

UNIVERSITY SUSHI NUTRITION CHART

Classic	Serving Size	Calories	Calories from Fat	Total Fat (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	330	60	7	0.5	0	0	690	62	5	12	7
California Roll 10pc (Brown Rice)	1 pkg	270	60	7	0.5	0	0	500	44	5	9	8
California Salad Roll 10pc	1 pkg	360	90	10	1	0	5	690	61	5	11	7
California Salad Roll 10pc (Brown Rice)	1 pkg	290	90	10	1	0	5	500	43	5	9	7
Cream Cheese Roll - Imitation Crab 10pc	1 pkg	380	100	12	6	0	35	790	61	3	13	9
Cream Cheese Roll - Imitation Crab 10pc (Brown Rice)	1 pkg	320	110	12	6	0	35	600	43	3	10	9
Cream Cheese Roll - Salmon 10pc	1 pkg	420	140	16	7	0	45	610	57	3	11	12
Cream Cheese Roll - Salmon 10pc (Brown Rice)	1 pkg	350	140	16	7	0	45	420	39	3	8	12
Cream Cheese Roll - Smoked Salmon 10pc	1 pkg	420	130	15	7	0	55	870	57	3	11	13
Cream Cheese Roll - Smoked Salmon 10pc (Brown Rice)	1 pkg	350	140	15	7	0	55	670	39	3	8	14
Crunchy CA Roll 10pc	1 pkg	520	220	24	6	0	5	970	69	6	14	8
Crunchy CA Roll 10pc (Brown Rice)	1 pkg	460	220	25	6	0	5	770	51	6	11	8
Grilled Salmon Roll 10pc	1 pkg	450	90	10	1	0	25	940	78	5	18	14
Inari 4pc	1 pkg	540	90	10	1	0	0	1060	101	3	29	13
Sakura Roll 10pc	1 pkg	540	200	22	2.5	0	15	1490	72	3	18	14
Salmon Avocado Roll 10pc	1 pkg	400	130	14	3	0	15	520	57	5	9	13
Salmon Avocado Roll 10pc (Brown Rice)	1 pkg	340	130	14	3	0	15	320	39	5	6	13
Seaside Roll - Salmon 16pc	1 pkg	530	100	11	2.5	0	20	810	90	5	14	17
Seaside Roll - Salmon 16pc (Brown Rice)	1 pkg	410	100	11	2.5	0	20	460	59	4	9	18
Seaside Roll - Salmon, Tuna 16pc	1 pkg	490	60	7	1.5	0	20	790	90	5	14	19
Seaside Roll - Tuna 16pc	1 pkg	460	20	2.5	0	0	25	780	90	5	14	21
Seaside Roll - Tuna 16pc (Brown Rice)	1 pkg	350	25	2.5	0	0	25	440	59	4	9	21
Snack Pack - Avocado 16pc	1 pkg	490	100	11	1	0	0	770	95	8	14	8
Snack Pack - Avocado 16pc (Brown Rice)	1 pkg	380	100	11	1	0	0	430	64	8	9	8
Snack Pack - Cucumber 16pc	1 pkg	410	20	2	0	0	0	770	92	5	15	7
Snack Pack - Cucumber 16pc (Brown Rice)	1 pkg	290	20	2.5	0	0	0	430	60	4	10	7
Spicy California Roll 10pc	1 pkg	410	140	15	2	0	5	840	62	5	12	7
Spicy California Roll 10pc (Brown Rice)	1 pkg	340	140	15	2	0	5	640	44	5	9	7
Spicy Grilled Salmon Roll 10pc	1 pkg	540	160	18	2.5	0	30	1180	80	5	19	15
Spicy Roll - Salmon 10pc	1 pkg	400	120	14	3	0	15	660	56	3	10	13
Spicy Roll - Salmon 10pc (Brown Rice)	1 pkg	330	130	14	3	0	15	470	38	3	7	13
Spicy Roll - Shrimp 10pc	1 pkg	330	60	7	1	0	65	940	56	3	10	11
Spicy Roll - Shrimp 10pc (Brown Rice)	1 pkg	260	70	7	1	0	65	740	38	3	7	11
Spicy Roll - Tuna 10pc	1 pkg	350	70	8	1	0	15	790	60	3	11	13
Spicy Roll - Tuna 10pc (Brown Rice)	1 pkg	290	70	8	1	0	15	590	42	3	8	13
Spicy Sakura Roll	1 pkg	620	270	30	4	0	20	1740	74	3	20	14
Tuna Avocado Roll 10pc	1 pkg	350	70	7	1	0	20	500	57	5	9	16
Tuna Avocado Roll 10pc (Brown Rice)	1 pkg	290	70	8	1	0	20	310	39	5	6	16
Vegetable Roll 10pc	1 pkg	310	60	6	0.5	0	0	510	60	6	11	5
Vegetable Roll 10pc (Brown Rice)	1 pkg	250	60	7	0.5	0	0	320	42	6	8	6

