

The Grill Nutrition Facts

THE GRILL	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)
SHAREABLES																							
Buffalo Chicken Quesadilla	1 each (301)	740	44	56	24	120	0	165	55	2060	90	36	13	1	4	1	0	0	54	4	70	20	8
Burrata	1 each (203g)	440	25	32	13	65	0	55	18	710	31	37	13	2	7	3	0	0	16	0	15	10	8
Buttermilk Fried Chicken- 5 pieces	1 meal (306g)	590	30	38	7	35	0	90	30	1640	71	28	10	0	0	10	8	16	52	2	4	6	20
Chicken Wings- 6 pieces	6 pieces (238g)	630	46	59	12	60	0	220	73	2060	90	16	6	1	4	14	12	24	36	0	2	8	8
Coconut Shrimp w/ Sweet Chili Sauce	6 each (192g)	510	26	33	10	50	0	100	33	1240	54	53	19	6	21	29	22	44	14	0	4	4	4
Garlic Knots w/ Seasoned Tomato Sauce	5 each (242g)	640	22	28	7	35	0	0	0	1540	67	97	35	7	25	10	4	8	16	0	8	30	10
Hot Honey Bacon Wrapped Chicken Bites	6 pieces (160g)	350	18	23	7	35	0	85	28	580	25	21	8	1	4	15	14	28	26	2	8	6	10
Meatballs - 1 each w/ Seasoned Tomato Sauce	1 each (115g)	190	13	17	5	25	0.5	30	10	620	27	11	4	3	11	3	0	0	10	0	4	6	10
Meatballs - 3 each w/ Seasoned Tomato Sauce	3 each (345g)	570	39	50	16	80	1.5	95	32	1860	81	33	12	8	29	9	0	0	29	0	15	20	30
Meatballs - 5 each w/ Seasoned Tomato Sauce	5 each (575g)	950	65	83	26	130	3	160	53	3110	135	55	20	13	46	15	0	0	49	0	20	35	50
Salt & Pepper Calamari w/o Sauce	1 each (142g)	350	17	22	3	15	0	150	50	650	28	33	12	2	7	0	0	0	16	0	2	8	4
Salt & Pepper Calamari w/ Seasoned Tomato Sauce	1 each (198g)	440	22	28	3.5	18	0	130	43	920	40	43	16	3	11	5	1	2	18	0	4	8	10
Dipping Sauces																							
BBQ	2 oz (57g)	110	0	0	0	0	0	0	0	460	20	28	10	1	4	26	24	48	1	0	0	2	2
Blue Cheese	2 oz (57g)	280	28	36	5	25	0	30	10	490	21	4	1	0	0	4	4	8	2	0	4	0	0
Born in Buffalo Sauce	2 oz (57g)	90	9	12	5	25	0	20	7	1270	55	1	0	0	0	1	0	0	0	0	0	2	2
Calabrian Aioli	2 oz (57g)	380	41	53	7	35	0	30	10	310	13	1	0	0	0	1	0	0	0	0	0	0	0
Danny's Dangerous Delicious Sauce	2 oz (57g)	210	19	24	5	25	0	20	7	580	25	8	3	0	0	8	8	16	0	0	0	2	0
Queso	2 oz (57g)	110	8	10	5	25	0	25	8	570	25	4	1	0	0	4	0	0	6	2	15	0	2
Ranch	2 oz (57g)	190	18	23	1.5	8	0	20	7	740	32	4	1	0	0	3	2	4	1	0	4	0	0

