

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	servicing size	calories	servicing size	calories	Food You Feel Good About	Made with No Gluten-Containing Ingredients	Vegetarian	Vegan
Chicken Cutlet Platter	7	Per piece	230	NA	NA	●			
Penne Alfredo with Chicken & Peas	7	4 oz	150	pan	3470	●			
Ready-to-Bake Meat Lasagna	7	1 Piece	430	pan	5190	●			
Parmesan Risotto	7	4 oz	170	pan	3500	●	●		
Garlicky Greens	7	4 oz	50	pan	580	●	●	●	●
Tuscan Roasted Potatoes	7	4 oz	100	pan	1200	●	●	●	●
Organic Red Smashed Potatoes	7	4 oz	140	pan	2800	●	●	●	
Focaccia Sampler Platter	7	1 piece	180-190			●			
Caesar Salad - Large	7	4 oz	150	bowl	2090				
Lobster and Shrimp Steam Pot (Seafood)	8		n/a		n/a	●			
Low Country Shrimp Steam Pot (Seafood)	8		n/a		n/a	●	●		
Mac and Cheese	8	4 oz	180	pan	3660			●	
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	●		●	
Homestyle Macaroni Salad	8	4 oz	320	pan	6320	●		●	
Creamy Coleslaw	8	4 oz	260	pan	5130	●	●	●	
Roasted Corn and Bean Salad	8	4 oz	100	pan	1220	●	●	●	●
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	1160	●	●	●	
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	●	●		
Cheese & Meat Tray - Large	9	3 oz	280	tray	8660		●		
Cheese & Meat Tray - Medium	9	3 oz	270	tray	6620		●		
Mexican Fiesta Dip	9	5 oz	210	tray	2550	●	●	●	
Grilled Vegetable Tray	9	4 oz	50	tray	1580	●	●	●	●
Snackers Tray	9	3 oz	240	tray	9190		●		
Singapore Noodle Salad with Chicken and Shrimp	10/11	4 oz	170	tray	2350	●	●		
Kung Pao Chicken with Lettuce Wraps	10/11	4 oz	190	tray	2830	●	●		
Kung Pao Shrimp with Lettuce Wraps (as seen with the Asian Lettuce Wrap Party on page 2)	10/11	4 oz	120	tray	1800	●	●		
Tandoori Chicken Satay	10/11	1 piece	60	tray	1550	●	●		
Signature Steamed Dumpling Tray	10/11	1 piece	40-50	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	2030	●			
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 Platter	10/11	1 piece	30-50	1/12 Tray	120	●	●		
Fresh Cooked Shrimp Platter - 80 count	10/11	1 piece	30	6 pieces	180	●	●		
Fresh Cooked Shrimp Platter - 60 count	10/11	1 piece	30	6 pieces	180	●	●		
Fresh Cooked Shrimp Tray - 40 count	10/11	1 piece	30	6 pieces	180	●	●		