Latin Fusion	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
Arroz Picante Roll - Asian BBQ Beef 10pc	1 pkg	570	220	24	7	0	55	1430	72	4	19	18
Arroz Picante Roll - Imitation Crab 10pc	1 pkg	520	190	21	5	0	30	1590	72	4	18	11
Arroz Picante Roll - Teriyaki Chicken 10pc	1 pkg	570	210	23	6	0	95	1740	69	4	19	22
Chile Serrano Roll 10pc	1 pkg	490	200	22	6	0	35	1030	65	8	12	10
Mango Con Chile Roll 10pc	1 pkg	470	180	20	7	0	40	1230	66	5	18	9
Mango Crunchy Dragon Roll 10pc	1 pkg	460	140	15	2	0	5	1390	74	6	24	9
Mango Red Rock 5pc	1 pkg	430	110	12	3	0	30	1120	67	4	27	15
Tigre Picante - Pork Shumai 6pc	1 pkg	530	270	30	6	0	50	1790	36	3	11	20
Tigre Picante - Shrimp Dumpling 6pc	1 pkg	470	190	22	2.5	0	35	1540	58	8	12	10

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Hybrid	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
Crunchy Dragon Roll - Imitation Crab 10pc	1 pkg	570	240	26	3	0	10	1430	74	6	16	10
Crunchy Dragon Roll - Imitation Crab 10pc (Brown Rice)	1 pkg	500	240	27	3	0	10	1240	56	5	14	10
Crunchy Dragon Roll - Salmon 10pc	1 pkg	630	310	34	5	0	25	1010	66	5	12	15
Crunchy Dragon Roll - Salmon 10pc (Brown Rice)	1 pkg	570	310	34	5	0	25	820	48	5	9	16
Crunchy Dragon Roll - Tuna 10pc	1 pkg	580	250	28	3.5	0	30	990	66	5	12	18
Crunchy Dragon Roll - Tuna 10pc (Brown Rice)	1 pkg	520	250	28	3.5	0	30	800	48	5	9	18
Crunchy Roll - Imitation Crab 10pc	1 pkg	650	270	30	8	0	10	1400	83	7	20	12
Crunchy Roll - Imitation Crab 10pc (Brown Rice)	1 pkg	580	270	30	8	0	10	1210	64	6	17	12
Crunchy Shrimp Tempura Roll 10pc	1 pkg	590	250	27	8	0	15	980	79	9	16	9
Crunchy Shrimp Tempura Roll 10pc (Brown Rice)	1 pkg	530	250	28	8	0	15	790	61	9	13	10
Done Deal Roll - Salmon 10pc	1 pkg	530	210	23	6	0	30	1060	68	6	15	15
Done Deal Roll - Tuna 10pc	1 pkg	510	180	20	5	0	35	1050	68	6	15	16
Dragon Roll - Imitation Crab 10pc	1 pkg	500	210	23	3	0	5	800	69	10	12	9
Dragon Roll - Imitation Crab 10pc (Brown Rice)	1 pkg	440	210	23	3	0	5	600	51	10	10	10
Dragon Roll - Salmon 10pc	1 pkg	510	220	24	4	0	15	530	63	10	10	15
Dragon Roll - Tuna 10pc	1 pkg	460	160	18	2	0	20	510	63	10	10	17
Dynamite Roll 10pc	1 pkg	590	190	21	3	0	50	1010	73	9	14	27
Hawaiian Roll - Salmon 10pc	1 pkg	570	220	25	4	0	40	1450	75	7	19	16
Hawaiian Roll - Salmon 10pc (Brown Rice)	1 pkg	510	220	25	4	0	40	1260	57	7	16	16
Hawaiian Roll - Salmon, Tuna 10pc	1 pkg	560	200	22	3.5	0	45	1450	75	7	19	17
Hawaiian Roll - Salmon, Tuna 10pc (Brown Rice)	1 pkg	490	200	23	3.5	0	45	1250	57	7	16	17
Hawaiian Roll - Tuna 10pc	1 pkg	540	180	20	3	0	45	1440	75	7	19	17
Hawaiian Roll - Tuna 10pc (Brown Rice)	1 pkg	480	180	20	3	0	45	1250	57	7	16	18
Poke Dragon Roll - California Salad 10pc	1 pkg	500	210	23	3	0	15	1000	67	9	13	9
Poke Dragon Roll - Salmon 10pc	1 pkg	510	220	24	4	0	20	820	64	9	11	12
Poke Dragon Roll - Tuna 10pc	1 pkg	470	180	20	2.5	0	25	810	64	9	11	14
Poke Rock - Salmon 5pc	1 pkg	580	250	28	5	0	35	1040	65	7	13	19
Poke Rock - Salmon, Tuna 5pc	1 pkg	550	210	24	4	0	35	1020	65	7	13	21
Poke Rock - Tuna 5pc	1 pkg	510	180	19	2.5	0	40	1010	65	7	13	23
Rainbow Roll - Albacore, Salmon, Tuna 10pc	1 pkg	460	130	14	2.5	0	30	720	61	5	11	23
Rainbow Roll - Albacore, Salmon, Tuna 10pc (Brown Rice)	1 pkg	390	130	14	2.5	0	30	530	43	5	9	23
Rainbow Roll - Amberjack, Salmon, Tuna 10pc	1 pkg	480	160	18	3	0	40	720	61	5	11	22
Rainbow Roll - Avocado, Salmon, Shrimp, Tuna 10pc	1 pkg	450	150	16	2.5	0	20	730	62	6	12	16
Rainbow Roll - Avocado, Salmon, Shrimp, Tuna 10pc (Brown Rice)	1 pkg	390	150	17	2.5	0	20	540	44	6	9	16
Rainbow Roll - Salmon, Shrimp, Tuna 10pc	1 pkg	440	130	14	2.5	0	35	760	61	5	11	20
Rainbow Roll - Salmon, Shrimp, Tuna 10pc (Brown Rice)	1 pkg	380	130	14	2.5	0	35	560	43	5	9	20
Red Rock - Tuna 5pc	1 pkg	490	170	19	3.5	0	50	1300	61	4	14	20
Spicy Poke Dragon Roll - California Salad 10pc	1 pkg	550	260	28	4	0	15	1150	68	9	13	9
Spicy Poke Dragon Roll - Salmon 10pc	1 pkg	560	260	29	4.5	0	25	960	65	9	12	12
Spicy Poke Dragon Roll - Tuna 10pc	1 pkg	520	220	25	3.5	0	25	950	65	9	12	14
Spicy Tiger Roll - Tempura Shrimp 10pc	1 pkg	700	280	31	5	0	30	2250	93	8	29	15
Sweet Potato Roll 10pc	1 pkg	410	110	13	1.5	0	0	770	71	8	16	6
Sweet Potato Roll 10pc (Brown Rice)	1 pkg	350	120	13	1.5	0	0	570	53	8	13	6
Tiger Roll - Tempura Shrimp 10pc	1 pkg	700	280	31	5	0	30	2120	92	8	28	15
Ultimate Chili Roll - Salmon 10pc	1 pkg	590	270	29	6	0	30	880	63	6	12	21
Ultimate Chili Roll - Tuna 10pc	1 pkg	510	170	19	2.5	0	40	850	63	6	12	25