THE GRILL	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)
Seasoned Tomato Sauce	2 oz (57g)	25	0.5	1	0	0	0	0	0	250	11	5	2	1	4	3	0	0	1	0	2	2	6
Sweet BBQ Sauce	2 oz (57g)	110	0	0	0	0	0	0	0	480	21	27	10	1	4	25	24	48	0	0	0	2	2
Sweet Chili Sauce	1.5 oz (43g)	90	0	0	0	0	0	0	0	750	33	23	8	0	0	27	20	40	0	0	0	0	0
BURGERS & SANDWICHES	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Standard Beef Burger (Smashed Burger) <i>on Brioche Roll with Ketchup, Mustard, Mayo, Lettuce, Tomato, Dill Pickles</i>	1 each (281g)	510	24	31	8	40	0.5	90	30	1020	44	41	15	2	7	9	6	12	30	0	8	30	10
Beef Burger Base (Smashed Burger) <i>on Brioche Roll without toppings</i>	1 each (159g)	420	18	23	7	35	0.5	85	28	560	24	34	12	1	4	4	3	6	29	0	8	20	8
Standard Vegetarian Burger <i>on Brioche Roll with Ketchup, Mustard, Mayo, Lettuce, Tomato, Dill Pickles</i>	1 each (281g)	470	21	27	7	35	0	15	5	1190	52	46	17	4	14	10	7	14	23	0	20	35	15
Vegetarian Burger Base <i>on Brioche Roll without toppings</i>	1 each (159g)	380	15	19	6	30	0	10	3	740	32	39	14	3	11	5	4	8	22	0	20	30	8
Danny's Favorite Burger	1 each (268g)	810	50	64	18	90	1	155	52	1490	65	42	15	1	4	13	13	26	45	2	40	30	15
Chicken Avocado BLT	1 each (350g)	680	37	47	9	45	0	115	38	1150	50	41	15	4	14	7	3	6	42	6	8	15	15
Classic Crispy Chicken Breast Sandwich	1 each (306g)	540	25	32	5	25	0	80	27	1120	49	49	18	2	7	8	3	6	27	0	6	15	10
Crab Cake Sandwich	1 each (268g)	530	29	37	4	20	0	105	35	1060	46	47	17	2	7	7	4	8	20	0	15	15	10
Grass Fed Burger	1 each (246g)	470	20	26	8	40	1	90	30	980	43	39	14	1	4	7	6	12	31	0	8	30	10
Greek Turkey Burger	1 each (353g)	540	26	33	6	30	0	85	28	1190	52	44	16	5	18	7	3	6	31	0	10	15	8
Haddock Sandwich	1 each (364g)	870	54	69	6	30	0	95	32	1660	72	70	25	4	14	8	5	10	25	0	10	15	10
Large Haddock Fish Fry Meal with French Fries	1 each (626g)	1570	105	135	14	70	1	160	53	3040	132	116	42	7	25	18	15	30	36	6	15	15	25
Lobster Roll	1 each (199g)	440	24	31	5	25	0	170	57	870	38	30	11	1	4	7	5	10	23	0	10	10	2
Salmon Sandwich	1 each (359g)	720	45	58	6	30	0	80	27	1370	60	45	16	2	7	5	2	4	33	70	8	15	15

Have questions or comments? Call Wegmans Consumer Care Center:
1-800-WEGMANS (934-6267)
8 AM – 7 PM ET Daily

