

Restaurant Foods Nutrition Facts

| Fresh Salad Station Dressings & Salads | Serving Size (g) | Calories | Total Fat (g) | Total Fat (%DV) | Saturated Fat (g) | Saturated Fat (%DV) | Trans Fat (g) | Cholesterol (mg) | Cholesterol (%DV) | Sodium (mg) | Sodium (%DV) | Total Carbohydrates (g) | Total Carbohydrates (%DV) | Dietary Fiber (g) | Dietary Fiber (%DV) | Sugar (g) | Added Sugar (g) | Added Sugar (%DV) | Protein (g) | Vitamin D (%DV) | Calcium (%DV) | Iron (%DV) | Potassium (%DV) |
|--|------------------|----------|---------------|-----------------|-------------------|---------------------|---------------|------------------|-------------------|-------------|--------------|-------------------------|---------------------------|-------------------|---------------------|-----------|-----------------|-------------------|-------------|-----------------|---------------|------------|-----------------|
| Dressings | - | - | - | - | - | - | - | - | - | - | - | - | - | - | - | - | - | - | - | - | - | - | - |
| Amore Caesar Dressing - <i>Regular Salad</i> | 2 oz (57g) | 280 | 29 | 37 | 4 | 20 | 0 | 25 | 8 | 670 | 29 | 1 | 0 | 0 | 0 | 0 | 0 | 0 | 2 | 0 | 6 | 0 | 0 |
| Amore Caesar Dressing - <i>Small Salad</i> | 1 oz (28g) | 140 | 15 | 19 | 2 | 10 | 0 | 15 | 5 | 330 | 14 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 1 | 0 | 2 | 0 | 0 |
| Asian Sunflower Dressing | 2 oz (57g) | 100 | 5 | 6 | 15 | 8 | 0 | 0 | 0 | 340 | 15 | 14 | 5 | 0 | 0 | 12 | 11 | 22 | 2 | 0 | 0 | 0 | 2 |
| Balsamic Vinaigrette, Organic | 2 oz (57g) | 280 | 29 | 37 | 3 | 15 | 0 | 0 | 0 | 290 | 13 | 7 | 3 | 0 | 0 | 7 | 7 | 14 | 0 | 0 | 2 | 0 | 2 |
| Blue Cheese Dressing | 2 oz (57g) | 240 | 25 | 32 | 3 | 15 | 0 | 20 | 7 | 400 | 17 | 2 | 1 | 0 | 0 | 2 | 2 | 4 | 2 | 0 | 4 | 0 | 0 |
| Buttermilk Ranch Dressing | 2 oz (57g) | 190 | 18 | 23 | 15 | 8 | 0 | 20 | 7 | 740 | 32 | 4 | 1 | 0 | 0 | 3 | 2 | 4 | 1 | 0 | 4 | 0 | 0 |
| Curry Yogurt Dressing | 2 oz (57g) | 230 | 24 | 31 | 2 | 9 | 0 | 0 | 0 | 390 | 17 | 3 | 1 | 0 | 1 | 2 | 0 | 0 | 2 | 0 | 0 | 2 | 2 |
| Greek Dressing | 2 oz (57g) | 220 | 21 | 27 | 2 | 10 | 0 | 0 | 0 | 620 | 27 | 4 | 1 | 1 | 4 | 2 | 1 | 2 | 2 | 0 | 2 | 6 | 2 |
| Lime Vinaigrette | 2 oz (57g) | 230 | 20 | 26 | 2 | 10 | 0 | 0 | 0 | 200 | 9 | 12 | 4 | 0 | 0 | 10 | 10 | 20 | 0 | 0 | 0 | 0 | 0 |

Have questions or comments? Call Wegmans Consumer Care Center:

1-800-WEGMANS (934-6267)

