

Restaurant Foods Nutrition Facts

ASIAN FOOD & BOWLS	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)
SIGNATURE BOWLS	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Black Pepper Steak	1 Bowl (452g)	660	26	33	6	30	0	55	18	1890	82	81	29	3	11	13	9	18	25	0	8	30	15
BBQ Chicken	1 Bowl (456g)	710	26	33	8	40	0	90	30	1010	44	78	28	3	11	14	8	14	34	2	20	25	15
Chicken & Broccoli	1 Bowl (438)	680	26	33	4.5	23	0	100	33	1580	69	81	29	3	11	13	9	18	24	2	6	25	20
Danny's Dangerously Delicious Chicken	1 Bowl (469g)	970	66	85	15	75	0.5	130	43	1620	70	66	24	4	14	13	9	18	28	2	15	15	15
Danny's Favorite Dan Dan Noodles w/ Chicken	1 Bowl (551g)	950	52	67	7	35	0	35	12	2510	109	80	29	7	25	13	9	18	38	0	15	40	20
Danny's Favorite Dan Dan Noodles w/ Pork	1 Bowl (551g)	1050	63	81	11	55	0	50	17	2120	92	76	28	6	21	10	7	14	40	0	15	45	20
Danny's Favorite Dan Dan Noodles w/ Tofu	1 Bowl (551g)	980	57	73	8	40	0	0	0	2530	110	77	28	7	25	9	6	12	37	0	15	45	15
Egg Roll Chicken Bowl	1 Bowl (446g)	610	6	8	1	5	0	75	25	1280	56	116	42	2	7	47	31	62	22	0	6	25	15
General Tso Tofu	1 Bowl (509g)	750	29	37	5	25	0	0	0	1790	78	101	37	2	7	39	36	72	19	0	10	35	8
Harissa Chicken	1 Bowl (459g)	800	44	56	6	30	0	85	28	1190	52	72	26	8	29	8	0	0	29	0	8	35	15
Harissa Falafel	1 Bowl (430g)	730	36	46	4.5	23	0	0	0	1130	49	88	32	12	43	11	0	0	19	0	8	40	20
Harissa Salmon	1 Bowl (480g)	820	46	59	7	35	0	55	22	1590	69	70	25	8	29	7	0	0	36	70	8	30	20
Honey Harissa Beef	1 Bowl (539g)	960	49	63	11	55	0.5	90	30	1580	69	95	35	9	32	26	18	36	35	0	10	25	20
Jamaican Jerk Chicken Bowl	1 Bowl (439g)	780	41	53	7	35	0	100	33	1300	57	71	26	4	14	3	0	0	27	0	8	30	15
Kung Pao Chicken	1 Bowl (456)	690	30	38	4.5	23	0	90	30	1030	45	77	28	6	21	10	4	8	29	2	10	30	20

Have questions or comments? Call Wegmans Consumer Care Center:
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Crumbled Feta	1 oz (28g)	70	4	5	2.5	13	0	15	5	350	15	2	1	0	0	1	0	0	6	0	8	0	6
Cucumbers	1 oz (28g)	5	0	0	0	0	0	0	0	0	0	1	0	0	0	0	0	0	0	0	0	0	0
Fire Roasted Corn	1 oz (28g)	30	1.5	2	0	0	0	0	0	110	5	5	2	1	4	2	0	0	1	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
Kalamata Olives	1 oz (28g)	90	9	12	1	5	0	0	0	420	18	1	0	1	4	0	0	0	1	0	0	0	0
Monterey Jack Cheese	1 oz (28g)	100	8	10	5	25	0	25	8	160	7	0	0	0	0	0	0	0	7	2	15	2	0
Original Hummus	1.5 oz (43g)	100	6	8	1	5	0	0	0	135	6	8	3	3	11	1	0	0	4	0	2	15	2
Pickled Red Onions	1 oz (28g)	10	0	0	0	0	0	0	0	5	0	3	1	0	0	1	0	0	0	0	0	0	0
Pico de Gallo	1 oz (28g)	10	0	0	0	0	0	0	0	100	4	1	0	0	0	1	0	0	0	0	0	0	2
Rainbow Slaw	1 oz (28g)	10	0	0	0	0	0	0	0	10	0	2	1	1	4	1	0	0	1	0	0	2	2
Roasted Red Pepper Hummus	1.5 oz (43g)	90	5	6	0	0	0	0	0	140	6	9	3	2	7	2	0	0	3	0	2	15	2
Roasted Tomato Salsa	1 oz (28g)	10	0	0	0	0	0	0	0	240	10	2	1	1	4	1	0	0	0	0	0	0	2
Scallions	1 Tbsp (6g)	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Shredded Lettuce	2 oz (57g)	10	0	0	0	0	0	0	0	5	0	2	1	1	4	1	0	0	1	0	0	2	2
Sour Cream	1 oz (28g)	45	3.5	4	2	10	0	10	3	10	0	1	0	0	0	1	0	0	1	0	2	0	0
Tomatoes	1 oz (28g)	10	0	0	0	0	0	0	0	0	0	2	1	0	0	1	0	0	0	0	0	0	2
Tortilla Strips	0.5 oz (14g)	80	4.5	6	0	0	0	0	0	35	2	8	3	1	4	0	0	0	1	0	0	2	0
Wonton Strips	0.5 oz (14g)	70	2.5	3	0	0	0	0	0	115	5	9	3	1	4	0	0	0	2	0	0	2	0

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CYO SAUCES	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
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 Dangerously Delicious	2 oz (57g)	210	19	24	5	25	0	20	7	580	25	9	3	0	0	8	8	16	0	0	0	2	0
Garlic Aioli	2 oz (57g)	320	33	42	6	30	0	25	8	230	10	4	1	0	0	1	0	0	1	0	2	2	0
Harissa Vinaigrette	2 oz (57g)	110	11	14	1.5	8	0	0	0	390	17	3	1	1	4	1	0	0	0	0	0	0	2
Hot Honey	1 Tbsp (21g)	60	0	0	0	0	0	0	0	15	1	17	6	0	0	17	17	34	0	0	0	0	0
Jamaican Jerk Aioli	2 oz (57g)	230	23	29	4	20	0	15	5	750	33	4	1	1	4	1	0	0	1	0	2	2	0
Shawarma-Style Sauce	2 oz (57g)	90	9	12	1.5	8	0	0	0	520	23	2	1	1	4	1	0	0	1	0	0	0	0
Spicy Szechuan Sauce	2 oz (57g)	150	12	15	2.5	13	0	0	0	860	37	7	3	0	0	4	3	6	2	0	0	0	4
Teriyaki Black Pepper 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
Thai Chili Sauce	2 oz (57g)	120	0	0	0	0	0	10	3	480	21	31	11	0	0	29	20	40	0	0	0	0	0
Tzatziki	2 oz (57g)	80	7	9	1.5	8	0	10	3	250	11	3	1	0	0	0	0	0	2	0	2	0	0