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Party Tray	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
Hybrid Mini Platter 22pc	1 pkg	1440	500	56	12	0	95	3070	197	16	41	42
Hybrid Ichi Platter 30pc	1 pkg	1430	640	71	9	0	45	3090	169	15	36	34
Hybrid Ni Platter 31pc	1 pkg	1740	490	55	9	0	125	3730	249	14	46	65
Hybrid San Platter 48pc	1 pkg	2330	870	97	14	0	135	3670	283	22	48	87
Hybrid Yon Tray 50pc	1 pkg	2940	1170	129	19	0	175	5980	374	29	72	77
Hybrid Go Tray 49pc	1 pkg	3160	1190	132	21	0	225	6050	402	27	73	98
Hybrid Roku Tray 82pc	1 pkg	4550	1520	169	26	0	335	8580	619	45	112	150
Field Goal Platter 21pc	1 pkg	1050	260	29	6	0	20	1880	178	13	38	23
First Down Platter 20pc	1 pkg	1050	440	49	8	0	40	1960	130	13	25	27

Wrap	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
Avocado Salad Roll 2pc	1 pkg	230	100	11	1	0	0	450	33	6	9	3
California Wrap 10pc	1 pkg	330	170	19	2.5	0	5	830	37	5	11	7
Cream Cheese Wrap - Imitation Crab 10pc	1 pkg	370	190	21	7	0	40	850	39	5	12	8
Cream Cheese Wrap - Salmon 10pc	1 pkg	410	240	27	9	0	50	570	33	5	9	13
Rainbow Wrap #1	1 pkg	490	220	25	4.5	0	40	850	40	5	9	28
Rainbow Wrap #2	1 pkg	570	280	31	5	0	50	1250	44	4	12	32
Rainbow Wrap #3	1 pkg	490	220	25	4.5	0	40	850	40	5	9	28
Rainbow Wrap #4	1 pkg	400	150	17	3.5	0	40	620	36	5	8	29
Spicy California Wrap 10pc	1 pkg	400	240	27	4	0	10	790	35	5	6	7
Spicy Wrap - Salmon 10pc	1 pkg	390	220	24	4.5	0	20	670	34	5	9	11
Spicy Wrap - Tuna 10pc	1 pkg	340	160	18	2.5	0	20	650	34	5	9	14
Summer Roll 2pc	1 pkg	220	70	7	0.5	0	15	690	34	4	10	8
Vegetable Wrap 10pc	1 pkg	230	100	11	1	0	0	460	34	6	9	3

