



SEA LEGS® REAL SIMPLE™ FLAKE - CN

**SURIMI SEAFOOD: BUY AMERICAN
COMPLIANT, NON-GMO VERIFIED &
GLUTEN-FREE.**

SUSTAINABLE
WILD
CAUGHT

FULLY
COOKED

SIMPLE
INGREDIENTS



Sea Legs® Real Simple™
California Roll Bowl

SIMPLE INGREDIENTS. SMART NUTRITION.

A smarter seafood solution for K-12 operators, delivering the quality, nutrition, and value schools need. Made with 100% Wild Alaska Pollock and featuring a higher surimi content than competing products, it provides a stronger protein offering and is currently the only surimi product on the market that **delivers 1 oz equivalent meat/meat alternate (M/MA) in a 2 oz serving**, helping schools maximize nutritional value while lowering serving costs. Authorized with an FNS USDA CN Statement, Buy American compliant, and packed under federal inspection, it simplifies menu planning while supporting school nutrition requirements.



Sea Legs® Real Simple™ Surimi Macaroni & Cheese

KEY BENEFITS

Sea Legs®
Real Simple™
Surimi Spring
Roll



Sea Legs®
Real Simple™
Surimi Roll

**Made with just 9
simple ingredients**

**No shellfish;
clean-label formulation**

**Wild-caught and
MSC certified**

**Non-GMO, gluten-free
and no added phosphates**

**Fully cooked and
ready to eat**

**Ideal for hot or cold
applications**

**Menu versatility across
salads, dips, sushi, tacos,
bowls, and wraps**

**Vacuum-packed for
convenience and
consistent quality**

**Delivers labor savings, ease
of use, & menu flexibility
for school foodservice
programs**

**24-month frozen
shelf life**

FRESH IDEAS FOR SMARTER SCHOOL MENUS

3 SCHOOL-FRIENDLY RECIPES, DESIGNED TO MAXIMIZE THE VERSATILITY, VALUE, AND NUTRITIONAL BENEFITS OF SEA LEGS® REAL SIMPLE™ FLAKE

CALIFORNIA ROLL RICE BOWL

SEA LEGS® Real Simple™ Flake served over brown rice with crisp cucumbers, sweet shredded carrots, edamame, and a light drizzle of Yum Yum sauce and teriyaki glaze for a fun sushi-inspired bowl.

GET RECIPE
HERE!



SURIMI CUCUMBER CRUNCH WRAP

SEA LEGS® Real Simple™ Flake mixed with crisp cucumbers, lettuce, carrots, and sweet chili ranch wrapped in a soft tortilla for a fresh, crunchy lunch favorite.

GET RECIPE
HERE!



BAJA SURIMI STREET TACOS

Warm street tacos filled with SEA LEGS® Real Simple™ Flake and topped with crisp cilantro-lime slaw for a fresh, flavorful seafood meal students will love.

GET RECIPE
HERE!



THE BUILDING BLOCKS OF SURIMI SEAFOOD



FISH: ALASKA POLLOCK



WATER



LYCOPENE COLOR



NATURAL FLAVORING



PAPRIKA



POTATO STARCH



SALT



CANOLA OIL



CANE SUGAR

Nutrition Facts

Serving Size 1/2 cup (85 g) 3 oz.

Amount Per Serving

Calories **80**

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Polyunsaturated Fat 0g

Monounsaturated Fat 0g

Cholesterol 15mg 5%

Sodium 370mg 16%

Total Carbohydrate 12g 4%

Dietary Fiber 0g 0%

Total Sugars 4g

Includes 4g Added Sugars 8%

Protein 8g

Vitamin D 0.5mcg 2%

Calcium 20mg 2%

Iron 0.1mg 0%

Potassium 210mg 4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calorie a day is used for general nutrition advice.

HANDLING INSTRUCTIONS

Frozen products (0°F) have a 24-month shelf life, use within 3 to 5 days after thawing (35°F). These products are packaged in vacuum packed bags, fully cooked, and pasteurized.

INGREDIENTS: 50% Wild Alaska Pollock, Water, Potato Starch, Cane Sugar, Contains 2% or less of: Sea Salt, Natural Flavor, Canola Oil, Paprika Oleoresin (Color), Lycopene (Color).

CONTAINS: Fish (Wild Alaska Pollock)



PACK INFORMATION

Item	Description	Case Pack	Approx. QTY/Case	Net wt. Per. Serv.	Meal pattern contribution mma/g
144059	SEA LEGS® Real Simple™ Flake-MSC	4/2.5 lb.	26	3oz.	1/10



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**SCAN TO VIEW THE
FULL CN CATALOG**
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