

Sysco
Imperial
Wild Rice
Arroz Salvaje

A LITTLE MAKES A LOT

1 – 5 lb. Poly Bag
yields approximately
90 – 1/2 cup servings
SUPC #5100474

KOSHER PARVE

Wild rice is North America's only ancient native grain. Explorers from foreign lands desired its life-sustaining nutritional value during long expeditions. They traded this *delicious roasted grain* with Native North Americans, who often fought amongst themselves over the rice beds.

Explorers and Native Americans alike recognized wild rice's *nutritional benefits*, it's stable extended shelf life, and *robust nutty flavor and great aroma*.

Sysco's supplier of choice has successfully retained the traditional flavors and aroma of this ancient grain utilizing new technologies and offering the only wild rice that is *Freshly Roasted Daily*.

Good things come from Sysco™

MENU IDEAS

- May be served alone as a side dish, lightly seasoned and lightly garnished. Or add to potatoes or white rice.
- Complements any center-of-the-plate entrée—steak, fish, lamb, pork, poultry, ribs and seafood.



IMPERIAL WILD RICE FEATURES AND BENEFITS



- Provides a healthy profit margin — consumers will pay more for any dish prepared with wild rice.
- A little makes a lot. One cup of dry wild rice yields 3-1/2 to 4 cups of cooked wild rice. Compare that to the yield of regular white rice or potatoes.
- A nutritious, delicious part of a healthy diet that fits today's healthy way of eating without sacrificing flavor or menu versatility.
- A whole grain food and a convenient way to add to the "Grains Group" part of a diet. Health experts recommend making at least half of your grains whole grains.
- A cholesterol-free, gluten-free, fat-free food and a beneficial source of complex carbohydrates—an excellent source of energy.
- Imperial Wild Rice is also a good source of fiber and Vitamin B6, and contains no sodium.

To request samples, information and personal assistance to answer time sensitive questions, please email: sysco_ricewild_resources@mlwrcorp.com

Good things come from Sysco™



A LITTLE MAKES A LOT
1 – 16 oz. Poly Bag
yields approximately
18 – 1/2 cup servings
SUPC #4765392

KOSHER PARVE

Sysco Imperial

Wild Rice
Arroz Salvaje

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Good things come from Sysco™



'Easy Storage, Resealable, Odor Resistant, Rigid, Seals in Fresh

Sysco Imperial

Wild Rice

Arroz Salvaje

A LITTLE MAKES A LOT

1 – 28 oz. Jar
yields approximately
32 – 1/2 cup servings
SUPC #4765400

KOSHER PARVE

Profits Soar When You Go Wild

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MENU IDEAS

- May be served alone as a side dish, lightly seasoned and lightly garnished.
- Create great tasting salads, soups, appetizers and desserts.
- Let your imagination go "wild."



IMPERIAL WILD RICE FEATURES AND BENEFITS



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Ready to Use, No Expertise Needed Running a Can Opener, Great for any Restaurant, Caterers, Event Centers, Specialty Manufacturers, Commissaries.

CANOE

Cooked Wild Rice

Arroz Salvaje

CUT YOUR PREPARATION TIME BY 45–60 MINUTES

1 – 107 oz. Can yields approximately 24 – 1/2 cup servings

SUPC #5204468

KOSHER PARVE

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CANOE COOKED WILD RICE FEATURES AND BENEFITS

- Provides a healthy profit margin — consumers will pay more for any dish prepared with wild rice.
- Cooked to perfection, the blossomed kernels deliver a delicate nutty texture and delicious roasted flavor. Just heat and serve.
- A nutritious, delicious part of a healthy diet that fits today's healthy way of eating without sacrificing flavor or menu versatility.
- A whole grain food and a convenient way to add to the "Grains Group" part of a diet. Health experts recommend making at least half of your grains whole grains.
- A cholesterol-free, gluten-free, fat-free food and an excellent source of fiber.
- A good source of Zinc, Phosphorous, Niacin, Riboflavin, Vitamin B6, Copper, Magnesium and complex carbohydrates — a great source of energy.

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