Monday - Friday 8 AM – 7 PM ET

Saturday & Sunday 8 AM – 5 PM ET

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|---|------------------|----------|---------------|-----------------|-------------------|---------------------|---------------|------------------|-------------------|-------------|--------------|-------------------------|---------------------------|-------------------|---------------------|-----------|-----------------|-------------------|-------------|-----------------|---------------|------------|-----------------|
| Salads Includes Dressings | - | - | - | - | - | - | - | - | - | - | - | - | - | - | - | - | - | - | - | - | - | - | - |
| Caesar Salad with Caesar Dressing | 1 Each (235g) | 480 | 39 | 49 | 6 | 28 | 0 | 35 | 11 | 1060 | 46 | 23 | 8 | 3 | 11 | 4 | 1 | 2 | 10 | 2 | 15 | 15 | 10 |
| Cobb Salad with Blue Cheese Dressing | 1 Each (307g) | 450 | 38 | 49 | 9 | 45 | 0 | 205 | 68 | 880 | 38 | 11 | 4 | 3 | 11 | 6 | 2 | 4 | 16 | 0 | 15 | 10 | 10 |
| Cobb Salad with Chicken and Blue Cheese Dressing | 1 Each (381g) | 580 | 44 | 56 | 10 | 50 | 0 | 255 | 85 | 1350 | 59 | 12 | 4 | 4 | 14 | 6 | 2 | 4 | 34 | 0 | 20 | 15 | 20 |
| El Jefe with Peruvian Chicken, Guac & Lime Vinaigrette | 1 Each (451g) | 640 | 38 | 49 | 6 | 30 | 0 | 80 | 27 | 1280 | 56 | 38 | 14 | 9 | 32 | 19 | 10 | 20 | 30 | 0 | 15 | 50 | 15 |
| Greek Santorini Salad with Greek Dressing | 1 Each (375g) | 450 | 40 | 51 | 6 | 30 | 0 | 10 | 3 | 1600 | 70 | 16 | 6 | 6 | 21 | 7 | 1 | 2 | 10 | 0 | 15 | 15 | 15 |
| Harvest Salad with Organic Balsamic Vinaigrette | 1 Each (265g) | 680 | 51 | 65 | 8 | 40 | 0 | 10 | 3 | 470 | 20 | 42 | 15 | 7 | 25 | 34 | 16 | 32 | 12 | 0 | 15 | 15 | 20 |
| Nature's Market Salad with Curry Yogurt Dressing | 1 Each (453g) | 760 | 59 | 76 | 8 | 40 | 0 | 10 | 3 | 1800 | 78 | 38 | 14 | 12 | 43 | 10 | 0 | 0 | 24 | 0 | 20 | 30 | 25 |
| Southwest Chicken Salad with Buttermilk Ranch Dressing | 1 Each (376g) | 440 | 29 | 37 | 4.5 | 23 | 0 | 80 | 27 | 1400 | 61 | 20 | 7 | 6 | 21 | 8 | 3 | 6 | 26 | 0 | 15 | 15 | 20 |
| Salads Without Dressings | - | - | - | - | - | - | - | - | - | - | - | - | - | - | - | - | - | - | - | - | - | - | - |
| Caesar Salad without Dressing | 1 Each | 200 | 10 | 12 | 2 | 8 | 0 | 10 | 3 | 390 | 17 | 22 | 8 | 3 | 11 | 4 | 1 | 2 | 8 | 2 | 9 | 15 | 10 |
| Cobb Salad without Dressing | 1 Each | 210 | 13 | 17 | 6 | 30 | 0 | 185 | 61 | 480 | 21 | 9 | 3 | 3 | 11 | 4 | 0 | 0 | 14 | 0 | 11 | 10 | 10 |
| Cobb Salad with Chicken and Blue Cheese Dressing | 1 Each | 340 | 19 | 24 | 7 | 35 | 0 | 235 | 78 | 950 | 42 | 10 | 3 | 4 | 14 | 4 | 0 | 0 | 32 | 0 | 16 | 15 | 20 |
| El Jefe Salad with Peruvian Chicken and Guac without Dressing | 1 Each | 400 | 17 | 22 | 4.5 | 23 | 0 | 80 | 27 | 1080 | 47 | 26 | 9 | 9 | 32 | 9 | 0 | 0 | 30 | 0 | 15 | 50 | 15 |
| Greek Santorini Salad without Dressing | 1 Each | 230 | 19 | 24 | 4 | 20 | 0 | 10 | 3 | 980 | 43 | 12 | 5 | 5 | 17 | 5 | 0 | 0 | 8 | 0 | 13 | 9 | 13 |
| Harvest Salad without Dressing | 1 Each | 400 | 22 | 28 | 5 | 25 | 0 | 10 | 3 | 180 | 7 | 35 | 12 | 7 | 25 | 27 | 9 | 18 | 12 | 0 | 13 | 15 | 18 |
| Nature's Market Salad without Dressing | 1 Each | 530 | 35 | 45 | 6 | 31 | 0 | 10 | 3 | 1410 | 61 | 35 | 13 | 12 | 42 | 8 | 0 | 0 | 22 | 0 | 20 | 28 | 23 |
| Southwest Chicken Salad without Dressing | 1 Each | 250 | 11 | 14 | 3 | 15 | 0 | 60 | 20 | 660 | 29 | 16 | 6 | 6 | 21 | 5 | 1 | 2 | 25 | 0 | 11 | 15 | 20 |