Combo	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
Duo Combo - Spicy Tuna & Crunchy CA Roll 10pc	1 pkg	440	140	16	3.5	0	10	880	65	5	12	11
Duo Combo - Crunchy CA & CA Salad Roll 10pc	1 pkg	440	160	17	3.5	0	5	830	65	6	13	8
Duo Combo - Crunchy CA & CA Salad Roll (Brown Rice)	1 pkg	380	160	18	3.5	0	5	630	47	5	10	8
Duo Combo - Rainbow & CA Salad Roll 10pc	1 pkg	400	110	12	1.5	0	20	730	61	5	11	14
Duo Combo - Rainbow & Crunchy CA Roll 10pc	1 pkg	480	170	19	4	0	20	860	65	6	13	14
Duo Combo - Rainbow & Salmon Avocado Roll 10pc	1 pkg	420	130	14	2.5	0	25	640	59	5	10	17
Duo Combo - Rainbow & Spicy Tuna Roll 10pc	1 pkg	400	100	11	1.5	0	25	770	60	4	11	17
Duo Combo - Salmon Avocado & CA Salad Roll 10pc	1 pkg	380	110	12	2	0	10	610	59	5	10	10
Duo Combo - Salmon Avocado & Crunchy CA Roll 10pc	1 pkg	460	170	19	4.5	0	10	740	63	6	12	11
Duo Combo - Spicy Tuna & CA Salad Roll 10pc	1 pkg	360	80	9	1	0	10	740	60	4	11	10

Appetizer	Serving Size	Serving Wt. (g)	Cal. per Serving	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
Assorted Dim Sum 6pc	1 pkg	470	210	24	4.5	0	25	950	50	4	9	13
Calamari Salad	1 pkg	140	10	1	0.5	0	195	500	15	5	10	17
Edamame (Soybeans)	1 pkg	320	100	11	2.5	0	0	0	27	14	9	25
Grilled Dumplings - Shrimp 6pc	1 pkg	390	130	14	1.5	0	35	1330	59	7	16	9
Pork Shumai 6pc	1 pkg	370	170	19	5	0	45	960	26	2	3	19
Seabreeze Salad	1 pkg	90	20	2.5	0	0	0	960	17	1	15	2
Spring Roll 4pc	1 pkg	400	220	24	4	0	0	120	40	3	0	8
Yakitori - Chicken Skewers 3pc	1 pkg	250	120	13	3.5	0	85	1240	13	3	7	20

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Nigiri	Serving Size	Calories	Calories from Fat	Total Fat (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	410	80	9	2	0	40	610	63	3	10	21
Marina Plate - Albacore, Amberjack, Salmon, Tuna	1 pkg	420	80	9	2	0	40	590	63	3	10	23
Marina Plate - Albacore, Salmon, Shrimp, Tuna 6pc	1 pkg	390	60	6	1.5	0	35	610	63	3	10	22
Marina Plate - Albacore, Salmon, Tuna 6pc	1 pkg	400	60	6	1.5	0	35	590	63	3	10	24
Marina Plate - Salmon 6pc	1 pkg	470	140	15	4	0	30	610	63	3	10	20
Marina Plate - Salmon 6pc (Brown Rice)	1 pkg	390	140	15	4	0	30	380	42	2	7	21
Marina Plate - Salmon, Shrimp, Tuna 6pc	1 pkg	380	60	6	1.5	0	35	620	63	3	10	20
Marina Plate - Salmon, Shrimp, Tuna 6pc (Brown Rice)	1 pkg	310	60	7	1.5	0	35	390	42	2	7	20
Marina Plate - Salmon, Tuna 6pc	1 pkg	420	80	9	2	0	35	590	63	3	10	23
Marina Plate - Salmon, Tuna 6pc (Brown Rice)	1 pkg	340	80	9	2	0	35	360	42	2	7	23
Marina Plate - Tuna 6pc	1 pkg	370	20	2	0	0	35	570	63	3	10	26
Marina Plate - Tuna 6pc (Brown Rice)	1 pkg	290	20	2.5	0	0	35	340	42	2	7	26
Poke Nigiri - Salmon 6pc	1 pkg	520	180	20	4.5	0	30	850	65	3	12	21
Poke Nigiri - Salmon, Tuna 6pc	1 pkg	470	120	14	2.5	0	35	830	65	3	12	23
Poke Nigiri - Tuna 6pc	1 pkg	420	60	7	1	0	35	810	65	3	12	26
Seared Nigiri - Salmon 6pc	1 pkg	370	60	6	1	0	25	620	64	3	11	16
Seared Nigiri - Salmon, Tuna 6pc	1 pkg	360	40	4.5	0.5	0	20	660	64	3	11	17
Seared Nigiri - Tuna 6pc	1 pkg	340	25	2.5	0	0	15	690	64	3	11	17
Super Marina Plate - Salmon 9pc	1 pkg	690	200	23	6	0	45	860	92	4	14	30
Super Marina Plate - Salmon, Shrimp, Tuna 9pc	1 pkg	560	80	9	2	0	50	880	92	4	14	29
Super Marina Plate - Salmon, Tuna 9pc	1 pkg	620	130	14	3.5	0	50	830	92	4	14	34
Super Marina Plate - Tuna 9pc	1 pkg	540	25	3	0	0	55	800	92	4	14	38

Sashimi	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
Sashimi Sampler - Salmon w/ Cucumber 6pc	1 pkg	230	130	14	4	0	30	180	7	1	3	17
Sashimi Sampler - Tuna w/ Cucumber 6pc	1 pkg	130	10	1	0	0	35	140	7	1	3	23

