salad Wrap	5 pcs	163	260	14	2	0	10	690	27	2	8	8
Spicy Wrap - Salmon	4 pcs	95	140	9	2	0	10	95	11	2	1	5
Spicy Wrap - Tuna	4 pcs	95	120	7	1	0	10	85	11	2	1	6
Summer Roll 2	1 pc	100	90	2.5	0	0	5	170	14	2	2	4
Vegetable Wrap	4 pcs	91	80	3.5	0	0	0	55	11	2	1	1

PARTY TRAY	Serving Size	Serving Wt. (g)	Cal. per Serving	Fat Total (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
Happy Heart Platter #1	5 pcs	133	200	6	1	0	10	300	29	3	5	9
Happy Heart Platter #2	4 pcs	147	220	8	1.5	0	20	420	27	3	6	11
Happy Heart Platter #3	4 pcs	143	260	11	2.5	0	15	600	35	3	9	6
Hybrid Go Tray	4 pcs	144	260	11	2	0	20	440	31	2	8	9
Hybrid Ichi Platter	5 pcs	139	230	11	1.5	0	10	420	26	3	7	6
Hybrid Mini Platter	4 pcs	146	250	10	2	0	15	520	34	3	8	8
Hybrid Ni Platter	4 pcs	131	220	7	1	0	15	450	30	2	7	9
Hybrid Roku Tray	4 pcs	130	220	9	1.5	0	15	370	29	2	7	8
Hybrid San Platter	5 pcs	135	230	10	1.5	0	15	380	28	2	6	9
Hybrid Yon Tray	4 pcs	132	240	11	2	0	15	420	28	3	7	7



Wild Blue Nutrition Information

COMBO	Serving Size	Serving Wt. (g)	Cal. per Serving	Fat Total (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
California Roll & Inari	4 pcs	132	220	4	0	0	0	430	40	2	11	5
Duo Combo - Crunchy CA & CA Salad Roll	1 pkg	244	420	17	3.5	0	5	750	61	6	13	8
Duo Combo - Rainbow & CA Salad Roll	1 pkg	259	380	11	1.5	0	20	700	57	5	11	14
Duo Combo - Rainbow & Crunchy CA Roll	1 pkg	273	460	18	4	0	20	790	61	6	13	14
Duo Combo - Rainbow & Salmon Avocado Roll	1 pkg	254	400	13	2.5	0	25	630	55	5	10	17
Duo Combo - Rainbow & Spicy Tuna Roll	1 pkg	259	380	10	1.5	0	25	720	55	4	11	18
Duo Combo - Salmon Avocado & California Salad Roll	1 pkg	225	360	11	2	0	10	590	55	5	10	10
Duo Combo - Salmon Avocado & Crunchy CA Roll	1 pkg	239	450	19	4.5	0	10	680	59	6	12	11
Duo Combo - Spicy Tuna & CA Salad Roll	1 pkg	229	340	8	1	0	10	690	55	4	11	11
Duo Combo - Spicy Tuna & Crunchy CA Roll	1 pkg	244	420	16	3.5	0	10	770	59	5	12	12
Petit Combo A	1 pkg	223	350	10	2	0	25	540	49	4	9	17
Petit Combo B	1 pkg	240	370	11	2	0	15	620	57	5	11	13
Petit Combo C	1 pkg	217	360	10	2.5	0	20	530	52	4	9	16
Petit Combo D	1 pkg	193	340	12	3	0	15	560	47	3	10	11
Petit Combo E	1 pkg	180	310	10	2.5	0	15	600	47	3	10	8
Petit Combo F	1 pkg	162	240	3	0.5	0	25	470	41	2	8	12
Petit Combo G	1 pkg	224	360	10	2.5	0	35	640	52	3	10	15
Seaside Combo - Avocado, Salmon	8 pcs	157	270	7	1.5	0	10	400	43	3	7	9
Seaside Combo - Salmon	8 pcs	143	250	5	1.5	0	10	400	41	2	7	9
Seaside Combo - Salmon (Brown Rice)	8 pcs	143	200	6	1.5	0	10	230	29	2	5	9
Seaside Combo - Salmon, Tuna	8 pcs	143	230	3	0.5	0	10	400	41	2	7	10
Seaside Combo - Salmon, Tuna (Brown Rice)	8 pcs	143	190	3.5	0.5	0	10	230	30	2	5	10
Seaside Combo - Tuna	8 pcs	143	220	0.5	0	0	10	390	41	2	7	11
Seaside Combo - Tuna (Brown Rice)	8 pcs	143	170	1.5	0	0	10	220	29	2	5	11
Shoreline Combo - Salmon, Shrimp, Tuna	5 pcs	132	190	3	0	0	10	360	33	2	6	8
Shoreline Combo - Salmon, Tuna	5 pcs	135	200	4	0.5	0	10	350	33	2	6	8
Snack Pack - Avocado	8 pcs	143	230	5	0.5	0	0	390	44	4	7	4
Snack Pack - Avocado (Brown Rice)	8 pcs	143	190	5	0.5	0	0	210	32	4	5	4
Snack Pack - Cucumber	8 pcs	143	190	0.5	0	0	0	380	42	2	7	3
Snack Pack - Cucumber (Brown Rice)	8 pcs	143	140	1	0	0	0	210	30	2	5	4
Soy Wrap - Salmon Avocado Roll Combo	1 pkg	269	480	15	4	0	25	670	66	4	12	19
Soy Wrap - Spicy Tuna Avocado Roll Combo	1 pkg	269	400	4.5	0.5	0	25	730	67	4	12	23
Trio Combo - Basic	6 pcs	130	210	6	1	0	5	360	31	3	6	7
Trio Combo - Fully Cooked	6 pcs	139	240	10	2	0	5	420	35	3	7	4
Trio Combo - Premium	6 pcs	136	240	9	2	0	10	390	33	3	6	7