THE GRILL	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)
A LA CARTE	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Beef Burger, 4oz	1 each (85g)	230	15	19	6	30	0.5	75	25	220	10	0	0	0	0	0	0	0	23	0	2	15	6
Crab Cake (w/o sauce)	1 each (108g)	250	18	23	2.5	13	0	90	30	590	26	10	4	0	0	1	1	2	13	0	6	2	4
Crispy Chicken	1 each (125g)	230	11	14	2	10	0	60	20	540	23	11	4	0	0	2	0	0	21	0	0	2	8
Grass Fed Burger	1 each (128g)	250	16	21	7	35	1	80	27	230	10	0	0	0	0	0	0	0	25	0	2	15	8
Turkey Burger	1 each (128g)	160	7	9	2.5	13	0	65	22	420	18	3	1	1	4	0	0	0	22	0	4	6	0
Vegetarian Burger	1 each (85g)	190	12	15	4.5	23	0	0	0	400	17	5	2	2	7	1	1	2	16	0	15	20	8
BUILD YOUR OWN BURGER	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
American Cheese	1 Slice (19g)	70	6	8	3.5	18	0	20	7	280	12	1	0	0	0	0	0	0	3	0	25	0	0
Bacon	2 slice (18g)	90	6	8	2	10	0	25	8	270	12	0	0	0	0	1	0	0	8	0	0	0	2
Brioche Roll	1 roll (74g)	190	3	4	1	5	0	10	3	340	15	34	12	1	4	4	3	6	6	0	6	10	2
Chipotle Aioli	0.5 oz (14g)	90	10	13	1.5	8	0	5	2	70	3	1	0	0	0	0	0	0	0	0	0	0	0
Garlic & Herb Spread- Plant Based	1.5 oz (43g)	130	12	15	7	35	0	0	0	250	11	4	1	0	0	0	0	0	0	0	6	0	0
Gluten Free Hamburger Roll	1 roll (90g)	240	7	9	0.5	3	0	0	0	440	19	44	16	6	21	6	6	12	5	0	2	0	2
Gluten Free Hamburger Roll (compared to roll included in burger base - Brioche)	1 roll (90g)	+50	+4	+5	-1	-2	-	-10	-3	+100	+4	+10	+4	+5	+17	+2	+3	+6	-1	-	-4	-10	-
Grillo's Dill Pickles	5 chips (28g)	5	0	0	0	0	0	0	0	200	9	1	0	0	0	0	0	0	0	0	0	0	0
Guacamole	1 5 oz (43g)	90	7	9	1.5	8	0	0	0	210	9	3	1	2	7	1	0	0	0	0	0	0	2
Hamburger Roll	1 roll (50g)	140	2	3	0	0	0	0	0	230	10	26	9	1	4	3	3	6	4	0	0	6	0
Herb Goddess Dressing	1.5 oz (43g)	100	10	13	1.5	8	0	10	3	230	10	2	1	1	4	1	0	0	2	0	2	0	2
Ketchup	0.5 oz (14g)	15	0	0	0	0	0	0	0	140	6	3	1	0	0	3	3	6	0	0	0	0	0

Have questions or comments? Call Wegmans Consumer Care Center:
1-800-WEGMANS (934-6267)
8 AM – 7 PM ET Daily

THE GRILL	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)
Leaf Lettuce	0.5 oz (14g)	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Maple Onion Jam	1 oz (28g)	70	3.5	4	0	0	0	0	0	210	9	10	4	1	4	8	3	6	0	0	2	0	2
Mayonnaise	0.5 oz (14g)	100	11	14	2	10	0	10	3	70	3	0	0	0	0	0	0	0	0	0	0	0	0
Multigrain Roll	1 roll (67g)	190	4	5	1	5	0	0	0	330	14	35	13	5	18	4	2	4	6	0	4	10	2
Pepperjack Cheese	1 slice (21g)	80	6	8	4	20	0	20	7	135	6	0	0	0	0	0	0	0	5	25	10	0	0
Red Onions	0.35 oz (10g)	5	0	0	0	0	0	0	0	0	0	1	0	0	0	0	0	0	0	0	0	0	0
Relish	0.5 oz (14g)	0	0	0	0	0	0	0	0	180	8	0	0	0	0	0	0	0	0	0	2	0	0
Roasted Mushrooms	1 oz (28g)	45	3.5	4	0	0	0	0	0	75	3	2	1	1	4	1	0	0	1	0	0	0	2
Sweet & Spicy Jalapenos	8 slices (25g)	35	0	0	0	0	0	0	0	270	12	8	3	0	0	8	8	16	-	-	-	-	-
Swiss Cheese	1 slice (21g)	80	7	9	4	20	0	20	7	40	2	0	0	0	0	0	0	0	6	0	15	0	0
Tomatoes	2 oz (57g)	10	0	0	0	0	0	0	0	0	0	2	1	1	4	1	0	0	0	0	0	0	2
Yellow Mustard	0.5 oz (14g)	10	1	1	0	0	0	0	0	220	10	1	0	0	0	0	0	0	1	0	0	0	0
ENTRÉE	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Beef Lasagna	1 slice (276g)	460	27	35	13	65	0.5	100	33	1330	58	30	11	3	11	8	0	0	26	4	25	15	15
Chicken Alfredo	1 each (402g)	500	26	33	11	55	0	85	28	1280	56	41	15	3	11	10	1	2	28	8	20	15	15
Chicken Breast	1 piece (174g)	320	18	23	3	15	0	115	38	190	8	0	0	0	0	0	0	0	36	0	0	4	10
Eggplant Parmigiana	1 slice (349g)	530	33	42	14	70	0.5	55	18	1550	67	39	14	6	21	12	0	0	22	0	40	10	20
Latin Chicken Thighs	1 each (113g)	230	13	17	3.5	18	0	130	43	300	13	1	0	0	0	0	0	0	25	0	0	6	8
Lemon Cod	1 each (365g)	490	31	40	12	60	0	115	38	1180	51	16	6	7	25	3	1	2	35	8	8	15	20
Ribeye Steak	1 each (269g)	530	35	45	10	50	1	160	53	260	11	0	0	0	0	0	0	0	55	2	2	30	15

