

# Restaurant Foods Nutrition Facts

Pizza	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>Pizza Slices</b> 6 Slices per Large Pizza	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Bacon Chicken Ranch	1 Slice (223g)	560	25	32	8	40	0	65	22	1650	72	59	21	2	7	3	1	2	26	10	20	20	4
BBQ Chicken	1 Slice (240g)	500	14	18	6	30	0	50	17	1330	58	71	26	3	11	14	12	24	25	10	15	20	4
Bee Sting	1 Slice (249g)	530	20	26	9	45	0	50	17	1530	67	68	25	3	11	11	8	16	24	10	20	30	6
Blush Sauce with Spinach & Sausage	1 Slice (244g)	510	20	26	9	45	0	50	17	1380	60	60	22	3	11	3	0	0	24	10	25	30	8
Breakfast Pizza <i>No Toppings</i>	1 Slice (215g)	510	20	26	9	45	0	180	60	1110	48	56	20	2	7	1	0	0	26	10	25	30	4
Breakfast Pizza with Bacon	1 Slice (226g)	550	23	29	11	55	0	195	65	1320	57	57	21	2	7	1	0	0	29	10	25	30	6
Breakfast Pizza with Ham	1 Slice (226g)	520	20	26	9	45	0	190	63	1230	53	56	20	2	7	1	0	0	27	10	25	30	4
Broccoli Ricotta	1 Slice (226g)	470	17	22	9	45	0	45	15	1160	50	59	21	3	11	3	0	0	23	10	25	20	6
Broccoli & Tomato Ricotta	1 Slice (227g)	470	17	22	9	45	0	40	13	1160	50	59	21	3	11	3	0	0	22	10	25	20	6
Buffalo Chicken	1 Slice (224g)	570	27	35	10	50	0	65	22	1480	64	58	21	2	7	2	1	2	26	10	20	20	4
Cheese	1 Slice (216g)	450	15	19	7	35	0	35	12	1210	53	59	21	3	11	3	0	0	21	10	20	20	6
Chicken Cordon Bleu	1 Slice (212g)	540	24	31	8	40	0	55	18	1360	59	58	21	2	7	2	2	4	24	10	20	20	4
Four Veggie	1 Slice (273g)	480	17	22	8	40	0	40	13	1280	56	61	22	4	14	4	0	0	23	10	25	30	10
Four Veggie Pesto	1 Slice (252g)	500	20	26	9	45	0	45	15	1240	54	59	21	3	11	2	0	0	24	10	25	30	8
Hawaiian	1 Slice (263g)	520	19	24	8	40	0	55	18	1560	68	63	23	3	11	6	0	0	26	10	20	20	8
Lasagna	1 Slice (271g)	590	25	32	11	55	0	65	22	1520	66	63	23	5	18	3	0	0	28	6	30	20	8
Margherita	1 Slice (217g)	430	14	18	6	30	0	25	8	1070	47	59	21	3	11	3	0	0	19	6	15	20	6
Meat Lover's	1 Slice (263g)	630	31	40	13	65	0	75	25	1780	77	60	22	5	18	3	0	0	29	6	20	20	8
Meatball	1 Slice (245g)	530	21	27	9	45	0	50	17	1390	60	62	23	5	18	3	0	0	25	10	20	30	8