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|---|------------------|----------|---------------|-----------------|-------------------|---------------------|---------------|------------------|-------------------|-------------|--------------|-------------------------|---------------------------|-------------------|---------------------|-----------|-----------------|-------------------|-------------|-----------------|---------------|------------|-----------------|
| Greens | - | - | - | - | - | - | - | - | - | - | - | - | - | - | - | - | - | - | - | - | - | - | - |
| Baby Arugula, Organic | 3.3 oz | 25 | 0.5 | 1 | 0 | 0 | 0 | 0 | 0 | 25 | 1 | 3 | 1 | 1 | 4 | 2 | 0 | 0 | 2 | 0 | 10 | 6 | 8 |
| Baby Kale, Organic | 4.1 oz | 70 | 1.5 | 2 | 0 | 0 | 0 | 0 | 0 | 40 | 2 | 9 | 3 | 5 | 18 | 2 | 0 | 0 | 6 | 0 | 15 | 10 | 10 |
| Baby Spinach, Organic | 3.8 oz | 25 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 85 | 4 | 4 | 1 | 2 | 7 | 0 | 0 | 0 | 3 | 0 | 8 | 15 | 15 |
| Romaine | 5 oz | 25 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 10 | 0 | 5 | 2 | 3 | 11 | 2 | 0 | 0 | 2 | 0 | 4 | 6 | 8 |
| Spring Mix, Organic | 3.5 oz | 25 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 85 | 4 | 4 | 1 | 1 | 4 | 1 | 0 | 0 | 1 | 0 | 6 | 10 | 4 |
| Proteins | - | - | - | - | - | - | - | - | - | - | - | - | - | - | - | - | - | - | - | - | - | - | - |
| Chicken, Grilled Lemon Garlic, Chicken Raised without Antibiotics | 1/2 Cup | 140 | 6 | 8 | 1 | 5 | 0 | 50 | 17 | 460 | 20 | 1 | 0 | 0 | 0 | 0 | 0 | 0 | 18 | 0 | 0 | 6 | 6 |
| Chicken, Grilled Peruvian, Chicken Raised without Antibiotics | 1/2 Cup | 170 | 4 | 5 | 0.5 | 3 | 0 | 95 | 32 | 570 | 25 | 1 | 0 | 0 | 0 | 0 | 0 | 0 | 26 | 0 | 2 | 45 | - |
| Salmon, Oven Roasted | 1 piece | 390 | 33 | 42 | 6 | 30 | 0 | 65 | 22 | 770 | 33 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 23 | 70 | 0 | 0 | 10 |
| Shrimp, Cooked | 1/4 Cup | 20 | 0 | 0 | 0 | 0 | 0 | 45 | 15 | 150 | 7 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 5 | 0 | 2 | 0 | 0 |
| Tofu, Herb-Baked | 1/4 Cup | 60 | 4.5 | 6 | 0.5 | 3 | 0 | 0 | 0 | 170 | 7 | 2 | 1 | 0 | 0 | 0 | 0 | 0 | 3 | 0 | 0 | 0 | 0 |
| Cheese | - | - | - | - | - | - | - | - | - | - | - | - | - | - | - | - | - | - | - | - | - | - | - |
| Blue Cheese, Crumbled | 2 Tbsp | 60 | 5 | 6 | 3 | 15 | 0 | 10 | 3 | 170 | 7 | 1 | 0 | 0 | 0 | 0 | 0 | 0 | 4 | 0 | 8 | 0 | 0 |
| Feta Cheese, Crumbled | 2 Tbsp | 45 | 2.5 | 3 | 1.5 | 8 | 0 | 10 | 3 | 230 | 10 | 1 | 0 | 0 | 0 | 1 | 0 | 0 | 4 | 0 | 6 | 0 | 0 |
| Parmesan Cheese, Shredded | 2 Tbsp | 35 | 2.5 | 3 | 1.5 | 8 | 0 | 5 | 2 | 75 | 3 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 3 | 0 | 6 | 0 | 0 |
| Parmigiano Reggiano Cheese, Grated | 1 Tbsp | 35 | 2.35 | 3 | 1.5 | 8 | 0 | 5 | 2 | 70 | 3 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 3 | 0 | 8 | 0 | 0 |
| Toppings | - | - | - | - | - | - | - | - | - | - | - | - | - | - | - | - | - | - | - | - | - | - | - |
| Almonds, Roasted Salted | 1 Tbsp | 70 | 6 | 8 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 2 | 1 | 2 | 7 | 0 | 0 | 0 | 2 | 0 | 2 | 0 | 2 |
| Apple Wedges | 3 Slices, Diced | 20 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 6 | 2 | 1 | 4 | 4 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Apricots, Dried | 2 Tbsp | 60 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 14 | 5 | 1 | 4 | 10 | 0 | 0 | 0 | 0 | 0 | 0 | 4 |
| Avocado | 1/2 Each | 90 | 8 | 10 | 1 | 5 | 0 | 0 | 0 | 0 | 0 | 5 | 2 | 4 | 14 | 0 | 0 | 0 | 1 | 0 | 0 | 0 | 6 |