Have questions or comments? Call Wegmans Consumer Care Center:
1-800-WEGMANS (934-6267)
8 AM – 7 PM ET Daily

THE GRILL	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)
Roasted Quarter Rosemary Chicken	1 each (106g)	220	11	14	3	15	0	120	40	610	27	0	0	0	0	0	0	0	25	0	0	4	8
Roasted Half Rosemary Chicken	1 each (213g)	440	21	27	6	30	0	235	78	1230	53	0	0	0	0	0	0	0	49	0	2	8	15
Salmon	1 each (145g)	430	38	49	6	30	0	60	20	440	19	0	0	0	0	0	0	0	22	60	0	0	10
Spicy Rigatoni Sausage Pasta	1 each (409)	690	44	56	9	45	0	60	20	2000	87	43	16	6	21	12	2	4	25	0	8	20	20
Strip Steak	1 each (269g)	530	35	45	10	50	1	160	53	260	11	0	0	0	0	0	0	0	55	2	2	30	15
Sauces																							
Amore Lemon Butter Sauce	2 oz (57g)	35	2.5	3	1.5	8	0	5	2	350	15	2	1	0	0	2	2	4	0	0	0	0	2
Bearnaise Sauce	2 oz (57g)	90	9	12	6	30	0	55	18	300	13	2	1	0	0	0	0	0	0	0	0	0	0
Black Pepper Teriyaki Sauce	2 oz (57g)	80	0	0	0	0	0	0	0	1110	48	19	7	0	0	15	14	28	1	0	0	0	2
Calabrian Aioli	2 oz (57g)	380	41	53	7	35	0	30	10	310	13	1	0	0	0	1	0	0	0	0	0	0	0
Cilantro Lime Green Sauce	2 oz (57g)	260	27	35	4	20	0	25	8	340	15	2	1	0	0	1	1	2	1	0	4	2	2
Danny's Dangerous Delicious Sauce	2 oz (57g)	210	19	24	5	25	0	20	7	580	25	8	3	0	0	8	8	16	0	0	0	2	0
Hollandaise Sauce	2 oz (57g)	120	13	17	8	40	0	65	22	320	14	2	1	0	0	0	0	0	2	0	0	0	0
Peppercorn Sauce	2 oz (57g)	60	4.5	6	4	20	0	20	7	290	13	2	1	0	0	2	0	0	2	0	2	0	2
SALAD	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Asian Chicken Salad	1 each (346g)	530	33	42	4.5	23	0	55	18	1160	50	29	11	6	21	9	1	2	30	2	6	25	25
Caesar Salad	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
Organic Vegan Berry Blast Salad	1 each (165g)	270	22	28	2	10	0	0	0	230	10	11	4	4	14	8	3	6	5	0	6	10	8
Roasted Beet & Goat Cheese Salad	1 each (313g)	510	44	56	9	45	0	25	8	540	23	23	8	5	18	15	7	14	10	0	8	20	10
BUILD YOUR OWN SALAD	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-

Have questions or comments? Call Wegmans Consumer Care Center:
1-800-WEGMANS (934-6267)
8 AM – 7 PM ET Daily