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

\*\*\*Nutrient not required per USDA Regulation

<b>Pizza</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)
Meatball, Ricotta & Hot Peppers	1 Slice (267g)	540	21	27	10	50	0	55	18	1460	63	63	23	5	18	4	0	0	26	10	25	20	8
Memphis BBQ Pulled Pork	1 Slice (265g)	580	23	29	11	55	0	75	25	1520	66	65	24	3	11	5	2	4	31	10	25	30	8
Mushrooms & Truffle	1 Slice (208g)	450	17	22	6	30	0	20	7	970	42	57	21	3	11	2	0	0	18	10	15	20	6
Pepperoni	1 Slice (229g)	510	21	27	9	45	0	50	17	1420	62	60	22	3	11	3	0	0	23	6	20	20	6
Pepperoni & Bacon	1 Slice (240g)	560	24	31	10	50	0	60	20	1640	71	60	22	3	11	3	0	0	26	10	20	20	8
Pepperoni & Roasted Mushrooms	1 Slice (244g)	520	21	27	9	45	0	50	17	1420	62	60	22	3	11	3	0	0	24	10	20	20	6
Pepperoni & Sausage	1 Slice (241g)	550	24	31	10	50	0	55	18	1540	67	60	22	3	11	3	0	0	24	6	20	20	6
Pepperoni, Sausage, Bacon & Meatballs	1 Slice (271g)	660	33	42	13	65	0	80	27	1890	82	61	22	3	11	3	0	0	31	10	20	20	8
Pepperoni, Sausage, Peppers & Onion	1 Slice (260g)	560	24	31	10	50	0	60	20	1560	68	62	23	4	14	3	0	0	26	10	20	20	8
Pesto Cream, Chicken, Tomatoes & Fresh Basil	1 Slice (222g)	490	19	24	8	40	0	55	18	1230	53	58	21	2	7	2	0	0	24	10	25	20	4
Pesto, Tomato & Spinach	1 Slice (240g)	520	21	27	10	50	0	50	17	1240	54	58	21	3	11	2	0	0	25	10	30	30	6
Pesto Veggie	1 Slice (245g)	490	19	24	8	40	0	45	15	1230	53	59	21	3	11	2	0	0	22	10	25	20	6
Pickle	1 Slice (228)	460	16	21	8	40	0	45	15	1400	61	58	21	3	11	2	0	0	21	10	25	20	4
Sausage & Banana Peppers	1 Slice (240g)	490	19	24	8	40	0	45	15	1450	63	60	22	3	11	3	0	0	23	10	20	20	6
Spicy Cup Pepperoni	1 Slice (228g)	500	20	26	9	45	0	50	17	1410	61	60	22	3	11	3	0	0	23	10	20	20	6
Spicy Cup Pepperoni & Sausage	1 Slice (241g)	550	23	29	10	50	0	55	18	1530	67	60	22	3	11	3	0	0	25	10	20	30	6
Spicy Cup Pepperoni & Roasted Mushrooms	1 Slice (244g)	510	20	26	9	45	0	50	17	1410	61	60	22	3	11	4	0	0	24	10	20	30	6
Spicy Cup Pepperoni, Sausage, Bacon, & Meatballs	1 Slice (271g)	650	31	40	13	65	0	80	27	1870	81	63	23	5	18	4	0	0	31	10	20	30	8
Spicy Cup Pepperoni, Sausage, Peppers & Onions	1 Slice (249g)	530	22	28	9	45	0	55	18	1470	64	59	21	3	11	4	0	0	25	10	20	20	6
Spicy Cup Pepperoni, Jalapenos & Hot Banana Peppers	1 Slice (250g)	510	20	26	9	45	0	50	17	1630	71	60	22	4	14	3	0	0	24	10	20	30	6
Spinach Artichoke Ricotta	1 Slice (220g)	450	15	19	7	35	0	35	12	1190	52	60	22	3	11	2	0	0	21	10	20	20	6

