

# Restaurant Foods Nutrition Facts

<b>Fresh Salad Station</b> Toppings	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)
<b>Greens</b>	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
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
<b>Proteins</b>	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
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	190	6	8	1	5	0	90	30	550	24	1	0	0	0	0	0	0	25	0	2	45	0
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, Herbed	1/4 Cup	35	2	3	0	0	0	40	13	120	5	0	0	0	0	0	0	0	5	0	2	0	2
Tofu, Herb-Baked	1/4 Cup	60	4.5	6	0.5	3	0	0	0	170	7	2	1	1	4	0	0	0	3	0	0	0	0
<b>Cheese</b>	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
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	1.5	2	1.5	8	0	5	2	55	2	0	0	0	0	0	0	0	3	0	8	0	0
<b>Toppings</b>	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Almonds, Roasted Salted	1 Tbsp	80	6	8	0.5	3	0	0	0	35	2	2	1	1	4	0	0	0	3	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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Fresh Salad Station Toppings	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)
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	1.5	8	0	170	57	55	2	0	0	0	0	1	0	0	6	6	2	6	2
Garbanzo Beans, Organic	1/4 Cup	50	0.5	1	0	0	0	0	0	75	3	8	3	1	4	1	0	0	3	0	0	6	2
Guacamole, Wegmans	4 Tbsp	120	10	13	2	10	0	0	0	300	13	5	2	3	11	1	0	0	0	0	0	0	4
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	35	1.5	2	0	0	0	0	0	110	5	3	1	2	7	1	0	0	4	0	2	6	2
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