

# Restaurant Foods Nutrition Facts



Cold Vegetarian Bar	Serving Size	Calories	Total Fat		Saturated Fat		Trans Fat	Cholesterol		Sodium		Total Carbohydrates		Dietary Fiber		Sugar	Added Sugar		Protein	Vitamin D	Calcium	Iron	Potassium
	(g)		(g)	(%DV)	(g)	(%DV)	(g)	(mg)	(%DV)	(mg)	(%DV)	(g)	(%DV)	(g)	(%DV)	(g)	(g)	(%DV)	(g)	(%DV)	(%DV)	(%DV)	(%DV)
Artichoke Flan	1 Each (3.5 oz)	200	18	23	10	50	0	115	38	320	14	4	1	0	0	2	0	0	4	0	4	0	0
Asparagus, Jicama, Red Pepper and Roasted Corn	4 oz (113g)	90	6	8	1	5	0	0	0	390	17	10	4	2	7	2	0	0	2	0	2	6	4
BBQ Corn	4 oz (113g)	130	4.5	6	0.5	3	0	0	0	740	32	22	8	2	7	3	0	0	3	0	0	0	4
Braised Collard Greens	4 oz (113g)	70	3	4	0	2	0	0	0	410	18	9	3	3	11	4	0	0	2	0	8	6	4
Braised Mushrooms w/Jalapeños	4 oz (113g)	60	4	5	0.5	3	0	0	0	230	10	7	3	1	4	2	0	0	2	0	2	0	8
Braised Red Cabbage	4 oz (113g)	70	2	2	0	1	0	0	0	330	14	13	5	2	6	9	0	0	1	0	2	4	4
Broccoletti	4 oz (113g)	30	0	0	0	0	0	0	0	260	11	6	2	3	11	2	0	0	3	0	4	6	8
Butternut Squash with Baby Spinach and Craisins	4 oz (113g)	120	8	10	1	5	0	0	0	220	10	12	4	3	11	5	0	0	1	0	4	6	6
Chicken-less Parmesan	1 Piece w/Sauce (281g)	450	19	24	4.5	23	0	75	25	1350	59	41	15	2	7	5	0	0	30	0	15	20	8
Corn and Leek Flan	1 Each (3.5 oz) (90g)	220	19	24	10	50	0	130	43	300	13	7	3	0	0	3	0	0	5	0	4	6	2
Cranberry Beets	4 oz (113g)	80	0	0	0	0	0	0	0	200	9	18	7	0	0	15	0	0	2	0	4	8	6
Farro w/Mushrooms & Roasted Tomatoes	4 oz (113g)	110	2.5	3	0	0	0	0	0	380	17	18	7	2	7	1	0	0	4	0	2	6	4
Farro w/Lemon & Artichokes	4 oz (113g)	120	3	4	0	0	0	0	0	370	16	19	7	3	11	1	0	0	4	0	2	6	2

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Green Beans and Roasted Corn	4 oz (113g)	90	4	5	0.5	3	0	0	0	360	16	13	5	1	4	3	0	0	2	0	2	6	2
Greens & Beans	4 oz (113g)	45	1.5	2	0	0	0	0	0	390	17	7	3	2	7	1	0	0	2	0	4	6	4
Grilled Vegetables	4 oz (113g)	45	2.5	3	0	2	0	0	0	150	7	6	2	2	7	3	0	0	2	0	2	2	6
Honey Roasted Carrots	4 oz (113g)	110	7	9	1	5	0	0	0	105	5	12	4	3	11	7	2	4	1	0	2	0	8
Honey Roasted Root Vegetables	4 oz (113g)	90	4	5	0.5	3	0	0	0	210	9	12	4	3	11	6	1	2	1	0	2	0	8
Kale and Quinoa Cakes	1 Each (85g)	130	8	10	0.5	3	0	35	12	80	3	12	4	1	4	3	1	2	4	0	4	6	4
Moroccan Veggie Stew	4 oz (113g)	80	2.5	3	0	0	0	0	0	320	14	12	4	1	4	6	0	0	2	0	2	6	2
Mushroom Flan	1 Each (117g)	150	13	17	6	30	0	65	22	350	15	5	2	0	0	3	0	0	4	0	2	6	6
Mushroom Risotto Cakes	1 Each (88g)	120	4	5	2	10	0	10	3	200	9	17	6	1	4	1	0	0	5	0	8	0	2
Mushrooms & Leeks	4 oz (113g)	50	3	4	0	0	0	0	0	270	12	4	1	1	4	3	0	0	3	0	0	6	6
Oven Roasted Mushrooms w/Black Truffle Oil	4 oz (113g)	100	9	12	1	5	0	0	0	340	15	5	2	1	4	3	0	0	3	0	2	6	15
Oven Roasted Tomatoes w/Balsamic & Queso Fresco	1 Each (1.5 oz)	20	1	1	0.5	3	0	0	0	30	1	2	1	1	4	1	0	0	1	0	2	0	2
Pomegranate Blueberry Glazed Beets	4 oz (113g)	90	4	5	0.5	3	0	0	0	300	13	14	5	0	0	11	0	0	2	0	4	10	8
Portabella Mushroom Parmesan	1 Each (4 oz)	170	10	13	1.5	8	0	5	2	590	26	22	8	2	7	3	0	0	6	0	6	10	8
Potato Gratin	1 Each (100g)	180	12	15	8	40	0	40	13	380	17	14	5	1	4	0	0	0	4	0	8	0	4
Roasted Acorn Squash w/Pumpkin Seed Oil	4 oz (113g)	320	29	37	5	25	0	0	0	1690	73	13	5	2	7	3	0	0	3	0	4	10	8