THE GRILL	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)
Base																							
Green Leaf Lettuce	3 oz (85g)	15	0	0	0	0	0	0	0	25	1	2	1	1	4	1	0	0	1	0	2	4	4
Organic Baby Kale	1 oz (28g)	15	0	0	0	0	0	0	0	10	0	2	1	1	4	1	0	0	1	0	4	0	2
Organic Field Greens	1.5 oz (43g)	10	0	0	0	0	0	0	0	35	2	1	0	1	4	0	0	0	1	0	4	6	4
Romaine	3 oz (85g)	15	0	0	0	0	0	0	0	5	0	3	1	2	7	1	0	0	1	0	2	6	4
Toppings																							
Almonds	1/2 tbsp (4g)	20	2	3	0	0	0	0	0	0	0	1	0	1	4	0	0	0	1	0	0	0	0
Blue Cheese	1 tbsp (9g)	30	2.5	3	1.5	8	0	5	2	85	4	0	0	0	0	0	0	0	2	0	4	0	0
Broccoli Florets - small	2 ea (22g)	5	0	0	0	0	0	0	0	5	0	1	4	0	0	0	0	0	1	0	0	2	2
Carrots (Matchstick)	1 tbsp (8g)	5	0	0	0	0	0	0	0	5	0	1	0	0	0	0	0	0	0	0	0	0	0
Cashews	1/2 tbsp (4g)	25	2	3	0	0	0	0	0	0	0	1	0	0	0	0	0	0	1	0	0	2	0
Cilantro	1 tbsp (1g)	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Croutons	1/4 cup (14g)	70	3	4	0	0	0	0	0	150	7	9	3	0	0	1	0	0	1	2	0	4	0
Cucumbers	1 tbsp (g)	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Edamame	1/4 cup (43g)	45	1	1	0	0	0	0	0	80	3	6	2	1	4	1	0	0	3	0	0	4	2
Feta Cheese	1 tbsp (14g)	35	2	3	1.5	8	0	10	3	170	7	1	0	0	0	1	0	0	3	0	4	0	0
Garbanzo Beans (Organic)	1/8 cup (33g)	30	0	0	0	0	0	0	0	105	5	5	2	1	4	1	0	0	2	0	0	2	2
Kalamata Olives (Pitted)	3 ea (g)	35	3.5	4	0	0	0	0	0	170	7	1	0	0	0	0	0	0	0	0	0	0	0
Parmesan Reggiano (Grated)	1/2 tbsp (2.5g)	10	0.5	1	0	0	0	0	0	25	1	0	0	0	0	0	0	0	1	0	2	0	0
Red Cabbage	1 tbsp (4.5g)	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0

Have questions or comments? Call Wegmans Consumer Care Center:
1-800-WEGMANS (934-6267)
8 AM – 7 PM ET Daily

THE GRILL	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)
Red Onion (Pickled)	1 tbsp (g)	5	0	0	0	0	0	0	0	75	3	1	0	0	0	1	1	2	0	0	0	0	0
Red Peppers (Diced)	1/8 cup (19g)	5	0	0	0	0	0	0	1	0	1	0	0	0	0	1	0	0	0	0	0	0	0
Roasted Corn and Black Bean Mix	1/8 cup (24g)	25	0.5	1	0	0	0	0	0	65	3	4	1	1	4	1	0	0	1	0	0	2	0
Scallions	1/2 tbsp (3g)	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Sunflower Seeds	1 tbsp (7g)	45	4	5	0	0	0	0	0	55	2	2	1	1	4	0	0	0	1	0	0	2	0
Tomatoes (Grape)	3 ea (51g)	10	0	0	0	0	0	0	0	0	0	2	1	1	4	1	0	0	0	0	0	0	2
Dressing																							
Blue Cheese Dressing	1 packet (28g)	120	12	15	1.5	8	0	10	3	200	9	1	0	0	0	1	1	2	1	0	2	0	0
Caesar	1 packet (28g)	140	14	18	2	10	0	15	5	330	14	0	0	0	0	0	0	0	1	0	2	0	0
Greek	1 packet (28g)	110	11	14	1	5	0	0	0	310	13	2	1	0	0	1	1	2	1	0	0	2	2
Lime Vinaigrette	1 packet (28g)	120	10	13	1	5	0	0	0	100	4	6	2	0	0	5	5	10	0	0	0	0	0
Organic Balsamic Vinaigrette	1 packet (28g)	140	14	18	1.5	8	0	0	0	140	6	3	1	0	0	3	3	6	0	0	0	2	0
Ranch Dressing	1 packet (28g)	90	9	12	0.5	3	0	10	3	370	16	2	1	0	0	2	1	2	0	0	2	0	0
Protein																							
Grilled Lemon Garlic Chicken	4 oz (113g)	210	10	13	1.5	8	0	75	25	710	31	1	0	0	0	0	0	0	28	0	0	6	10
Herb Baked Tofu	4 oz (113g)	230	18	23	3	15	0	0	0	720	31	6	2	1	4	1	1	2	11	0	2	8	2
Oven Roasted Salmon	4 oz (113g)	310	26	33	4	20	0	50	17	550	24	0	0	0	0	0	0	0	18	50	0	0	8
Extras																							
Avocado	2 oz (57g)	90	8	10	1	5	0	0	0	0	0	5	2	4	14	0	0	0	1	0	0	2	6
Chopped Bacon	2 tbsp (13g)	50	4.5	6	1.5	8	0	15	5	250	11	1	0	0	0	0	0	0	3	0	0	0	2

