

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
Assorted Seafood Claw Tray	11/12	1/20 Tray	140				●		
Crab Claw Platter	11/12	1/18 Tray	110			●	●		
Shrimp & Crab Claw Tray	11/12	1/51 Tray	100			●	●		
Lobster Claw and Shrimp Platter	11/12	1 piece	30-50	1/12 Tray	120	●	●		
Ready to Bake Meat Lasagna	11/12	1 Piece	430	pan	5210	●			
Butternut Squash with Spinach & Craisins	11/12	4 oz	120	pan	1440	●	●	●	●
Asparagus with Lemon Zest	11/12	4 oz	80	pan	980	●	●	●	●
Parmesan Risotto	11/12	4 oz	170	pan	3500	●	●		
Sweet Potatoes Gratin	11/12	4 oz	170	pan	2040	●	●	●	
Honey Roasted Carrots	11/12	4 oz	110	pan	1260	●	●	●	
Herb Stuffing	11/12	4 oz	180	pan	3600	●			
Asparagus, Beet and Walnut Salad- Large	11/12	4 oz	120	bowl	2490				
Asparagus, Beet and Walnut Salad- Small	11/12	4 oz	130	bowl	1180				
Sliced Fruit Platter - Large	13	4 oz	50	tray	2380	●	●	●	●
Sliced Fruit Platter - Medium	13	4 oz	50	tray	1390	●	●	●	●
Sliced Fruit Platter - Small	13	4 oz	50	tray	870	●	●	●	●
Crudités Platter - Large	13	4 oz	25	tray	550	●	●	●	●
Crudités Platter - Medium	13	4 oz	25	tray	300	●	●	●	●
Fresh Fruit Tray - Large	13	4 oz	50	tray	2550	●	●	●	
Fresh Fruit Tray - Medium	13	4 oz	50	tray	1910	●	●	●	
Fresh Fruit Bowl	13	4 oz	50	bowl	830	●	●	●	●
Colorburst Vegetable Tray - Large	13	4 oz	30	tray	1160	●	●	●	
Colorburst Vegetable Tray - Medium	13	4 oz	30	tray	770	●	●	●	
Colorburst Vegetable Tray - Small	13	4 oz	30	tray	390	●	●	●	
Cheese & Fruit Tray - Large	13	3 oz	210	tray	7840	●	●		
Cheese & Fruit Tray - Medium	13	3 oz	200	tray	5870	●	●		
Cheese & Meat Tray - Large	13	3 oz	280	tray	8660		●		
Cheese & Meat Tray - Medium	13	3 oz	270	tray	6620		●		
Mexican Fiesta Dip	13	5 oz	210	tray	2550	●	●	●	
Grilled Chicken and Monterey Jack Quesadilla Tray	13	per 2 pieces	320	tray	3320	●			
Grilled Vegetable Tray	13	4 oz	50	tray	1580	●	●	●	●
Snackers Tray	13	3 oz	240	tray	9190		●		
Taste of the Season Appetizer Tray	14/15	3 oz	290	tray	5800		●		
European Classics Cheese Collection	14/15	3 oz	320	tray	6400	●	●		
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		●		

item description	page	serving size	calories	serving size	calories	Food You Feel Good About	Made with No Gluten-Containing Ingredients	Vegetarian	Vegan
Antipasto Tray - Medium	14/15	3 oz	240	tray	4560		●		
Mediterranean Medley	14/15	3 oz	140	tray	2800	●			
Cheese Collection from France	14/15	3 oz	300	tray	6100		●		
Italian Inspiration Cheese Collection	14/15	3 oz	300	tray	6000	●	●		
Singapore Noodle Salad with Chicken and Shrimp	16/17	4 oz	170	tray	2350	●	●		
Kung Pao Chicken with Lettuce Wraps	16/17	4 oz	180	tray	2690	●	●		
Kung Pao Shrimp with Lettuce Wraps	16/17	4 oz	120	tray	1800	●	●		
Tandoori Chicken Satay	16/17	1 piece	60	tray	1550	●	●		
Signature Steamed Dumplings	16/17	1 piece	40-50	tray	1920	●			
Thai Pork Spring Roll Party Tray	16/17	1 piece	80	tray	1860	●			
Asian Shrimp Appetizer Tray	16/17	1 piece	20-80	tray	2030	●			
Organic Asian Chicken Dumplings	16/17	1 piece	45	tray	2460	●			
Mango, Green Bean, & Farro Salad with Southeast Asian Vinaigrette	16/17	4 oz	110	tray	1810	●			