Sampler	Serving Size	Calories	Calories from Fat	Total Fat (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 (Dragon Crunchy Rainbow) 15pc	1 pkg	780	300	33	7	0	25	1420	103	11	21	20
Chef Sampler A#3 (Chili Crunchy Rainbow) 15pc	1 pkg	820	330	37	8	0	40	1460	100	8	21	26
Chef Sampler A#4 (Hot Chili Rainbow) 15pc	1 pkg	790	310	35	6	0	40	1470	96	8	19	25
Chef Sampler A#6 (Ultimate Nigiri Rainbow) 13pc	1 pkg	690	220	25	5	0	50	1070	90	6	16	30
Chef Sampler B#1 (Rainbow Salmon Cali) 15pc	1 pkg	580	150	17	3	0	25	980	87	7	15	21
Chef Sampler B#2 (Dragon Salmon Cheese) 15pc	1 pkg	640	230	26	7	0	35	980	88	8	15	17
Chef Sampler B#3 (Crunchy Salmon Cheese) 15pc	1 pkg	710	270	30	9	0	35	1280	95	6	19	18
Premium Chef Sampler #1 (Rainbow Salmon Dragon Dynamite) 20pc	1 pkg	1060	410	46	7	0	55	1650	129	14	23	36
Premium Chef Sampler #2 (Rainbow Chili Dragon Dynamite) 20pc	1 pkg	1060	410	45	7	0	60	1920	129	12	25	38
Premium Chef Sampler #3 (Rainbow Crunchy Dragon Dynamite) 20pc	1 pkg	1060	390	44	8	0	50	1860	137	15	27	33
Happy Heart Platter #2 (Rainbow Red Rock) 13pc	1 pkg	730	230	25	4.5	0	65	1430	94	7	18	34
Happy Heart Platter #3 (Crunchy Dragon Tempura) 20pc	1 pkg	1360	530	59	12	0	70	3210	183	16	40	27
Value Pack (Double California) 20pc	1 pkg	660	150	17	2	0	5	1270	117	10	21	13
Value Pack (Double Crunchy) 20pc	1 pkg	1180	500	56	11	0	20	2710	150	12	34	21
Value Pack (Rainbow & Spicy) 20pc	1 pkg	760	190	21	3	0	45	1430	114	8	20	32

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Poké Bowl	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
Big Wave Poke Bowl - Albacore, Salmon, Tuna	1 bowl	790	230	26	4	0	65	1710	105	5	19	37
Big Wave Poke Bowl - Salmon	1 bowl	880	340	38	8	0	55	1740	105	5	19	31
Big Wave Poke Bowl - Salmon, Tuna	1 bowl	810	260	29	5	0	60	1710	105	5	19	35
Big Wave Poke Bowl - Tuna	1 bowl	740	180	19	2.5	0	65	1690	105	5	19	39
Grilled Salmon Poke Bowl	1 bowl	1030	480	54	12	0	45	2660	117	7	35	20
Grilled Salmon Poke Bowl (Brown Rice)	1 bowl	930	480	54	12	0	45	2360	90	7	31	20
Premium Hawaiian Poke Bowl - Albacore, Salmon, Tuna	1 bowl	710	190	21	3.5	0	50	1540	104	5	18	29
Premium Hawaiian Poke Bowl - Albacore, Salmon, Tuna (Brown Rice)	1 bowl	580	190	21	3.5	0	50	1150	68	4	13	30
Premium Hawaiian Poke Bowl - Amberjack, Salmon, Tuna	1 bowl	740	230	25	4.5	0	55	1530	104	5	18	27
Premium Hawaiian Poke Bowl - Grilled Salmon	1 bowl	680	200	22	2.5	0	45	1480	104	5	18	19
Premium Hawaiian Poke Bowl - Grilled Salmon (Brown Rice)	1 bowl	550	200	22	2.5	0	45	1080	68	4	13	20
Premium Hawaiian Poke Bowl - Salmon	1 bowl	780	270	30	6	0	45	1560	104	5	18	25
Premium Hawaiian Poke Bowl - Salmon (Brown Rice)	1 bowl	650	270	30	6	0	45	1170	68	4	13	26
Premium Hawaiian Poke Bowl - Salmon, Tuna	1 bowl	730	210	23	4	0	45	1540	104	5	18	28
Premium Hawaiian Poke Bowl - Salmon, Tuna (Brown Rice)	1 bowl	590	210	24	4	0	45	1150	68	4	13	29
Premium Hawaiian Poke Bowl - Tuna	1 bowl	680	150	16	2	0	50	1520	104	5	18	31
Premium Hawaiian Poke Bowl - Tuna (Brown Rice)	1 bowl	540	150	17	2	0	50	1130	68	4	13	32