Have questions or comments? Call Wegmans Consumer Care Center:
1-800-WEGMANS (934-6267)
8 AM – 7 PM ET Daily

THE GRILL	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)
Guacamole	1 cup (57g)	120	10	13	2	10	0	0	0	270	12	5	2	3	11	1	0	0	1	0	0	2	6
Hardboiled Egg	1/2 ea (23g)	35	2.5	3	0.5	3	0	85	28	30	1	0	0	0	0	0	0	0	3	0	0	2	0
SIDES	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Broccoli Cheddar Soup	1 each (454g)	520	36	46	22	110	1.5	130	43	1800	78	30	11	3	11	18	1	2	20	8	45	6	20
Chicken Noodle Soup	1 each (454g)	210	4.5	6	1	5	0	60	20	1510	66	23	8	2	7	3	0	0	19	0	4	10	6
Garlic Parmesan Asparagus	1 each (113g)	110	9	12	2	10	0	5	2	125	5	4	1	2	7	2	0	0	3	0	4	10	4
Garlic Parmesan Broccoli	1 each (142g)	170	14	18	3	15	0	5	2	830	36	9	3	3	11	2	0	0	6	0	15	10	10
Garlic Parm Broccoli 4 oz	1 each (113g)	140	11	14	2.5	13	0	5	2	660	29	7	3	3	11	2	0	0	5	0	10	8	8
Mac & Cheese	1 each (227g)	380	21	27	11	55	0	55	18	830	36	34	12	1	4	7	0	0	14	4	25	8	6
Mac & Cheese 4 oz	1 each (113g)	190	11	14	5	25	0	30	10	410	18	17	6	1	4	3	0	0	7	2	10	4	2
Onion Rings	1 each (188g)	370	16	21	2.5	13	0	0	0	1400	61	54	20	2	7	8	3	6	4	0	4	10	2
Onion Rings 4 oz	1 each (113g)	230	10	13	1.5	8	0	0	0	840	37	33	12	1	4	5	2	4	3	0	2	6	2
Onion Rings 2 oz	1 each (57g)	110	5	6	1	5	0	0	0	420	18	17	6	1	4	2	1	2	1	0	2	4	0
Quinoa Brown Rice	4 oz (113g)	230	8	10	1	5	0	0	0	180	8	36	13	2	7	1	0	0	4	0	2	15	2
Steamed Jasmine Rice	5 oz (142g)	240	0	0	0	0	0	0	0	0	0	52	19	0	0	0	0	0	4	0	0	15	0
Shoestring Fries - Crispy	1 each (125g)	260	13	17	2	10	0	0	0	610	27	33	12	2	7	0	0	0	2	0	2	6	8
Crispy Fries 4 oz	1 each (113g)	230	12	15	2	10	0	0	0	550	24	29	11	2	7	0	0	0	2	0	2	6	8
Shoestring Fries - Tuscan	1 each (132g)	290	17	22	2.5	13	0	0	0	620	27	33	12	2	7	0	0	0	2	0	2	6	8
Tuscan Fries 4 oz	1 each (113g)	250	14	18	2.5	13	0	0	0	530	23	28	10	2	7	0	0	0	2	0	2	6	8
Sweet Potato Fries	1 each (142g)	280	15	19	3	15	0	0	0	400	17	31	11	3	11	11	0	0	2	0	0	6	10
Sweet Potato Fries 4 oz	1 each (113g)	220	12	15	2.5	13	0	0	0	320	14	24	9	3	11	9	0	0	1	0	0	6	8

