

Calorie & Information Chart

Food You Feel Good About has no artificial colors, flavors or preservatives

Made with No Gluten-Containing Ingredients is not considered "Gluten Free" due to shared preparation areas like fryers, grills & cutting boards

Vegetarian may include eggs, dairy and honey

Vegan contains no meat, fish, dairy, eggs, honey or other ingredients made from these

item description	page	serving size	calories	full size	calories	Food You Feel Good about	Made with No Gluten-Containing Ingredients	Vegetarian	Vegan
Lobster and Shrimp Steam Pot (Seafood)	8					●			
Low Country Shrimp Steam Pot (Seafood)	8					●	●		
Claremont Salad	8	4 oz	90	pan	1020	●	●	●	●
Chipotle Corn Cakes	8	1 piece	150			●		●	
Penne with Mozzarella & Tomato Salad	8	4 oz	230	pan	4630	●		●	
Roasted Vegetables	8	4 oz	80	pan	950	●	●	●	●
Homestyle Macaroni Salad	8	4 oz	310	pan	6320	●		●	
Creamy Coleslaw	8	4 oz	260	pan	5130	●	●	●	
Cheese Tortellini with Summer Vegetable Salad	8	4 oz	220	pan	4310	●			
Cucumber, Blueberry & Feta Salad	8	4 oz	90	pan	1070	●	●	●	
Roasted Corn and Bean Salad	8	4 oz	150	pan	1790	●	●	●	●
Asparagus, Jicama, Corn, & Sweet Red Pep	8	4 oz	100	pan	1190	●	●	●	●
Mexican Fiesta Dip	8	5 oz	220	tray	2590	●	●		
Chicken & Mexican Cheese Quesadilla Party Tray	8	1 piece	90	tray	N/A	●			
Sliced Fruit Platter - Large	9	4 oz	50	tray	2380	●	●	●	●
Sliced Fruit Platter - Medium	9	4 oz	50	tray	1390	●	●	●	●
Sliced Fruit Platter - Small	9	4 oz	50	tray	870	●	●	●	●
Crudités Platter - Large	9	4 oz	25	tray	550	●	●	●	●
Crudités Platter - Medium	9	4 oz	25	tray	300	●	●	●	●
Fresh Fruit Tray - Large	9	4 oz	50	tray	2550	●	●	●	
Fresh Fruit Tray - Medium	9	4 oz	50	tray	1910	●	●	●	
Fresh Fruit Bowl	9	4 oz	50	bowl	830	●	●	●	●
Colorburst Vegetable Tray - Large	9	4 oz	30	tray	1190	●	●	●	
Colorburst Vegetable Tray - Medium	9	4 oz	30	tray	770	●	●	●	
Colorburst Vegetable Tray - Small	9	4 oz	30	tray	390	●	●	●	
Cubed Cheese & Fruit Tray - Large	9	3 oz	210	tray	7840	●	●		
Cubed Cheese & Fruit Tray - Medium	9	3 oz	200	tray	5870	●	●		
Cubed Cheese & Meat Tray - Large	9	3 oz	280	tray	8660		●		
Cubed Cheese & Meat Tray - Medium	9	3 oz	270	tray	6620		●		
Mexican Fiesta Dip	9	5 oz	220	tray	2590	●	●		
Chicken & Mexican Cheese Quesadilla Party Tray	9	1 piece	90			●			
Guacamole & Salsa Party Tray	9	3 oz	80	tray	990	●	●	●	
Grilled Vegetable Tray	9	4 oz	50	tray	1580	●	●	●	●
Snackers Tray	9			tray	9190		●		
Singapore Noodle Salad with Chicken and Shrimp	10/11	4 oz	170	tray	2330	●	●		
Kung Pao Chicken for Lettuce Wraps	10/11	4 oz	190	tray	2840	●	●		
Kung Pao Shrimp for Lettuce Wraps	10/11	4 oz	120	tray	2010	●	●		
Tandoori Chicken Satay	10/11	1 piece	60	tray	1550		●		
Signature Steamed Dumplings	10/11	1 piece	55-65	tray	1920	●			
Thai Pork Spring Roll Party Tray	10/11	1 piece	80	tray	1860	●			
Asian Shrimp Appetizer Tray	10/11	1 piece	20-80	tray	2040	●			
Thai Green Salad with Edamame & Cashews	10/11	4 oz	170	tray	1440	●	●	●	
Thai Green Salad with Chicken	10/11	4 oz	110	tray	960		●		
Thai Green Salad with Shrimp	10/11	4 oz	100	tray	770	●	●		
Organic Asian Chicken Dumplings	10/11	1 piece	45	tray	2460	●			
Mango, Green Bean, & Farro Salad with Southeast Asian Vinaigrette	10/11	4 oz	110	tray	1830	●			
Lobster Claw and Shrimp Tray	10/11	1/12 Tray	120	piece	30-50	●	●		
Fresh Cooked Shrimp Platter - 60 count	10/11	6 pieces	180	piece	30	●	●		
Fresh Cooked Shrimp Platter - 80 count	10/11	6 pieces	180	piece	30	●	●		
Shrimp Tray - 24 ct	10/11	6 pieces	180	piece	30	●	●		