<b>Pizza</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)
Spinach Ricotta	1 Slice (231g)	470	17	22	9	45	0	45	15	1170	51	59	21	3	11	3	0	0	23	10	30	30	8
Spinach & Broccoli Ricotta	1 Slice (228g)	470	17	22	9	45	0	40	13	1160	50	59	21	3	11	3	0	0	23	10	25	20	6
Steak Bomber	1 Slice (205g)	460	17	22	8	40	0	40	13	970	42	57	21	3	11	2	0	0	24	10	25	20	4
Truffle Cream, Spinach & Artichoke	1 Slice (227g)	530	23	29	8	40	0	40	13	1240	54	59	21	3	11	2	0	0	21	10	20	20	4
White Spinach, Garlic & Roasted Mushrooms	1 Slice (252g)	540	22	28	11	55	0	55	18	1290	56	60	22	3	11	2	0	0	26	10	30	30	8
White Cheese & Roasted Garlic	1 Slice (207g)	480	18	23	9	45	0	40	13	1170	51	59	21	2	7	2	0	0	22	10	25	20	4
White Garlic, Tomatoes & Onions	1 Slice (245g)	530	21	27	11	55	0	55	18	1280	56	61	22	3	11	3	0	0	25	10	30	20	6
<b>Specialty Pizzas</b> Small (4 Slices per Pizza)	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Buffalo Chicken	1 Slice (84g)	210	10	13	3.5	18	0	25	8	550	24	22	8	1	4	1	1	2	10	6	8	10	2
Cheese	1 Slice (77g)	170	6	8	2.5	13	0	15	5	440	19	22	8	1	4	1	0	0	8	6	8	10	2
Lasagna	1 Slice (95g)	200	8	10	3.5	18	0	20	7	540	23	23	8	2	7	1	0	0	9	0	10	6	2
Margherita	1 Slice (78g)	160	5	6	2	10	0	10	3	390	17	22	8	1	4	1	0	0	7	6	4	10	2
Meat Lover's	1 Slice (96g)	230	11	14	4.5	23	0	25	8	660	29	23	8	2	7	1	0	0	11	0	6	10	4
Mushrooms & Truffle	1 Slice (78g)	170	7	9	2	10	0	10	3	360	16	21	8	1	4	1	0	0	7	6	6	10	2
Pepperoni	1 Slice (81g)	190	7	9	3.5	18	0	20	7	510	22	22	8	1	4	1	0	0	8	0	8	6	2
Spicy Cup Pepperoni	1 Slice (82g)	190	7	9	3.5	18	0	20	7	520	23	22	8	1	4	1	0	0	9	6	8	10	2
Pesto, Tomato & Spinach	1 Slice (90g)	200	8	10	3.5	18	0	20	7	470	20	22	8	1	4	1	0	0	9	6	10	10	2
White Cheese & Roasted Garlic	1 Slice (85g)	200	9	12	4.5	23	0	20	7	490	21	22	8	1	4	1	0	0	10	6	10	10	2
Supreme	1 Slice (120g)	220	10	13	3.5	18	0	20	7	670	29	25	9	2	7	2	0	0	9	2	8	10	4
Taco	1 Slice (101g)	200	7	9	3.5	18	0	20	7	610	27	23	8	1	4	1	0	0	9	2	8	8	2
BBQ Chicken	1 Slice (87g)	200	6	8	3	15	0	20	7	510	22	26	9	1	4	4	3	6	10	2	8	8	2

