

Restaurant Foods Nutrition Facts

Coffee Shop Breakfast	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)
English Muffin Sandwiches	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Egg & Cheese	1 ea (160g)	370	19	24	7	35	0	230	77	770	33	33	12	2	7	2	0	0	18	6	20	15	2
Bacon, Egg & Cheese	1 ea (169g)	410	22	28	8	40	0	240	80	910	40	33	12	2	7	2	0	0	22	6	20	15	4
Sausage, Egg & Cheese	1 ea (210g)	570	39	50	14	70	0	265	88	1100	48	33	12	2	7	2	0	0	24	6	25	20	4
Croissant Sandwiches	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Egg & Cheese	1 ea (157g)	430	29	37	14	70	0	275	92	720	31	27	10	2	7	5	3	6	17	25	15	10	2
Bacon, Egg & Cheese	1 ea (166g)	470	32	41	15	75	0	285	95	860	37	27	10	2	7	5	3	6	21	25	15	10	4
Sausage, Egg & Cheese	1 ea (208g)	630	49	63	21	105	0	310	103	1050	46	27	10	2	7	5	3	6	23	25	20	15	4
Individual Sandwich Components	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
American Cheese	1 Slice (21g)	80	6	8	4.5	23	0	20	7	270	12	1	0	0	0	0	0	0	5	0	10	0	0
Bacon	1 Slice (9g)	45	3	4	1	5	0	10	3	135	6	0	0	0	0	0	0	0	4	0	0	0	2
Croissant	1 ea (62g)	210	12	15	7	35	0	45	15	180	8	23	8	1	4	4	3	6	4	20	2	6	0
English Muffin	1 ea (65g)	150	1.5	2	0	0	0	0	0	230	10	29	11	1	4	1	0	0	5	0	6	10	0
Sausage Patty	1 ea (51g)	210	20	26	7	35	0	40	13	330	14	1	0	0	0	0	0	0	7	0	2	6	2
Scrambled Egg Patty	1 ea (74g)	140	11	14	2	10	0	210	70	270	12	3	1	1	4	1	0	0	8	6	4	6	2
Hot Oatmeal	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Organic Apple Cinnamon	1 ea (278g)	300	4	5	0	0	0	0	0	150	7	62	23	6	21	24	22	44	8	0	0	10	6
Organic Cinnamon Spice	1 ea (278g)	300	4	5	0	0	0	0	0	170	7	62	23	6	21	26	24	48	8	0	0	10	4
Organic Just Oats	1 ea (254g)	200	4	5	0	0	0	0	0	5	0	38	14	6	21	0	0	0	8	0	0	10	4
Organic Maple Brown Sugar	1 ea (278g)	300	4	5	0	0	0	0	0	170	7	62	23	6	21	26	24	48	8	0	0	10	4

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.