Wild Blue Nutrition Information

SAMPLER	Serving Size	Serving Wt. (g)	Cal. per Serving	Fat Total (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
Chef Sampler A #1	5 pcs	146	250	11	2.5	0	10	440	33	4	7	7
Chef Sampler A #2	5 pcs	146	240	10	1.5	0	10	440	32	4	8	7
Chef Sampler A #3	5 pcs	150	270	12	2.5	0	15	450	31	3	7	9
Chef Sampler A #4	5 pcs	147	250	11	2	0	15	450	30	3	7	9
Chef Sampler A #5	5 pcs	150	280	13	2.5	0	5	610	36	3	11	6
Chef Sampler A #6	5 pcs	158	260	9	2	0	20	390	32	3	6	12
Chef Sampler B #1	6 pcs	146	220	6	1	0	10	370	32	3	6	9
Chef Sampler B #2	6 pcs	146	250	10	2.5	0	15	370	33	3	6	7
Chef Sampler B #3	6 pcs	149	280	11	3.5	0	15	470	35	3	8	7
Premium Chef Sampler #1	5 pcs	148	260	11	2	0	15	380	30	4	7	9
Premium Chef Sampler #2	5 pcs	150	260	11	2	0	15	440	30	3	7	10
Premium Chef Sampler #3	5 pcs	149	260	10	2	0	10	430	32	4	7	9
Ultimate Chef Sampler #1	5 pcs	148	270	12	2.5	0	10	480	32	3	8	8
Ultimate Chef Sampler #2	5 pcs	147	260	12	2.5	0	10	440	31	3	7	7
Ultimate Chef Sampler #3	5 pcs	146	260	13	2	0	10	460	32	3	8	6

BOWL	Serving Size	Serving Wt. (g)	Cal. per Serving	Fat Total (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
Petit Bowl A	1 bowl	241	390	11	3	0	20	780	59	3	15	14
Petit Bowl B	1 bowl	241	430	9	3	0	70	1270	65	4	19	20
Petit Bowl C	1 bowl	227	370	11	2.5	0	35	970	60	3	14	9
Premium Chirashi Bowl - Chicken	1 bowl	412	790	26	6	0	45	1820	117	8	27	22
Premium Chirashi Bowl - Imitation Crab, Salmon, Tuna	1 bowl	424	820	29	7	0	25	1610	118	7	28	21
Premium Chirashi Bowl - Kani Kama	1 bowl	412	780	25	6	0	10	1800	124	8	31	14
Premium Chirashi Bowl - Salmon, Tuna	1 bowl	412	810	29	7	0	30	1480	115	7	26	22
Premium Hawaiian Poké Bowl - Albacore, Salmon, Tuna	1 bowl	404	620	13	2.5	0	55	1110	94	5	16	32
Premium Hawaiian Poké Bowl - Amberjack, Salmon, Tuna	1 bowl	404	670	18	4	0	65	1110	94	5	16	31
Premium Hawaiian Poké Bowl - Salmon	1 bowl	407	700	24	6	0	50	1140	94	5	16	28
Premium Hawaiian Poké Bowl - Salmon, Tuna	1 bowl	407	640	16	3.5	0	55	1120	94	5	16	32
Premium Hawaiian Poké Bowl - Tuna	1 bowl	407	580	8	1	0	60	1090	94	5	16	35
Unakaba Chirashi Bowl	1 bowl	503	920	33	7	0	110	2820	134	7	43	22

APPETIZER	Serving Size	Serving Wt. (g)	Cal. per Serving	Fat Total (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
Calamari Salad	1 pkg	113	140	1	0.5	0	195	500	15	5	10	17
Edamame	2/3 cup	85	120	4.5	1	0	0	0	10	5	3	9
Grilled Dumplings - Shrimp	1 pkg	170	320	12	1.5	0	35	700	43	7	2	12
Seabreeze Salad	1 pkg	113	90	2.5	0	0	0	960	17	1	15	2

CONDIMENTS	Serving Size	Serving Wt. (g)	Cal. per Serving	Fat Total (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
Pickled Ginger	1 pkg	30	20	0	0	0	0	250	5	0	4	0
Premium Spicy Sauce	1 pkg	100	630	65	11	0	45	750	10	0	8	1
Sushi Sauce 3oz	1 pkg	85	220	0	0	0	0	1960	51	0	37	3
Wasabi	1 pkg	100	146	2	0	0	0	8	25	4	5	7



WILD BLUE

MODERN JAPANESE
KITCHEN

Wild Blue
19700 Mariner Ave, Torrance, CA 90503