<b>Pizza</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)
Bacon Chicken Ranch	1 Slice (95g)	250	12	15	4	20	0	30	10	710	31	23	8	1	4	1	1	2	11	2	10	8	2
Bee Sting	1 Slice (107g)	190	7	9	3	15	0	15	5	630	27	25	9	2	7	3	1	2	8	2	8	8	4
Hawaiian	1 Slice (116g)	200	7	9	3	15	0	20	7	640	28	25	9	2	7	3	0	0	9	2	6	8	4
Spinach Artichoke Ricotta	1 Slice (88g)	180	6	8	3	15	0	15	5	450	20	23	8	1	4	1	0	0	8	2	10	8	2
<b>Specialty Pizzas</b> Medium (6 Slices per Pizza)	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Buffalo Chicken	1 Slice (112g)	280	13	17	5	25	0	35	12	740	32	29	11	1	4	1	1	2	13	6	10	10	2
Cheese	1 Slice (108g)	220	8	10	3.5	18	0	20	7	610	27	30	11	2	7	1	0	0	10	6	10	10	2
Lasagna	1 Slice (131g)	280	12	15	5	25	0	30	10	730	32	31	11	2	7	2	0	0	13	0	15	10	4
Margherita	1 Slice (109)	210	7	9	3	15	0	10	3	540	23	30	11	2	7	2	0	0	10	6	6	10	2
Meat Lover's	1 Slice (142g)	340	17	22	7	35	0	40	13	960	42	32	12	3	11	1	0	0	16	0	10	10	6
Mushrooms & Truffle	1 Slice (104g)	230	9	12	3	15	0	10	3	480	21	29	11	1	4	1	0	0	9	6	6	10	2
Pepperoni	1 Slice (114g)	260	10	13	4.5	23	0	25	8	710	31	30	11	2	7	1	0	0	11	0	10	10	2
Spicy Cup Pepperoni	1 Slice (114g)	250	10	13	4.5	23	0	25	8	700	30	30	11	2	7	2	0	0	12	6	10	10	2
Pesto, Tomato & Spinach	1 Slice (120g)	260	11	14	5	25	0	25	8	620	27	29	11	1	4	1	0	0	12	6	15	10	4
White Cheese & Roasted Garlic	1 Slice (111g)	260	10	13	5	25	0	20	7	600	26	31	11	1	4	1	0	0	12	6	10	10	2
Supreme	1 Slice (139g)	290	13	17	5	25	0	25	8	810	35	31	11	2	7	2	0	0	12	2	10	15	4
Taco	1 Slice (135g)	270	10	13	4.5	23	0	30	10	820	36	31	11	2	7	1	0	0	13	2	10	10	4
BBQ Chicken	1 Slice (116g)	260	8	10	4	20	0	30	10	680	30	34	12	2	7	5	4	8	13	2	10	10	2
Bacon Chicken Ranch	1 Slice (110g)	280	12	15	3.5	18	0	30	10	800	35	30	11	1	4	1	1	2	12	2	8	10	2
Bee Sting	1 Slice (123g)	270	10	13	4.5	23	0	25	8	760	33	34	12	2	7	5	4	8	11	2	10	10	2
Hawaiian	1 Slice (130g)	250	9	12	4	20	0	25	8	770	33	32	12	2	7	3	0	0	12	2	10	10	4

<b>Pizza</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)
Spinach Artichoke Ricotta	1 Slice (125g)	260	10	13	5	25	0	25	8	660	29	31	11	2	7	1	0	0	12	6	15	10	4
<b>Specialty Pizzas</b> Large (8 Slices per Pizza)	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Breakfast Pizza <i>No Toppings</i>	1 Slice (161g)	380	15	19	7	35	0	135	45	830	36	42	15	2	7	1	0	0	19	10	20	20	4
Buffalo Chicken	1 Slice (168g)	430	20	26	7	35	0	50	17	1110	48	43	16	2	7	2	1	2	19	6	15	15	2
Cheese Pizza	1 Slice (162g)	340	11	14	5	25	0	30	10	910	40	44	16	2	7	2	0	0	16	6	15	15	4
Lasagna	1 Slice (203g)	440	19	24	9	45	0	50	17	1140	50	47	17	4	14	3	0	0	21	6	20	15	6
Margherita	1 Slice (163g)	320	10	13	4.5	23	0	15	5	810	35	44	16	2	7	2	0	0	14	6	10	15	4
Meat Lover's	1 Slice (197g)	470	23	29	9	45	0	55	18	1330	58	45	16	4	14	2	0	0	22	6	15	15	6
Mushrooms & Truffle	1 Slice (156g)	340	13	17	4	20	0	15	5	730	32	43	16	2	7	2	0	0	13	6	10	15	4
Pepperoni	1 Slice (172g)	390	16	21	7	35	0	35	12	1060	46	45	16	3	11	2	0	0	17	6	15	15	4
Spicy Cup Pepperoni	1 Slice (171g)	380	15	19	6	30	0	35	12	1060	46	45	16	2	7	2	0	0	18	6	15	15	4
Pesto, Tomato & Spinach	1 Slice (180g)	390	16	21	7	35	0	40	13	930	40	44	16	2	7	1	0	0	19	6	20	20	4
White Cheese & Roasted Garlic	1 Slice (155g)	360	13	17	6	30	0	30	10	880	38	44	16	2	7	2	0	0	17	6	15	15	4
Supreme	1 Slice (208g)	430	19	24	7	35	0	40	13	1220	53	47	17	4	14	3	0	0	18	4	15	20	6
Taco	1 Slice (203g)	400	15	19	7	35	0	40	13	1230	53	46	17	3	11	2	0	0	19	4	15	20	4
BBQ Chicken	1 Slice (174g)	390	13	17	6	30	0	45	15	1020	44	51	19	3	11	7	6	12	19	4	20	15	4
Bacon Chicken Ranch	1 Slice (174g)	450	22	28	7	35	0	50	17	1290	56	45	16	2	7	2	1	2	19	4	15	15	4
Bee Sting	1 Slice (249g)	530	20	26	9	45	0	50	17	1530	67	68	25	4	14	11	8	16	24	10	20	30	6
Hawaiian	1 Slice (193g)	380	14	18	6	30	0	40	13	1150	50	47	17	3	11	4	0	0	18	4	15	15	6
Spinach Artichoke Ricotta	1 Slice (172g)	340	11	14	5	25	0	25	8	880	38	46	17	3	11	2	0	0	15	4	15	20	4