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| | | | | | | | | | | | | | | | | | | | | | | | |
| Bacon | 2 Tbsp | 40 | 3 | 4 | 1 | 5 | 0 | 10 | 3 | 190 | 8 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 3 | 0 | 0 | 0 | 0 |
| Bell Peppers, Red or Green | 1/4 Cup | 10 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 2 | 1 | 1 | 4 | 1 | 0 | 0 | 0 | 0 | 0 | 0 | 2 |
| Broccoli | 1/4 Cup | 10 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 10 | 0 | 1 | 0 | 1 | 4 | 0 | 0 | 0 | 1 | 0 | 2 | 0 | 2 |
| Carrots, Matchstick | 1/4 Cup | 5 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 15 | 1 | 2 | 1 | 1 | 4 | 1 | 0 | 0 | 0 | 0 | 0 | 0 | 2 |
| Cashews | 1 Tbsp | 70 | 6 | 8 | 1 | 5 | 0 | 0 | 0 | 0 | 0 | 3 | 1 | 0 | 0 | 1 | 0 | 0 | 2 | 0 | 0 | 6 | 2 |
| Cilantro | 2 Tbsp | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Cranberries, Dried | 2 Tbsp | 60 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 14 | 5 | 1 | 4 | 12 | 11 | 22 | 0 | 0 | 0 | 0 | 0 |
| Croutons | 1/2 Cup | 140 | 6 | 8 | 0 | 0 | 0 | 0 | 0 | 310 | 13 | 18 | 7 | 0 | 0 | 2 | 0 | 0 | 3 | 0 | 0 | 6 | 0 |
| Cucumbers, Diced | 1/4 Cup | 5 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 1 | 0 | 0 | 0 | 1 | 0 | 0 | 0 | 0 | 0 | 0 | 2 |
| Egg, Hardboiled | 1 Each | 70 | 5 | 6 | 15 | 8 | 0 | 170 | 57 | 55 | 2 | 0 | 0 | 0 | 0 | 1 | 0 | 0 | 6 | 6 | 2 | 6 | 2 |
| Garbanzo Beans | 1/4 Cup | 45 | 0.5 | 1 | 0 | 0 | 0 | 0 | 0 | 100 | 4 | 7 | 3 | 1 | 4 | 1 | 0 | 0 | 2 | 0 | 0 | 0 | 2 |
| Guacamole, Wegmans | 2 oz | 120 | 10 | 13 | 2 | 10 | 0 | 0 | 0 | 270 | 12 | 5 | 2 | 3 | 11 | 1 | 0 | 0 | 1 | 0 | 0 | 0 | 6 |
| Kalamata Olives, Pitted | 1/4 Cup | 150 | 15 | 19 | 2 | 10 | 0 | 0 | 0 | 730 | 32 | 3 | 1 | 2 | 7 | 1 | 0 | 0 | 1 | 0 | 0 | 0 | 2 |
| Lime, Freshly Squeezed | 1/4 Each | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 1 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Mukimame (Edamame) | 1/4 Cup | 50 | 2.5 | 3 | 0 | 0 | 0 | 0 | 0 | 75 | 3 | 4 | 1 | 2 | 7 | 2 | 0 | 0 | 5 | 0 | 2 | 6 | 4 |