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Shrimp Tray - 40 count	10/11	6 pieces	180	piece	30	●	●		
Sushi Celebration Tray	12/13	1 piece	25-50			●	●		
Sushi Sensation Tray	12/13	1 piece	30-50			●	●		
The Grand Sushi Tray	12/13	1 piece	30-50			●	●		
Sushi Veggie Garden Platter	12/13	1 piece	25-30			●	●	●	
Heart Sushi Tray	12/13	1 piece	25-30			●	●		
Sushi Favorites Tray	12/13	1 piece	30-45			●	●		
Sushi Deluxe Tray	12/13	1 piece	25-50			●	●		
Kids Like Sushi Too	12/13	1 piece	30-35			●	●		
Roasted Veggie Bites Sushi Tray	12/13	1 piece	15			●	●	●	●
Small Celebration Party Pack	12/13	1 piece	25-45			●	●		
Favorites Party Pack	12/13	1 piece	25-50			●	●		
Sushi Party Pack	12/13	1 piece	25-45			●	●		
King Salmon Party Pack	12/13	1 piece	35-55			●	●		
Taste of the Season Appetizer Tray	14/15	3 oz	290	tray	5800		●		
European Classics Cheese Collection	14/15	3 oz	320	tray	6400	●	●		
Cheese Collection from France	14/15	3 oz	300	pan	6100		●		
Italian Inspiration Cheese Collection	14/15	3 oz	300		6000	●	●		
American Artisans Cheese Collection	14/15	3 oz	310	tray	6200	●	●		
Weekender Platter - Large	14/15	3 oz	250	tray	8670	●	●		
Weekender Platter - Medium	14/15	3 oz	250	tray	6670	●	●		
Around the World Platter- Large	14/15	3 oz	320	tray	8960	●	●		
Around the World Platter- Medium	14/15	3 oz	320	tray	6080	●	●		
Mediterranean Tapas Tray	14/15	3 oz	290	tray	8120		●		
Taste of the Season Quartet	14/15	3 oz	280	tray	2900		●		
European Cheese Quartet	14/15	3 oz	310	pan	2900	●	●		
Irresistibly Italian Cheese Quartet	14/15	3 oz	310	tray	2900	●	●		
French Cheese Quartet	14/15	3 oz	320	tray	2990		●		
American Cheese Quartet	14/15	3 oz	300	tray	2800	●	●		
All Quartets available as 1/2 Quartet Serves 6-8	14/15						●		
Artisanal Masterpiece Collection	14/15	3 oz	300	tray	3600				
European Rustica Platter	14/15	3 oz	240	tray	2400		●		
European Rustica Tasting	14/15	3 oz	220	tray	1100		●		
Mediterranean Party Dip Tray	14/15	3 oz	130	tray	2470				
Antipasto Tray - Large	14/15	3 oz	240	tray	6480		●		
Antipasto Tray - Medium	14/15	3 oz	240	tray	4560		●		
Mediterranean Medley	14/15	3 oz	140	tray	2800	●			
Grilled Peruvian-Style Chicken with Green Sauce	16/17	1 piece	350			●	●		
Memphis BBQ Chicken (part of Summer BBQ Party)	16/17	1 piece	320			●	●		
Pulled Pork with Slider Rolls	16/17	8 oz	340			●	●		
Meatloaf Sliders with Martin's Potato Dinner Rolls	16/17	1 piece	120						
Chicken Parmesan	16/17	1 piece	380						
Honey-Brined BBQ Roasted Chicken	16/17	8 oz	540	tray	4120	●	●		
Grilled Lemon Garlic Boneless Chicken Breast	16/17	1 piece	220			●	●		
Chicken French with Lemon Butter Sauce	16/17	1 piece	400			●			
Sliced Beef Tenderloin Platter	16/17	8 oz	290	tray	2920				
Sliced Honey-Brined Turkey Breast Platter	16/17	8 oz	320	tray	4430		●		
Macaroni & Cheese	16/17	4 oz	180	tray	3600	●			
Penne with Seasoned Tomato Sauce & Mozzarella	16/17	4 oz	120	pan	2410	●		●	
Ready to Bake Lobster Mac & Cheese	16/17					●			
Ready-to-Bake Cheese Lasagna	16/17	1 piece	460		5460	●		●	
Cavatappi with Chicken & Vodka Blush Sauce	16/17	8 oz	310	tray	3100	●			
Potatoes Gratin	18/19	1 piece	180			●	●	●	
Seasoned Green Beans	18/19	4 oz	100	pan	1160	●	●	●	●
Braised Kale and Carrots	18/19	4 oz	120	pan	1400	●	●	●	●
Roasted Vegetables	18/19	4 oz	80	pan	950	●	●	●	●
Asparagus with Lemon Zest	18/19	4 oz	80	pan	980	●	●	●	