Hot & Cold Bowls	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
Ultimate Tofu Bowl	1 bowl	620	80	9	1	0	0	1350	120	6	26	13
Ultimate Teriyaki Chicken Bowl	1 bowl	680	50	6	1.5	0	105	2160	123	5	34	30
Ultimate Teriyaki Chicken Bowl (Cold)	1 bowl	680	50	6	1.5	0	105	2160	123	5	34	30
Ultimate Spicy Teriyaki Chicken Bowl	1 bowl	690	50	6	1.5	0	105	2280	124	5	34	30
Ultimate Spicy Teriyaki Chicken Bowl (Cold)	1 bowl	690	50	6	1.5	0	105	2280	124	5	34	30
Ultimate Sesame Chicken Bowl	1 bowl	710	110	12	2	0	45	910	132	5	27	19
Ultimate Orange Chicken Bowl	1 bowl	700	100	12	2	0	45	1040	132	5	27	19
Ultimate Grilled Salmon Bowl	1 bowl	680	110	13	1.5	0	50	1420	114	5	26	24
Ultimate Asian BBQ Beef Bowl	1 bowl	690	70	8	2.5	0	45	1710	127	5	34	24
Ultimate Asian BBQ Beef Bowl (Cold)	1 bowl	690	70	8	2.5	0	45	1710	127	5	34	24

Condiments	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
Crispy Fried Onion	1 pkg	330	220	25	12	0	0	270	23	3	5	3
Pickled Ginger	1.6oz	35	5	0	0	0	0	380	8	0	6	0
Spicy Sauce	3oz	500	450	50	9	0	25	1450	12	0	7	1
Wasabi	1.3oz	50	5	0.5	0	0	0	0	9	1	2	3

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UNIVERSITY POKÉ BAR NUTRITION CHART

Base	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
Salad Mix	4oz	50	0	0	0	0	0	250	8	5	4	5
Brown Rice	8oz	270	20	2	0	0	0	0	56	3	1	6
White Rice	8oz	370	10	1	0	0	0	35	84	4	0	6
Brown Rice & Salad Mix	8oz	190	15	1.5	0	0	0	100	38	4	2	6
White Rice & Salad Mix	8oz	250	5	0.5	0	0	0	115	55	4	2	6

Sauce	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
Sushi Sauce	1oz	70	0	0	0	0	0	650	17	0	12	1
Spicy Sauce	1oz	170	150	17	3	0	10	480	4	0	2	0
Wasabi Sauce	1oz	160	140	16	2.5	0	10	430	5	1	3	1

Albacore Tuna	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
Albacore - 1 scoop	4oz	130	5	0.5	0	0	55	45	0	0	0	29
Albacore - 2 scoops	6oz	200	10	1	0	0	85	65	0	0	0	44
Albacore - 3 scoops	8oz	270	10	1	0	0	110	85	0	0	0	59
Albacore in poke sauce - 1 scoop	4oz	200	80	9	1.5	0	45	510	2	0	2	25
Albacore in poke sauce - 2 scoops	6oz	300	120	14	2	0	70	770	4	0	3	37
Albacore in poke sauce - 3 scoops	8oz	400	170	18	2.5	0	95	1030	5	0	4	50

Salmon	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
Salmon - 1 scoop	4oz	250	170	18	5	0	40	75	0	0	0	22
Salmon - 2 scoops	6oz	380	250	28	8	0	60	115	0	0	0	32
Salmon - 3 scoops	8oz	510	330	37	11	0	75	150	0	0	0	43
Salmon in poke sauce - 1 scoop	4oz	300	220	24	6	0	35	540	2	0	2	18
Salmon in poke sauce - 2 scoops	6oz	450	330	36	9	0	50	810	3	0	3	27
Salmon in poke sauce - 3 scoops	8oz	600	440	49	11	0	65	1090	4	0	4	36

Tuna	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
Tuna - 1 scoop	4oz	120	5	1	0	0	50	25	0	0	0	29
Tuna - 2 scoops	6oz	190	10	1	0.5	0	75	40	0	0	0	44
Tuna - 3 scoops	8oz	250	15	1.5	0.5	0	95	55	0	0	0	58
Tuna in poke sauce - 1 scoop	4oz	190	80	9	1.5	0	40	500	2	0	2	25
Tuna in poke sauce - 2 scoops	6oz	290	130	14	2	0	60	750	3	0	3	37
Tuna in poke sauce - 3 scoops	8oz	380	170	19	3	0	80	1000	4	0	4	49

Shrimp	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
Shrimp - 1 scoop	4oz	70	5	0.5	0	0	165	810	0	0	0	17
Shrimp - 2 scoops	6oz	100	10	1	0	0	245	1210	0	0	0	26
Shrimp - 3 scoops	8oz	140	10	1	0	0	330	1610	0	0	0	34
Shrimp in poke sauce - 1 scoop	4oz	140	80	9	1	0	140	1160	2	0	2	14
Shrimp in poke sauce - 2 scoops	6oz	220	120	14	1.5	0	210	1740	3	0	3	22
Shrimp in poke sauce - 3 scoops	8oz	290	170	18	2	0	280	2320	4	0	4	29

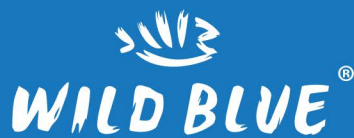
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UNIVERSITY POKÉ BAR NUTRITION CHART