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Roasted Asparagus	4 oz (113g)	40	1.5	2	0	1	0	0	0	130	6	5	2	2	7	2	0	0	3	0	2	15	0
Roasted Baby Potatoes	4 oz (113g)	90	1.5	2	0	0	0	0	0	520	23	20	7	2	7	0	0	0	2	0	6	6	0
Roasted Brussel Sprouts & Delicata Squash	4 oz (113g)	110	9	12	1.5	8	0	0	0	170	7	8	3	1	4	3	0	0	2	0	2	6	4
Roasted Brussels Sprouts	4 oz (113g)	100	6	8	1	4	0	0	0	260	11	8	3	0	0	3	0	0	3	0	2	0	0
Roasted Butternut Squash	4 oz (113g)	90	5	6	1	5	0	0	0	170	7	12	4	2	7	2	0	0	1	0	4	6	8
Roasted Carrots and Cashews	4 oz (113g)	110	5	6	1	3	0	0	0	230	10	15	5	3	11	9	3	6	2	0	2	6	6
Roasted Cauliflower & Delicata Squash	4 oz (113g)	80	6	8	1	5	0	0	0	160	7	7	3	1	4	3	0	0	2	0	2	6	4
Roasted Cauliflower & Butternut Squash Noodles	4 oz (113g)	130	12	15	1.5	8	0	0	0	290	13	3	1	0	0	2	0	0	2	0	2	6	0
Roasted Cauliflower	4 oz (113g)	70	6	7	1	4	0	0	0	290	13	5	2	2	8	2	0	0	2	0	2	4	6
Roasted Eggplant w/Pesto	4 oz (113g)	90	7	9	1	5	0	0	0	270	12	6	2	3	11	3	0	0	1	0	2	0	4
Roasted Mini Sweet Peppers	4 oz (113g)	60	2.5	3	0	0	0	0	0	260	11	6	2	1	4	4	0	0	1	0	0	6	0
Roasted Mushrooms	4 oz (113g)	90	7	9	1	5	0	0	0	330	14	6	2	2	7	4	0	0	3	0	2	0	10
Roasted Potatoes w/Rosemary & Garlic	4 oz (113g)	140	7	9	1	5	0	0	0	240	10	19	7	0	0	0	0	0	3	0	0	6	0
Roasted Red Potatoes	4 oz (113g)	110	4.5	6	0.5	3	0	0	0	240	10	17	6	2	7	1	0	0	2	0	0	6	10
Roasted Vegetables	4 oz (113g)	100	5	6	1	5	0	0	0	650	28	13	5	4	14	7	0	0	2	0	4	6	10
Roasted Yams	4 oz (113g)	140	5	7	1	4	0	0	0	105	4	22	8	4	13	7	0	0	2	0	4	4	10

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Roasted Zucchini w/Tomato Basil	4 oz (113g)	35	2.5	3	0	0	0	0	0	210	9	3	1	1	4	3	0	0	1	0	2	6	4
Roasted Zucchini	4 oz (113g)	50	4.5	6	0.5	3	0	0	0	270	12	3	1	1	4	2	0	0	1	0	2	6	6
Sautéed Greens	4 oz (113g)	100	6	8	1	5	0	5	2	390	17	6	2	7	25	2	0	0	2	0	10	6	6
Seasoned Broccoli	4 oz (113g)	90	7	9	1	5	0	0	0	450	20	5	2	2	7	2	0	0	3	0	4	6	8
Seasoned Green Beans	4 oz (113g)	110	8	10	1	5	0	0	0	500	22	8	3	3	11	4	0	0	2	0	4	6	4
Shaved Brussel Sprouts & Shallots	4 oz (113g)	100	6	8	1	5	0	0	0	150	7	10	4	4	14	3	0	0	4	0	4	10	8
Spinach and Feta Flan	1 Each (4.5 oz)	240	20	26	11	55	0	125	42	390	17	8	3	0	0	2	0	0	7	6	8	6	2
Sweet Potato Gratin	1 Each (3.5 oz)	110	9	12	6	30	0	25	8	280	12	7	3	1	4	3	0	0	2	0	6	0	2
Tuscan Garbanzo Beans & Kale	4 oz (113g)	80	2.5	3	0	0	0	0	0	390	17	10	4	1	4	2	0	0	2	0	2	6	4
Tuscan Roasted Cauliflower	4 oz (113g)	60	3.5	4	0.5	0	0	0	0	110	5	6	2	2	7	2	0	0	2	0	2	6	6
Tuscan Style Roasted Squash & Kale	4 oz (113g)	100	6	8	0.5	3	0	0	0	115	5	9	3	0	0	2	0	0	2	0	2	6	0
Vegetarian Oyster Sauce	1 oz (28g)	35	0	0	0	0	0	0	0	690	30	9	3	0	0	6	6	12	0	0	0	0	0

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