<b>Pizza</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>Specialty Thin Crust Pizzas</b> Large (8 Slices per Pizza)	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Buffalo Chicken	1 Slice (84g)	220	10	13	3.5	18	0	25	8	550	24	22	8	1	4	1	1	2	9	0	8	6	2
Cheese	1 Slice (80g)	170	5	6	2.5	13	0	15	5	450	20	22	8	2	7	1	0	0	7	0	6	6	2
Pepperoni	1 Slice (85g)	190	8	10	3.5	18	0	15	5	530	23	22	8	2	7	1	0	0	8	0	6	6	2
Spicy Cup Pepperoni	1 Slice (85g)	190	7	9	3	15	0	15	5	530	23	23	8	2	7	1	0	0	8	0	8	10	2
Margherita	1 Slice (85g)	180	7	9	3	15	0	10	3	400	17	22	8	1	4	1	0	0	8	0	6	6	2
Meat Lover's	1 Slice (106g)	250	13	17	5	25	0	30	10	720	31	24	9	2	7	1	0	0	12	0	8	10	4
Mushrooms & Truffle	1 Slice (77g)	160	5	6	2.5	13	0	10	3	410	18	22	8	1	4	1	0	0	7	0	6	6	2
White Cheese & Roasted Garlic	1 Slice (84g)	200	7	9	4	20	0	15	5	450	20	23	8	1	4	1	0	0	9	6	8	10	2
Pesto, Tomato & Spinach	1 Slice (89g)	190	8	10	4	20	0	20	7	450	20	22	8	1	4	1	0	0	9	0	8	10	2
Supreme	1 Slice (185g)	380	17	22	6	30	0	35	12	1080	47	42	15	3	11	2	0	0	16	4	15	20	6
Taco	1 Slice (135g)	270	10	13	4.5	23	0	30	10	820	36	31	11	2	7	1	0	0	13	2	10	10	4
BBQ Chicken	1 Slice (116g)	260	8	10	4	20	0	30	10	680	30	34	12	2	7	5	4	8	13	2	10	10	2
Bacon Chicken Ranch	1 Slice (110g)	280	12	15	3.5	18	0	30	10	800	35	30	11	1	4	1	1	2	12	2	8	10	2
Bee Sting	1 Slice (123g)	270	10	13	4.5	23	0	25	8	760	33	34	12	2	7	5	4	8	11	2	10	10	2
Hawaiian	1 Slice (130g)	250	9	12	4	20	0	25	8	770	33	32	12	2	7	3	0	0	12	2	10	10	4
Spinach Artichoke Ricotta	1 Slice (125g)	260	10	13	5	25	0	25	8	660	29	31	11	2	7	1	0	0	12	6	15	10	4

<b>Pizza</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>Dough Calories</b> Traditional Deck Oven	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Small	1 Each (198g)	440	5	6	1.5	8	0	0	0	1140	50	82	30	3	11	1	0	0	17	10	2	35	4
Medium	1 Each (397g)	880	10	13	2.5	13	0	0	0	2280	99	164	60	7	25	3	0	0	34	20	4	70	8
Large	1 Each (794g)	1760	20	26	5	25	0	0	0	4570	199	327	119	13	46	5	0	0	68	45	8	130	15