

# Restaurant Foods Nutrition Facts

<b>Fish Dinners</b>	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>Complete Meals</b> with Roll, Coleslaw, Tartar Sauce, Ketchup, Lemon Wedge, and Choice of Side	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Large Haddock Meal with Fries	1 Meal	1510	94	121	15	75	0.5	130	43	2910	127	123	45	6	21	22	18	36	39	6	15	20	25
Large Haddock Meal with Mac & Cheese	1 Meal	1390	87	112	16	80	1	150	50	2710	118	104	38	5	18	25	18	36	43	6	20	20	20
Small Haddock Meal with Fries	1 Meal	1080	66	85	10	50	0.5	80	27	2140	93	97	35	5	18	19	16	32	23	0	10	15	20
Small Haddock Meal with Mac & Cheese	1 Meal	960	60	77	12	60	0.5	100	33	1930	84	79	29	4	14	22	16	32	27	6	20	15	15
Haddock Sandwich Meal with Fries	1 Meal	950	44	56	7	35	0	55	18	1790	78	106	39	5	18	10	7	14	27	0	10	20	20
Haddock Sandwich Meal with Mac & Cheese	1 Meal	830	38	49	9	45	0	70	23	1590	69	88	32	3	11	13	7	14	31	6	20	20	15
<b>Individual Nutrition</b>	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Large Haddock	1 Piece (246g)	580	32	41	5	27	0	80	26	1110	48	40	15	0	0	1	0	0	28	4	2	4	10
Small Haddock	1 Piece (143g)	340	19	24	3	16	0	45	15	650	28	23	8	1	2	0	0	0	16	2	2	2	6
Haddock Sandwich - Small Haddock with Lettuce and Tomatoes on a Club Roll.	1 Sandwich (282g)	540	21	27	3	15	0	45	15	940	41	62	23	2	7	4	1	2	24	0	8	15	10
French Fries	5 oz (142g)	290	15	19	2.5	13	0	0	0	530	23	37	13	2	7	0	0	0	3	0	2	6	10
Macaroni and Cheese	4 oz (113g)	180	8	10	4	20	0	20	7	320	14	18	7	1	4	3	0	0	7	0	10	6	2
Coleslaw	4 oz (113g)	230	21	27	3	16	0	20	7	510	22	13	5	2	7	9	7	14	1	0	8	6	4
Ketchup	1 Each (9g)	10	0	0	0	0	0	0	0	90	4	2	1	0	0	2	2	4	0	0	0	0	0
Lemon Wedge	1 Piece (7g)	0	0	0	0	0	0	0	0	0	0	1	0	0	0	0	0	0	0	0	0	0	0
Lettuce	1 oz (28g)	5	0	0	0	0	0	0	0	0	0	1	0	0	0	1	0	0	0	0	0	0	0
Roll	1 Roll (34g)	100	2.5	3	0	0	0	5	2	130	6	17	6	0	0	3	3	6	2	0	0	6	0
Club Roll for Sandwich	1 Roll (82g)	190	1.5	2	0	0	0	0	0	290	13	37	13	1	4	2	1	2	7	0	6	10	2
Tartar Sauce	1 Each (21g)	90	9	12	1.5	8	0	5	2	140	6	2	1	0	0	2	2	4	0	0	0	0	0
Tomato	1 oz (28g)	5	0	0	0	0	0	0	0	0	0	1	0	0	0	1	0	0	0	0	0	0	2

Have questions or comments? Call Wegmans Consumer Care Center:  
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