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item description	page	serving size	calories	serving size	calories	Food You Feel Good About	Made with No Gluten-Containing Ingredients	Vegetarian	Vegan
Fresh Cooked Shrimp Tray - 24 count	10/11	1 piece	30	6 pieces	180	●	●		
Sushi Celebration Tray	12/13	1 piece	30-60			●	●		
Sushi Sensation Tray	12/13	1 piece	25-80			●	●		
The Grand Sushi Tray	12/13	1 piece	30-60			●	●		
Sushi Veggie Garden Platter	12/13	1 piece	25-35			●	●		
Heart Sushi Tray	12/13	1 piece	25-35			●	●		
Sushi Favorites Tray	12/13	1 piece	30-60			●	●		
Sushi Deluxe Tray	12/13	1 piece	25-50			●	●		
Kids Like Sushi Too	12/13	1 piece	20-30			●	●		
Roasted Veggie Bites Sushi Tray	12/13	1 piece	15			●	●	●	●
Small Celebration Party Pack	12/13	1 piece	30-60			●	●		
Favorites Party Pack	12/13	1 piece	30-50			●	●		
Sushi Party Pack	12/13	1 piece	25-45			●	●		
King Salmon Party Pack	12/13	1 piece	35-60			●	●		
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	tray	6100		●		
Italian Inspiration Cheese Collection	14/15	3 oz	300	tray	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	tray	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	●	●		
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	●			
Peruvian Style Chicken with Green Sauce	16/17	1 piece	350			●	●		
Pulled Pork with Slider Rolls	16/17	8 oz	350			●	●		
BBQ Meatloaf Sliders with Martin's Potato Dinner Rolls	16/17	per piece slider only	120			●			
Chicken Parmesan	16/17	1 piece	270			●			
Honey-Brined BBQ Roasted Chicken	16/17	8 oz	240	tray	3840	●	●		
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	3660				
Penne with Seasoned Tomato Sauce & Mozzarella	16/17	4 oz	120	pan	2330	●		●	
Ready-to-Bake Cheese Lasagna	16/17	1 piece	450	tray	5430	●		●	
Cavatappi with Chicken & Vodka Blush Sauce	16/17	8 oz	300	tray	3060	●			
Potatoes Gratin	18/19	1 piece	180			●	●	●	
Seasoned Green Beans	18/19	4 oz	110	pan	1280	●	●	●	●
Signature Whipped Potatoes	18/19	4 oz	150	pan	3100	●	●	●	
Seasoned Broccoli	18/19	4 oz	90	pan	1110	●	●	●	●
Roasted Red Potatoes	18/19	4 oz	110	pan	1380	●	●	●	●
Kale & Quinoa Cakes	18/19	4 oz	150	pan		●	●	●	
Roasted Cauliflower with Parmesan Cheese	18/19	4 oz	100	pan	1150	●	●		

Additional nutrient information available upon request by calling Wegmans Consumer Affairs, 1-800-WEGMANS ext. 4760 during regular business hours.

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Baked Potato Salad	18/19	4 oz	220	pan	4380	●	●		
Penne with Mozzarella & Tomato Salad	18/19	4 oz	230	pan	4630	●		●	
Capellini Asiago Salad	18/19	4 oz	250	pan	3020	●		●	
Claremont Salad	18/19	4 oz	90	pan	1020	●	●	●	●
NEW Asian Sesame Salad w/Chicken - Large	20/21	4 oz	140	bowl	2660	●			
NEW Asian Sesame Salad w/Chicken - Small	20/21	4 oz	140	bowl	1380	●			
Harvest Salad - Large	20/21	4 oz	200	bowl	3410		●		
Harvest Salad - Small	20/21	4 oz	200	bowl	1720		●		
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	150	bowl	2090				
Caesar Salad - Small	20/21	4 oz	150	bowl	1040				
Caesar Salad with Chicken - Large	20/21	4 oz	140	bowl	2630				
Caesar Salad with Chicken - Small	20/21	4 oz	140	bowl	1310				
Pear & Provolone Salad - Large	20/21	4 oz	100	bowl	1610	●	●		
Pear & Provolone Salad - Small	20/21	4 oz	100	bowl	790	●	●		
Organic Berry Blast Salad - Large	20/21	4 oz	160	bowl	2210	●	●	●	
Organic Berry Blast Salad - Small	20/21	4 oz	170	bowl	1090	●	●	●	
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	●	●	●	
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		●		
Wegmans Signature Organic Tray	22			tray	3580	●	●		
Roast Beef & Au Jus with Rolls	23	1 sandwich	340	tray	4040	●			
Sandwich Fixins Tray	23			4 oz	100	●	●	●	
Artisan Roll Basket - 26 ct.	23			tray	4010	●			
Favorites Combo Tray	23	1 piece	320-525						
Super Party Hearty Tray	23	1 piece	350-450						
Sub Shop Custom Wrap Tray	23	Select From List							
Three Sub Custom Tray	23	Select From List							
Four Sub Custom Tray	23	Select From List							
Party Hearty Tray	23	1 piece	350-400						
Sub Lover Tray	23	1 piece	320-370						
Super Sub Lover's Tray	23	1 piece	340-400						
Sub Shop Box Lunch	23	Select From List							
Sheet Pizza - Cheese	24	1 slice	170			●		●	
Breakfast Sheet Pizza - 32 Pieces	24	1 slice	220-240			●			
The Pizza Party	24					●			
The Combo Deal - 20 Wings	24					Wings Only			
The Combo Deal - 50 Wings	24					Wings Only			
Specialty Pizza - Large	24	1 slice	170-270			●			
Smoked Chicken Wings with Blue Cheese Dipping Sauce - 20 Pieces	24	1 piece	110			●	●		
Smoked Chicken Wings with Blue Cheese Dipping Sauce - 50 Pieces	24	1 piece	110			●	●		
Smoked Chicken Wings with Blue Cheese Dipping Sauce - 100 Pieces	24	1 piece	110			●	●		