Toppings	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
Avocado	1oz	45	40	4.5	0.5	0	0	0	2	2	0	1
Edamame	1oz	40	10	1.5	0	0	0	5	3	2	0	4
Fried Onions	10g	60	40	4.5	2	0	0	50	4	1	1	1
Green Onion	1oz	10	0	0	0	0	0	0	2	1	1	1
Imitation Crab Salad	1oz	60	35	4	0.5	0	5	200	3	0	2	2
Jalapeno	1oz	10	0	0	0	0	0	0	2	1	1	0
Mango	1oz	15	0	0	0	0	0	0	4	0	4	0
Masago	10g	10	5	0	0	0	20	125	0	0	0	1
Seaweed Salad	1oz	25	5	0.5	0	0	0	240	4	0	4	1
Sesame Seeds	5g	30	20	2	0	0	0	0	1	1	0	1
Tempura Crispy	10g	60	35	4	0	0	0	75	5	0	0	0
White Onions	1oz	10	0	0	0	0	0	0	3	0	1	0

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UNIVERSITY RAMEN BAR NUTRITION CHART

Ramen Bar	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
Miso Ramen w/ Chicken	1 Bowl	600	150	17	5	0	130	3490	82	4	12	27
Miso Ramen w/ Pork	1 Bowl	640	210	23	8	0	125	3360	79	4	10	23
Shoyu Ramen w/ Chicken	1 Bowl	560	160	18	5	0	130	3150	72	2	8	24
Shoyu Ramen w/ Pork	1 Bowl	600	220	24	8	0	125	3020	70	2	6	21
Tonkotsu Ramen w/ Chicken	1 Bowl	600	190	21	5	0	130	3400	73	2	7	26
Tonkotsu Ramen w/ Pork	1 Bowl	640	250	28	8	0	125	3270	71	2	5	22
Spicy Miso Ramen w/ Chicken	1 Bowl	670	200	23	5	0	130	3490	84	5	13	27
Spicy Miso Ramen w/ Pork	1 Bowl	700	260	29	8	0	120	3340	81	5	10	23
Spicy Shoyu Ramen w/ Chicken	1 Bowl	620	210	23	5	0	130	3130	74	3	8	25
Spicy Shoyu Ramen w/ Pork	1 Bowl	660	270	30	8	0	125	3000	71	3	6	21
Spicy Tonkotsu Ramen w/ Chicken	1 Bowl	670	240	27	5	0	130	3400	75	3	8	26
Spicy Tonkotsu Ramen w/ Pork	1 Bowl	700	300	34	8	0	120	3250	73	3	6	22

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UNIVERSITY STEAM TABLE NUTRITION CHART

Entrée	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
Asparagus Beef	5oz	250	170	20	4.5	0	25	460	11	1	6	8
Asparagus Chicken	5oz	210	130	15	2.5	0	25	490	10	1	6	11
Asparagus Pork	5oz	240	170	20	4.5	0	20	540	11	1	6	7
BBQ Pork	5oz	320	110	12	5	0	40	1450	41	0	29	12
Beef & Broccoli	5oz	200	120	14	3.5	0	25	460	11	2	6	8
Black Bean Beef	5oz	210	100	12	2.5	0	25	550	17	2	11	10
Black Bean Chicken	5oz	210	90	11	2	0	55	780	15	2	10	13
Black Bean Pork	5oz	210	140	16	4	0	20	540	12	2	6	7
Black Pepper Celery Beef	5oz	190	90	11	2	0	20	560	15	2	9	9
Black Pepper Celery Chicken	5oz	190	80	10	1.5	0	50	780	13	2	9	12
Black Pepper Celery Pork	5oz	190	120	14	3.5	0	20	550	10	2	6	6
Chicken & Broccoli	5oz	140	80	9	1.5	0	20	200	7	2	2	9
General Tso's Chicken	5oz	350	160	19	3	0	45	830	37	0	18	11
Jalapeno Beef	5oz	240	140	16	4	0	25	860	19	2	13	7
Jalapeno Chicken	5oz	230	100	12	2	0	40	1040	20	2	15	11
Jalapeno Pork	5oz	240	140	16	4	0	20	950	19	2	13	6
Kung Pao Beef	5oz	190	100	12	2.5	0	20	470	12	1	9	9
Kung Pao Chicken	5oz	190	100	11	2	0	45	660	11	1	9	12
Kung Pao Pork	5oz	190	130	15	3.5	0	15	460	9	1	5	7
Mongolian Beef	5oz	210	100	12	2.5	0	25	570	17	2	11	10
Mushroom Beef	5oz	190	110	13	3	0	25	490	11	1	7	9
Mushroom Chicken	5oz	170	90	10	1.5	0	40	600	11	1	7	11
Mushroom Pork	5oz	190	130	14	3.5	0	20	520	9	1	5	7
Orange Chicken	5oz	380	200	23	4	0	55	810	33	0	11	13
Peking Pork	5oz	360	210	24	7	0	50	590	25	0	20	12
Potato Beef	5oz	260	140	15	3.5	0	30	610	21	1	9	10
Potato Chicken	5oz	240	110	12	2	0	50	760	20	1	9	13
Potato Pork	5oz	260	160	18	4.5	0	25	660	19	1	6	8
Salt & Pepper Chicken	5oz	390	230	26	4.5	0	65	980	26	0	0	15
Salt & Pepper Tofu	5oz	240	170	19	2.5	0	0	220	10	2	0	9
Sesame Chicken	5oz	310	160	18	3	0	40	590	28	1	10	11
Spicy Eggplant Tofu	5oz	180	110	13	2	0	0	300	13	3	6	4
Spicy Mapo Tofu Pork	5oz	240	120	13	2.5	0	20	880	17	3	12	13
Spicy Teriyaki Chicken	5oz	250	70	8	1.5	0	100	1230	20	0	16	23
Stir Fry Green Beans	5oz	140	90	11	1.5	0	0	260	12	3	7	2
Sweet & Sour Chicken	5oz	330	160	18	3	0	40	540	33	1	13	10
Sweet & Sour Meatball	5oz	360	220	25	9	0	50	650	21	1	14	15
Teriyaki Chicken	5oz	270	80	9	2	0	100	1190	21	1	16	23
Tofu Veggie Delight	5oz	240	200	23	3.5	0	0	170	8	2	2	3
Twice Cooked Pork	5oz	200	90	10	2.5	0	10	830	22	2	16	5
Veggie Delight	5oz	100	60	7	1	0	0	220	8	2	2	2