Have questions or comments? Call Wegmans Consumer Care Center:
1-800-WEGMANS (934-6267)
8 AM – 7 PM ET Daily

THE GRILL	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)
Sweet Potato Half	1 each (113g)	120	3	4	0	0	0	0	0	320	14	22	8	3	11	5	0	0	2	0	2	4	8
Sauces																							
Ketchup	2 oz (57g)	60	0	0	0	0	0	0	0	560	24	14	5	1	4	12	11	22	1	0	0	2	2
Maple Mustard Sauce	1 5 oz (43g)	80	3	4	0	0	0	0	0	640	28	10	4	0	0	8	8	16	0	0	4	6	2
Remoulade Sauce	3 Tbsp (45g)	250	26	33	2	10	0	20	7	360	16	3	1	0	0	2	1	2	1	0	0	2	0
Sweet BBQ Sauce	2 oz (57g)	110	0	0	0	0	0	0	0	480	21	27	10	1	4	25	24	48	0	0	0	2	2
KID'S MEALS	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Chicken Tenders	2 pieces (127g)	280	14	18	2.5	13	0	50	17	760	33	21	8	1	4	1	1	2	17	0	2	6	8
Cheeseburger	1 each (154g)	440	23	29	9	45	0.5	95	32	730	32	27	10	1	4	3	3	6	30	0	25	20	8
Grilled Cheese	1 each (132g)	470	29	37	12	60	0	65	22	1100	48	33	12	2	7	6	4	8	15	0	80	15	4
Hamburger	1 each (135g)	370	17	22	6	30	0.5	75	25	450	20	26	9	1	4	3	3	6	27	0	2	20	8
Mac & Cheese	1 each (227g)	380	21	27	11	55	0	55	18	830	36	34	12	1	4	7	0	0	14	4	25	8	6
KID'S MEAL SIDES	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Animal Cookies	1 Each	120	4	5	1.5	8	0	0	0	45	2	21	8	1	5	6	6	13	2	0	0	4	2
Baby Cut Organic Carrots	1 Each	20	0	0	0	0	0	0	0	50	2	5	2	2	7	3	0	0	0	0	0	4	4
Cherry Mixed Fruit Bowl	1 Each	60	0	0	0	0	0	0	0	0	0	16	6	1	5	13	0	0	0	0	0	4	2
Crispy Fries	1 Each	210	10	13	1.5	8	0	0	0	520	23	26	9	2	7	0	0	0	2	0	0	6	6
Horizon Organic Lowfat Chocolate Milk 8 oz	1 Each	150	2.5	3	1.5	8	0	15	5	180	8	23	8	0	0	22	10	20	8	15	20	4	10
Horizon Organic Whole Milk 8 oz	1 Each	150	8	10	5	25	0	35	12	130	6	13	5	0	0	12	0	0	8	15	20	0	8
Organic Juice Pouch- Fruit Punch	1 Each	60	0	0	0	0	0	0	0	30	1	15	5	0	0	13	0	0	0	0	8	0	2
Organic Juice Pouch- Honey Crisp Apple	1 Each	60	0	0	0	0	0	0	0	30	1	14	5	0	0	13	0	0	0	0	8	0	2

Have questions or comments? Call Wegmans Consumer Care Center:
1-800-WEGMANS (934-6267)
8 AM – 7 PM ET Daily