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Signature Whipped Potatoes	18/19	4 oz	150	pan	3100	●	●	●	
Seasoned Broccoli	18/19	4 oz	90	pan	1110	●	●	●	●
Roasted Red Potatoes	18/19	4oz	110	pan	1380	●	●	●	●
Kale & Quinoa Cakes	18/19	1 piece	150			●	●	●	
Roasted Cauliflower with Parmesan Cheese	18/19	4 oz	100	pan	1150	●	●		
Baked Potato Salad	18/19	4 oz	220	pan	4380	●	●		
Penne with Mozzarella & Tomato Salad	18/19	4 oz	230	pan	4630	●		●	
Homestyle Macaroni Salad	18/19	4 oz	310	pan	6320	●		●	
Capellini Asiago Salad	18/19	4 oz	250	pan	3000	●		●	
Creamy Coleslaw	18/19	4 oz	240	pan	5130	●	●	●	
Claremont Salad	18/19	4 oz	90	pan	1020	●	●	●	●
Caprese Salad - Large	20/21	4 oz	110	bowl	1340	●	●	●	
Caprese Salad - Small	20/21	4 oz	110	bowl	670	●	●	●	
Caesar Salad - Large	20/21	4 oz	130	bowl	1870				
Caesar Salad - Small	20/21	4 oz	130	bowl	930				
Caesar Salad with Chicken - Large	20/21	4 oz	130	bowl	2400				
Caesar Salad with Chicken - Small	20/21	4 oz	130	bowl	1200				
Pear & Provolone Salad - Large	20/21	4 oz	80	bowl	1410	●	●		
Pear & Provolone Salad - Small	20/21	4 oz	80	bowl	490	●	●		
Organic Berry Blast Salad - Large	20/21	4 oz	150	bowl	2090	●	●	●	
Organic Berry Blast Salad - Small	20/21	4 oz	170	bowl	1040	●	●	●	
Garden Salad - Large	20/21	4 oz	35	bowl	810	●	●	●	
Garden Salad - Small	20/21	4 oz	35	bowl	400	●	●	●	
Nature's Market Salad - Large	20/21	4 oz	160	bowl	4080	●	●	●	
Nature's Market Salad - Small	20/21	4 oz	140	bowl	1510	●	●	●	
Harvest Salad - Large	20/21	4 oz	200	bowl	3410		●		
Harvest Salad - Small	20/21	4 oz	200	bowl	1720		●		
Soups & Chili to Go - Assorted	20/21	8 oz	60-270	each	720-3240				
Mini Croissant Sandwich Tray - Medium	22	1 piece	120-200						
Mini Croissant Sandwich Tray - Large	22	1 piece	120-200						
Classic Sandwich Tray	22	1 piece	240-340						
Signature Sliced Wrap Tray - Large	22	1 piece	80-110						
Signature Sliced Wrap Tray - Medium	22	1 piece	80-110						
Pita Wedge Platter	22	1 piece	90-110						
Kids Finger Sandwich Tray	22	1 piece	90-110						
Wegmans Executive Tray - Large	22			tray	5710		●		
Wegmans Executive Tray - Medium	22			tray	3980		●		
Aristocrat Tray - Large	22			tray	5060		●		
Aristocrat Tray - Medium	22			tray	3320		●		
Roast Beef & Au Jus with Rolls	22	1 sandwich	340	tray	4040	●			
Wegmans Signature Organic Tray	22			tray	3580	●	●		
Sandwich Fixins Tray	22	4 oz	100			●	●	●	●
Artisan Roll Basket - 26 ct.	22			tray	4010	●			
Favorites Combo Tray	23	1 piece	230-435						
Super Party Hearty Tray	23	1 piece	280-435						
Sub Shop Custom Wrap Tray	23								
Three Sub Custom Tray	23								
Four Sub Custom Tray	23								
Party Hearty Tray	23	1 piece	280-435						
Sub Lover Tray	23	1 piece	280-435						
Super Sub Lovers Tray	23	1 piece	280-435						
Sub Shop Box Lunch	23								
Focaccia Sampler Platter	24	1 piece	180-190			●			
Sheet Pizza - Cheese	24	slice	160			●			
Breakfast Sheet Pizza - 32 Pieces	24	slice	200-240			●			