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UNIVERSITY STEAM TABLE NUTRITION CHART

Rice & Noodles	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
Steamed White Rice	10oz	460	10	1	0	0	0	40	105	5	0	7
Steamed Brown Rice	10oz	330	25	3	0	0	0	5	70	4	2	7
Classic Fried Rice - Vegetable	10oz	540	150	18	3	0	100	580	85	4	3	10
Classic Fried Rice - Beef	10oz	540	160	18	3.5	0	105	640	81	4	5	14
Classic Fried Rice - Chicken	10oz	540	150	18	3	0	125	770	80	4	5	16
Classic Fried Rice - Pork	10oz	540	180	20	4	0	105	640	78	4	3	12
Cantonese Chow Mein - Beef	10oz	630	190	22	3	0	0	1510	95	2	7	15
Cantonese Chow Mein - Chicken	10oz	630	180	21	3	0	45	1660	88	2	9	23
Cantonese Chow Mein - Pork	10oz	630	190	22	3	0	0	1510	95	2	7	15
Cantonese Chow Mein - Vegetable	10oz	630	190	22	3	0	0	1510	96	2	7	15
Classic Chow Mein - Vegetable	10oz	550	230	27	4.5	0	40	1120	69	2	7	14
Classic Chow Mein - Beef	10oz	560	230	26	4.5	0	55	1130	65	2	9	19
Classic Chow Mein - Chicken	10oz	560	220	25	4.5	0	80	1310	64	2	9	22
Classic Chow Mein - Pork	10oz	560	260	29	6	0	55	1120	62	2	6	16
Chow Fun - Beef	10oz	390	180	21	3	0	0	860	48	4	7	5
Chow Fun - Chicken	10oz	390	180	21	3	0	5	870	48	4	7	5
Chow Fun - Pork	10oz	390	180	21	3	0	0	860	48	4	7	4
Chow Fun - Vegetable	10oz	390	180	21	3	0	0	850	48	4	7	4
Singapore Noodle - Beef	10oz	320	110	13	2.5	0	65	810	40	4	9	11
Singapore Noodle - Chicken	10oz	320	110	12	2	0	85	990	39	4	9	13
Singapore Noodle - Pork	10oz	320	140	16	3.5	0	60	810	37	4	6	8
Singapore Noodle - Vegetable	10oz	280	100	12	2	0	50	760	40	5	7	5

Soup	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
Egg Flower Soup Chicken	8oz	60	15	1.5	0	0	45	810	7	0	1	3
Egg Flower Soup Shrimp	8oz	50	10	1	0	0	50	840	7	0	1	3
Hot & Sour Soup	8oz	60	15	1.5	0	0	40	780	9	1	2	3
Wonton Soup	8oz	60	20	2	0.5	0	5	1180	8	1	2	2

Fried Chicken	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
General Tso's Chicken Wings	1pc	250	180	20	4.5	0	65	115	6	0	3	11
Salt & Pepper Chicken Wings	1pc	240	180	21	4.5	0	70	150	4	0	0	11
Teriyaki Chicken Wings	1pc	250	180	21	4.5	0	70	170	6	0	2	11
Golden Crunchy Chicken	1pc	390	190	21	4	0	120	1190	11	2	0	39

Appetizer	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
Egg Roll	1pc	220	90	10	2	0	10	400	22	2	3	9
Crab Rangoon	1pc	80	40	5	2	0	10	150	8	0	0	2
Fried Dumpling	1pc	80	45	5	1.5	0	5	110	8	0	0	2
Sesame Ball	1pc	80	40	4.5	0	0	0	5	10	1	7	2
Vegetable Spring Roll	1pc	100	45	5	0.5	0	0	260	13	1	3	2

Fried Rolls	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
Fried Imitation Crab Roll	2pcs	310	120	14	3.5	0	10	740	43	1	10	3
Fried Shrimp Tempura Roll	2pcs	310	130	14	3.5	0	10	710	43	2	10	3
Fried Teriyaki Chicken Roll	2pcs	330	130	14	3.5	0	25	810	43	1	11	6

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