THE GRILL	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)
Organic Juice Pouch- Strawberry Watermelon	1 Each	60	0	0	0	0	0	0	0	30	1	15	5	0	0	13	0	0	0	0	8	0	2
Organic Juice Pouch- Triple Berry	1 Each	60	0	0	0	0	0	0	0	30	1	15	5	0	0	13	0	0	0	0	8	0	2
Sweet Potato Fries	1 Each (100g)	190	11	14	2	10	0	0	0	330	14	22	8	2	7	8	0	0	1	0	0	0	8
Wegmans Organic Apple Slices	1 Bag (62g)	35	0	0	0	0	0	0	0	0	0	8	3	1	4	6	0	0	0	0	4	0	2
CUSTARD	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Small Custard Dish	1 Each	230	12	15	7	35	0	75	25	105	5	26	9	0	0	24	18	36	6	0	15	6	6
Small Custard Cone	1 Each	260	12	15	7	35	0	75	25	110	5	31	11	0	0	24	18	36	6	0	15	6	6
Small Custard Waffle Cone	1 Each	310	12	15	7	35	0	75	25	140	6	44	16	1	4	30	24	48	7	0	15	10	8
Regular Custard Dish	1 Each	350	18	23	11	55	0	115	38	150	7	39	14	1	4	36	27	54	8	0	20	6	10
Regular Custard Cone	1 Each	380	18	23	11	55	0	115	38	160	7	45	16	1	4	36	27	54	9	0	20	6	10
Regular Custard Waffle Cone	1 Each	430	18	23	11	55	0	115	38	190	8	57	21	2	7	42	33	66	9	0	20	10	10
Large Custard Dish	1 Each	470	24	31	15	75	0	155	52	210	9	52	19	1	4	48	36	72	11	0	25	6	15
Large Custard Cone	1 Each	490	24	31	15	75	0	155	52	210	9	58	21	1	4	48	36	72	12	0	25	6	15
Large Custard Waffle Cone	1 Each	550	24	31	15	75	0	155	52	240	10	70	25	2	7	54	42	84	12	0	30	10	15
Standard Cone	1 Each	25	0	0	0	0	0	0	0	10	0	5	2	0	0	0	0	0	1	0	0	0	0
Waffle Cone	1 Each	80	0	0	0	0	0	0	0	35	2	18	7	1	4	6	6	12	1	0	2	4	0
Sprinkles - Rainbow or Chocolate	1 Tbsp 0.4 oz (11 g)	50	2.5	3	2	10	0	0	0	0	0	9	3	0	0	8	8	16	0	0	0	0	0
Sprinkles - Rainbow or Chocolate	2 Tbsp 0.8 oz (23 g)	110	4.5	6	4	20	0	0	0	0	0	17	6	0	0	16	16	32	0	0	0	0	0
SHAKES	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Chocolate Shake - Small	1 Each	510	23	29	14	70	0	135	45	260	11	66	24	3	11	59	44	88	14	6	35	15	20
Chocolate Shake - Large	1 Each	870	39	50	24	120	0	235	78	440	19	111	40	5	18	100	74	148	23	10	60	20	30

Have questions or comments? Call Wegmans Consumer Care Center:
1-800-WEGMANS (934-6267)
8 AM – 7 PM ET Daily

THE GRILL	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)
Vanilla Shake - Small	1 Each	470	24	31	15	75	0	150	50	240	10	52	19	0	0	48	31	62	14	6	35	0	10
Vanilla Shake - Large	1 Each	800	41	53	25	125	0	255	85	420	18	89	32	0	0	83	53	106	23	10	60	0	20
Whipped Cream - Light	1 oz (28g)	90	6	8	3	15	0	0	0	0	0	6	2	0	0	6	6	12	0	0	0	0	0
FLOATS	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Root Beer Float	1 Each	360	9	12	6	30	0	60	20	135	6	66	24	0	0	64	59	118	4	0	10	0	4

Have questions or comments? Call Wegmans Consumer Care Center:
1-800-WEGMANS (934-6267)
8 AM – 7 PM ET Daily