Asian Lettuce Wrap Parties	16/17								
Fresh Cooked Shrimp Platter - 80 count	16/17	1 piece	30	6 pieces	180	●	●		
Fresh Cooked Shrimp Platter - 60 count	16/17	1 piece	30	6 pieces	180	●	●		
Shrimp Tray - 40 count	16/17	1 piece	30	6 pieces	180	●	●		
Shrimp Tray - 24 ct	16/17	1 piece	30	6 pieces	180	●	●		
Sushi Celebration Tray	18/19	1 piece	30-60			●	●		
Sushi Sensation Tray	18/19	1 piece	25-80			●	●		
The Grand Sushi Tray	18/19	1 piece	30-60			●	●		
Sushi Veggie Garden Platter	18/19	1 piece	25-35			●	●	●	
Heart Sushi Tray	18/19	1 piece	25-35			●	●		
Sushi Favorites Tray	18/19	1 piece	30-60			●	●		
Sushi Deluxe Tray	18/19	1 piece	25-50			●	●		
Kids Like Sushi Too	18/19	1 piece	20-30			●	●		
Roasted Veggie Bites Sushi Tray	18/19	1 piece	15			●	●	●	●
Small Celebration Party Pack	18/19	1 piece	30-60			●	●		
Favorites Party Pack	18/19	1 piece	30-50			●	●		
Sushi Party Pack	18/19	1 piece	25-45			●	●		
King Salmon Party Pack	18/19	1 piece	35-60			●	●		
Sliced Beef Tenderloin Platter	20/21	8 oz	240	tray	2920				
Sliced Honey-Brined Turkey Breast Platter	20/21	8 oz	320	tray	4430		●		
Chicken Cutlet Platter	20/21	Per piece	230			●			
Ready-to-Bake Cheese Lasagna	20/21	1 piece	450	tray	5450	●		●	
Chicken Parmesan	20/21	1 piece	270			●			
Grilled Lemon Garlic Boneless Chicken Breast	20/21	1 piece	220			●	●		
Chicken French with Lemon Butter Sauce	20/21	1 piece	400			●			
Grilled Peruvian Style Chicken with Green Sauce	20/21	1 piece	350			●	●		
Pulled Pork with Slider Rolls	20/21	8 oz	350	Pork Only			●		
Meatloaf Sliders with Martin's Potato Dinner Rolls	20/21	per piece slider only	120			●			
Honey-Brined BBQ Roasted Chicken	20/21	8 oz	240	tray	3840	●	●		
Ready to Bake Lobster Mac & Cheese	20/21								
Penne Alfredo with Chicken & Peas	20/21	4 oz	150	tray	3470				
Macaroni & Cheese	20/21	4 oz	180	tray	3660				
Penne with Seasoned Tomato Sauce & Mozzarella	20/21	4 oz	120	pan	2350	●		●	
Cavatappi with Chicken & Vodka Blush Sauce	20/21	8 oz	300	tray	3070	●			
Potatoes Gratin	22/23	1 piece	180			●	●	●	
Seasoned Green Beans	22/23	4 oz	110	pan	1280	●	●	●	●
Roasted Vegetables	22/23	4 oz	80	pan	950	●	●	●	●
Sautéed Greens	22/23	4 oz	50	pan	580	●	●	●	●
Signature Whipped Potatoes	22/23	4 oz	150	pan	3100	●	●	●	
Seasoned Broccoli	22/23	4 oz	90	pan	1110	●	●	●	●
Roasted Red Potatoes	22/23	4 oz	110	pan	1380	●	●	●	●
Kale & Quinoa Cakes	22/23	1 piece	150			●	●	●	
Chiptole Corn Cakes	22/23	1 piece	150	pan	1800	●		●	
Roasted Cauliflower with Parmesan Cheese	22/23	4 oz	100	pan	1150	●	●		

item description	page	serving size	calories	serving size	calories	Food You Feel Good About	Made with No Gluten-Containing Ingredients	Vegetarian	Vegan
Baked Potato Salad	22/23	4 oz	220	pan	4380	●	●		
Penne with Mozzarella & Tomato Salad	22/23	4 oz	230	pan	4630	●		●	
Italian Style Pasta Salad	22/23	4 oz	190	pan	3760	●			
Roasted Corn and Bean Salad	22/23	4 oz	150	pan	1790	●	●	●	●
Claremont Salad	22/23	4 oz	90	pan	1020	●	●	●	●
Harvest Salad - Large	24/25	4 oz	200	bowl	3410		●		