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Jumbo Wings or Chicken Tenders - 20 Pieces	24	1 piece	90-160			●			
Boneless Chicken Bites - 30 Pieces	24	1 piece	60-70			●			
Jumbo Wings or Chicken Tenders - 50 Pieces	24	1 piece	90-160			●			
Boneless Chicken Bites - 75 Pieces	24	1 piece	60-70			●			
Jumbo Wings or Chicken Tenders - 100 Pieces	24	1 piece	90-160			●			
Boneless Chicken Bites -150 Pieces	24	1 piece	60-70			●			
Smoked Salmon Platter	25	3 oz	45	tray	580	●	●		
Petite Pastries Tray	25	each	120			●			
Coffee Cake Tray	25	slice	170			●			
Java Box - Coffee & Tea	25	8 oz	0	Box	0	●	●	●	●
Java Box - Hot Chocolate	25	8 oz	140	box	1680	●	●	●	●
NEW Cold Brew Java Box	25	8 oz	0	Box	0	●	●	●	●
Sliced Fruit Tray - Small	25	4 oz	50	tray	870	●	●	●	●
Sliced Fruit Tray - Medium	25	4 oz	50	tray	1390	●	●	●	●
Sliced Fruit Tray - Large	25	4 oz	50	tray	2380	●	●	●	●
Bagel Tray	25	1 bagel & 6 grapes	300	tray	3890				
Mini Cookie and Brownie Tray - Large	26/27			per tray	6640	●			
Mini Cookie and Brownie Tray - Small	26/27			per tray	3320	●			
Cream Puff & Éclair Tray	26/27			per tray	3020				
Cannoli Chips and Dip Tray	26/27	1/14 tray	410	per tray	5740	●		●	
Ultimate Chocolate Chip Cookie Tray - Large	26/27	each	140-190	per tray	7920	●		●	
Ultimate Chocolate Chip Cookie Tray - Small	26/27	each	140-190	per tray	3960	●		●	
2 lb. Assorted Cookie Tray	26/27			per tray	4050	●			
Dessert Bar Tray	26/27			per tray	2860				
Signature Mini Dessert Tray - 30 piece	26/27			per tray	5640				
Mini Dessert Tray - 14 piece	26/27			per tray	1970				
Assorted Dessert Tray	26/27			per tray	7500				
French Macaron Tray	26/27	2 cookies	110	per tray	2640	●	●		
Mini Cookie Tray	26/27	2 cookies	120	per tray	5260	●			
Ultimate Cheesecake	26/27	1/12 cake	400	per cheesecake	4800	●			
Cheese-Filled Cannoli Tray	26/27	each	310			●		●	
Apple Crumb Pie	26/27	1/10 pie	300	per pie	3000	●		●	
Apple Pie	26/27	1/10 pie	300	per pie	3000	●		●	●
Peanut Butter Pie	26/27	1/10 pie	500	per pie	5000				
Chocolate Cream Pie	26/27	1/12 pie	400	per pie	4800				
Fruit Tart - Round	26/27	1/6 tart	280	per tart	1680				
Fruit Tart - Rectangular	26/27	1/8 tart	340	per tart	2720				
Fruit Tart - Square	26/27	1/12 tart	280	per tart	3360				
Ultimate Cake - Carrot	26/27	1/14 cake	480	per cake	6720	●			
Ultimate Cake - Chocolate	26/27	1/20 cake	260	per cake	5200				
Ultimate Cake - White	26/27	1/14 cake	320	per cake	4480				
Ultimate Cake - Sheet Cake 1/4- White Cake w/Vanilla Icing	26/27	1/30 cake	320	per cake	9600				
Ultimate Cake - Sheet Cake 1/4- Chocolate Cake w/Chocolate Icing	26/27	1/40 cake	330	per cake	13200				
Cookie Cakes - 1/4	26/27	1/32 cake	140	per cake	4480				
12 Pack Cupcakes	26/27	each	360						