| Mushrooms | 1/2 Cup | 10 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 1 | 0 | 0 | 0 | 1 | 0 | 0 | 1 | 0 | 0 | 0 | 2 |
| Red Cabbage, Shredded | 1/4 Cup | 5 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 1 | 0 | 1 | 4 | 1 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Red Onions | 1 Tbsp | 5 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 1 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Red Onions, Pickled | 1/4 Cup | 10 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 10 | 0 | 3 | 1 | 0 | 0 | 1 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Roasted Corn & Black Bean Mix | 1/4 Cup | 50 | 1 | 1 | 0 | 0 | 0 | 0 | 0 | 130 | 6 | 8 | 3 | 2 | 7 | 2 | 0 | 0 | 2 | 0 | 0 | 0 | 2 |
| Scallions | 1 Tbsp | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Sesame Seeds, Roasted | 1 Tbsp | 50 | 4.5 | 6 | 0.5 | 3 | 0 | 0 | 0 | 0 | 0 | 2 | 1 | 1 | 4 | 0 | 0 | 0 | 2 | 0 | 8 | 6 | 0 |
| Sunflower Seeds, Organic | 1 Tbsp | 50 | 5 | 6 | 0.5 | 3 | 0 | 0 | 0 | 65 | 3 | 2 | 1 | 1 | 4 | 0 | 0 | 0 | 2 | 0 | 0 | 0 | 0 |

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|--|------------------|----------|---------------|-----------------|-------------------|---------------------|---------------|------------------|-------------------|-------------|--------------|-------------------------|---------------------------|-------------------|---------------------|-----------|-----------------|-------------------|-------------|-----------------|---------------|------------|-----------------|
| Tomatoes, Grape | 1/4 Cup | 5 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 1 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Tortilla Chips | 1/2 Cup | 70 | 3.5 | 4 | 0 | 0 | 0 | 0 | 0 | 45 | 2 | 9 | 3 | 1 | 4 | 0 | 0 | 0 | 1 | 0 | 0 | 0 | 0 |
| Wonton Strips | 1/2 Cup | 100 | 3.5 | 4 | 0 | 0 | 0 | 0 | 0 | 170 | 7 | 13 | 5 | 1 | 4 | 0 | 0 | 0 | 2 | 0 | 0 | 6 | 0 |