Harvest Salad - Small	24/25	4 oz	200	bowl	1720		●		
Asian Sesame Salad w/Chicken - Large	24/25	4 oz	140	bowl	2660	●			
Asian Sesame Salad w/Chicken - Small	24/25	4 oz	140	bowl	1380	●			
Caprese Salad - Large	24/25	4 oz	110	bowl	1340	●	●	●	
Caprese Salad - Small	24/25	4 oz	110	bowl	670	●	●	●	
Caesar Salad - Large	24/25	4 oz	150	bowl	2090				
Caesar Salad - Small	24/25	4 oz	150	bowl	1040				
Caesar Salad with Chicken - Large	24/25	4 oz	140	bowl	2630				
Caesar Salad with Chicken - Small	24/25	4 oz	140	bowl	1310				
Pear & Provolone Salad - Large	24/25	4 oz	100	bowl	1610	●	●		
Pear & Provolone Salad - Small	24/25	4 oz	100	bowl	790	●	●		
Organic Berry Blast Salad - Large	24/25	4 oz	160	bowl	2210	●	●	●	
Organic Berry Blast Salad - Small	24/25	4 oz	170	bowl	1090	●	●	●	
Garden Salad - Large	24/25	4 oz	35	bowl	660	●	●	●	
Garden Salad - Small	24/25	4 oz	35	bowl	340	●	●	●	
Nature's Market Salad - Large	24/25	4 oz	160	bowl	4080	●	●	●	
Nature's Market Salad - Small	24/25	4 oz	140	bowl	1510	●	●	●	
Soups & Chili to Go - Assorted	24/25	8 oz	60-270	each	720-3240				
Mini Croissant Sandwich Tray - Medium	26	1 piece	120-200						
Mini Croissant Sandwich Tray - Large	26	1 piece	120-200						
Classic Sandwich Tray	26	1 piece	240-340						
Signature Sliced Wrap Tray - Large	26	1 piece	80-110						
Signature Sliced Wrap Tray - Medium	26	1 piece	80-110						
Pita Wedge Platter	26	1 piece	90-110						
Kids Finger Sandwich Tray	26	1 piece	90-110						
Wegmans Executive Tray - Large	26			tray	5710		●		
Wegmans Executive Tray - Medium	26			tray	3980		●		
Aristocrat Tray - Large	26			tray	5060		●		
Aristocrat Tray - Medium	26			tray	3320		●		
Roast Beef & Au Jus with Rolls	26	1 sandwich	340	tray	4040	●			
Wegmans Signature Organic Tray	26			tray	3580	●	●		
Sandwich Fixins Tray	26			4 oz	100	Y/N	Y/N	Y/N	Y/N
Artisan Roll Basket - 26 ct.	26			tray	4010	●			
Favorites Combo Tray	27	1 piece	320-525						
Super Party Hearty Tray	27	1 piece	350-450						
Sub Shop Wrap Tray	27		NA						
Three Sub Custom Tray	27		NA						
Four Sub Custom Tray	27		NA						
Party Hearty Tray	27	1 piece	350-400						
Sub Lover Tray	27	1 piece	320-370						
Super Sub Lovers Tray	27	1 piece	340-400						
Sub Shop Box Lunch	27		NA						
Focaccia Sampler Platter	28	1 piece	180-190			●			
Sheet Pizza - Cheese	28	1 slice	170			●		●	
Breakfast Sheet Pizza - 32 Pieces	28	1 slice	220-240			●			
The Pizza Party	28					●			
The Combo Deal - 20 Wings	28								Wings Only
The Combo Deal - 50 Wings	28								Wings Only
Specialty Pizza - Large	28	1 slice	170-270			●			
Smoked Chicken Wings with Blue Cheese Dipping Sauce - 20 Pieces	28	1 piece	110			●	●		
Smoked Chicken Wings with Blue Cheese Dipping Sauce - 50 Pieces	28	1 piece	110			●	●		

item description	page	serving size	calories	serving size	calories	Food You Feel Good About	Made with No Gluten-Containing Ingredients	Vegetarian	Vegan
Smoked Chicken Wings with Blue Cheese Dipping Sauce - 100 Pieces	28	1 piece	110			●	●		
Jumbo Wings or Chicken Tenders - 20 Pieces	28	1 piece	90-160			●			