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The Pizza Party	24					●			
The Combo Deal - 20 Wings	24					●			
The Combo Deal - 50 Wings	24					●			
Specialty Pizza - Large	24	slice	170-270			●			
Smoked Chicken Wings with Blue Cheese Dip 20 pieces	24	1 piece	110			●			
Smoked Chicken Wings with Blue Cheese Dip 50 pieces	24	1 piece	110			●			
Smoked Chicken Wings with Blue Cheese Dip 100 pieces	24	1 piece	110			●			
Jumbo Wings or Chicken Tenders - 20 pieces	24	1 piece	90-160			●			
Jumbo Wings or Chicken Tenders - 50 Pieces	24	1 piece	90-160			●			
Jumbo Wings or Chicken Tenders - 100 Pieces	24	1 piece	90-160			●			
Boneless Chicken Bites - 30 Pieces	24	1 piece	60-70			●			
Boneless Chicken Bites - 75 Pieces	24	1 piece	60-70			●			
Boneless Chicken Bites -150 Pieces	24	1 piece	60-70			●			
Smoked Salmon Splendor - Large	25	3 oz	45	tray	2390		●		
Smoked Salmon Splendor - Medium	25	3 oz	40	tray	1650		●		
Petite Pastries Tray	25	each	120			●			
Coffee Cake Tray	25	slice	170			●			
Java Box - Coffee & Tea	25		NA			●	●	●	●
Java Box - Hot Chocolate	25	8 oz	140	box	1680	●	●	●	
NEW Cold Brew Java Box	25		NA			●	●	●	●
Sliced Fruit Platter - Small	25	4 oz	50	tray	870	●	●	●	●
Sliced Fruit Platter - Medium	25	4 oz	50	tray	1390	●	●	●	●
Sliced Fruit Platter - Large	25	4 oz	50	tray	2380	●	●	●	●
Bagel Tray	25	bagel & 6 grapes	300	tray	3890				
Breakfast Sheet Pizza - 32 Pieces	25	1 piece	200-240			●			
Mini Cookie and Brownie Tray - Large	26/27			tray	6640	●			
Mini Cookie and Brownie Tray - Small	26/27			tray	3320	●			
Cream Puff & Éclair Tray	26/27			tray	3020				
Cannoli Chips and Dip Tray	26/27	1/14 tray	410	tray	5740	●		●	
Ultimate Chocolate Chip Cookie Tray - Large	26/27	each	140/190		7920	●		●	
Ultimate Chocolate Chip Cookie Tray - Small	26/27	each	140/190	tray	3960	●		●	
2 lb. Assorted Cookie Tray	26/27			tray	4050	●			
Dessert Bar Tray	26/27			tray	2860				
Signature Mini Dessert Tray - 30 piece	26/27			tray	5640				
Mini Dessert Tray - 14 piece	26/27			tray	1970				
Assorted Dessert Tray	26/27			tray	7500				
French Macaron Tray	26/27	2 cookies	110	tray	2640	●	●		
Mini Cookie Tray	26/27	2 cookies	120	tray	5260	●			
Ultimate Cheesecake	26/27	1/12 cake	400	cake	4800	●			
Cheese-Filled Cannoli Tray	26/27	each	310			●		●	
Apple Crumb Pie	26/27	1/10 pie	300	pie	3000	●		●	
Apple Pie	26/27	1/10 pie	300	pie	3000	●		●	●
Peanut Butter Pie	26/27	1/10 pie	500	pie	5000				
Chocolate Cream Pie	26/27	1/12 pie	400	pie	4800				
Fruit Tart - Round	26/27	1/6 tart	280	tart	1680				
Fruit Tart - Rectangular	26/27	1/8 tart	340	tart	2720				
Fruit Tart - Square	26/27	1/12 tart	280	tart	3360				
Ultimate Cake - Carrot	26/27	1/14 cake	480	cake	6720	●			
Ultimate Cake - Chocolate	26/27	1/20 cake	260	cake	5200				
Ultimate Cake - White	26/27	1/14 cake	320	cake	4480				
Ultimate Cake - Sheet Cake 1/4-White Cake w/Vanilla Icing	26/27	1/30 cake	320	cake	9600				
Ultimate Cake - Sheet Cake 1/4-Chocolate Cake w/Chocolate Icing	26/27	1/40 cake	330	cake	13200				
Cookie Cakes - 1/4	26/27	1/32 cake	140	cake	4480				
12 Pack Cupcakes	26/27	each	360						
Create a Cake	26/27	Custom Orders Only							