Boneless Chicken Bites - 30 Pieces	28	1 piece	60-70			●			
Jumbo Wings or Chicken Tenders - 50 Pieces	28	1 piece	90-160			●			
Boneless Chicken Bites - 75 Pieces	28	1 piece	60-70			●			
Jumbo Wings or Chicken Tenders - 100 Pieces	28	1 piece	90-160			●			
Boneless Chicken Bites -150 Pieces	28	1 piece	60-70			●			
Smoked Salmon Platter	29	3 oz	45	tray	580	●	●		
Petite Pastries Tray	29	each	120			●			
Coffee Cake Tray	29	slice	170			●			
Java Box - Coffee & Tea	29	8 oz	0	Box	0	●	●	●	●
Java Box - Hot Chocolate	29	8 oz	140	box	1680	●	●	●	●
Cold Brew Java Box	29	8 oz	0	Box	0	●	●	●	●
Sliced Fruit Platter - Small	29	4 oz	50	tray	870	●	●	●	●
Sliced Fruit Platter - Medium	29	4 oz	50	tray	1390	●	●	●	●
Sliced Fruit Platter - Large	29	4 oz	50	tray	2380	●	●	●	●
Bagel Tray	29	1 bagel & 6 grapes	300	tray	3890				
Breakfast Sheet Pizza - 32 Pieces	29	1 piece	220-240			●			
Christmas Tree Fruit Tart	30/31	1/6 tart	290	tart	1740			●	
3-Layer Gingerbread Cake	30/31	1/14 cake	250	cake	3500	●			
Apple	30/31	1/10 pie	300	pie	3000	●		●	●
Pumpkin	30/31	1/8 pie	300	pie	2400	●		●	
Pecan	30/31	1/8 pie	490	pie	3920	●		●	
Mini Cookie and Brownie Tray - Large	30/31			per tray	6640	●			
Mini Cookie and Brownie Tray - Small	30/31			per tray	3320	●			
Cream Puff & Éclair Tray	30/31			per tray	3020				
Cannoli Chips and Dip Tray	30/31	1/14 tray	410	per tray	5740	●		●	
Ultimate Chocolate Chip Cookie Tray - Large	30/31	each	140-190	per tray	7920	●		●	
Ultimate Chocolate Chip Cookie Tray - Small	30/31	each	140-190	per tray	3960	●		●	
2 lb. Assorted Cookie Tray	30/31			per tray	4050	●			
Dessert Bar Tray	30/31			per tray	2860				
Signature Mini Dessert Tray - 30 piece	30/31			per tray	5640				
Mini Dessert Tray - 14 piece	30/31			per tray	1970				
Assorted Dessert Tray	30/31			per tray	7500				
French Macaron Tray	30/31	2 cookies	110	per tray	2640	●	●		
Mini Cookie Tray	30/31	2 cookies	120	per tray	5260	●			
Ultimate Cheesecake	30/31	1/12 cake	400	per cheese-cake	4800	●			
Cheese-Filled Cannoli Tray	30/31	each	310			●		●	
Apple Crumb Pie	30/31	1/10 pie	300	per pie	3000	●		●	
Apple Pie	30/31	1/10 pie	300	per pie	3000	●		●	●
Peanut Butter Pie	30/31	1/10 pie	500	per pie	5000				
Chocolate Cream Pie	30/31	1/12 pie	400	per pie	4800				
Fruit Tart - Round	30/31	1/6 tart	280	per tart	1680				
Fruit Tart - Rectangular	30/31	1/8 tart	340	per tart	2720				
Fruit Tart - Square	30/31	1/12 tart	280	per tart	3360				
Ultimate Cake - Carrot	30/31	1/14 cake	480	per cake	6720	●			
Ultimate Cake - Chocolate	30/31	1/20 cake	260	per cake	5200				
Ultimate Cake - White	30/31	1/14 cake	320	per cake	4480				
Ultimate Cake - Sheet Cake 1/4- White Cake w/Vanilla Icing	30/31	1/30 cake	320	per cake	9600				
Ultimate Cake - Sheet Cake 1/4- Chocolate Cake w/Chocolate Icing	30/31	1/40 cake	330	per cake	13200				
Cookie Cakes - 1/4	30/31	1/32 cake	140	per cake	4480				
12 Pack Cupcakes	30/31	each	360						
Create a Cake	30/31	Custom Orders Only							

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