

Prepared Foods Nutrition Facts



COFFEE SHOP - BREAKFAST

Sandwiches

Plain English Muffin with Egg & Cheese	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)					
Egg & Cheese	1 ea (160g)	370	20	26	7	35	0	245	82	780	34	32	12	2	7	2	-	-	17	0	20	15	0
Egg White & Cheese	1 ea (136g)	260	8	10	4.5	23	0	20	7	650	28	32	12	2	7	1	-	-	15	0	15	10	0
Western Omelet & Cheese	1 ea (160g)	420	23	29	7	35	0	230	77	760	33	37	13	3	11	4	-	-	17	0	20	90	0
Plain English Muffin with Bacon, Egg & Cheese	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)					
Bacon, Egg & Cheese	1 ea (171g)	410	22	28	8	40	0	250	83	1060	46	33	12	2	7	3	-	-	19	0	20	15	0
Bacon, Egg White & Cheese	1 ea (147g)	290	10	13	5	25	0	25	8	930	40	33	12	2	7	2	-	-	17	0	15	10	0
Bacon, Western Omelet & Cheese	1 ea (171g)	450	25	32	8	40	0	230	77	1030	45	38	14	3	11	4	-	-	20	0	20	100	0
Plain English Muffin with Sausage, Egg & Cheese	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)					
Sausage, Egg & Cheese	1 ea (211g)	570	40	51	13	65	0	280	93	110	48	33	12	2	7	2	-	-	22	0	20	15	0
Sausage, Egg White & Cheese	1 ea (188g)	450	27	35	11	55	0	55	18	980	43	33	12	2	7	1	-	-	20	0	15	10	0
Sausage, Western Omelet & Cheese	1 ea (211g)	620	43	55	13	65	0	265	88	1090	47	38	14	3	11	4	-	-	23	0	20	100	0
Plain English Muffin with Turkey Sausage, Egg & Cheese	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)					
Turkey Sausage, Egg & Cheese	1 ea (200g)	420	21	27	7	35	0	275	92	1140	50	33	12	2	7	2	-	-	25	0	20	20	2
Turkey Sausage, Egg White & Cheese	1 ea (176g)	300	9	12	4.5	23	0	50	17	1010	44	32	12	2	7	2	-	-	23	0	15	15	2
Turkey Sausage, Western Omelet & Cheese	1 ea (200g)	460	24	31	7	35	0	260	87	1120	49	38	14	3	11	4	-	-	25	0	20	100	2

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

Updated: 7/13/2020

Prepared Foods Nutrition Facts



Whole Wheat English Muffin with Egg & Cheese	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)					
Egg & Cheese	1 ea (170g)	380	20	26	7	35	0	245	82	820	36	32	12	5	18	2	-	-	18	0	20	15	0
Egg White & Cheese	1 ea (146g)	270	8	10	4.5	23	0	20	7	690	30	32	12	5	18	1	-	-	16	0	15	10	0
Western Omelet & Cheese	1 ea (170g)	430	24	31	7	35	0	230	77	800	35	37	13	6	21	4	-	-	18	0	20	90	0
Whole Wheat English Muffin with Bacon, Egg & Cheese	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)					
Bacon, Egg & Cheese	1 ea (181g)	420	22	28	8	40	0	250	83	1100	48	33	12	5	18	3	-	-	20	0	20	15	0
Bacon, Egg White & Cheese	1 ea (157g)	300	10	13	5	25	0	25	8	970	42	33	12	5	18	2	-	-	18	0	15	10	0
Bacon, Western Omelet & Cheese	1 ea (181g)	460	26	33	8	40	0	230	77	1070	47	38	14	6	21	4	-	-	21	0	20	90	0
Whole Wheat English Muffin with Sausage, Egg & Cheese	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)					
Sausage, Egg & Cheese	1 ea (221g)	580	40	51	13	65	0	280	93	1150	50	33	12	5	18	2	-	-	23	0	20	15	0
Sausage, Egg White & Cheese	1 ea (198g)	460	28	36	11	55	0	55	18	1020	44	33	12	5	18	1	-	-	21	0	15	10	0
Sausage, Western Omelet & Cheese	1 ea (221g)	630	44	56	13	65	0	265	88	1130	49	38	14	6	21	4	-	-	24	0	20	90	0
Whole Wheat English Muffin with Turkey Sausage, Egg & Cheese	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)					
Turkey Sausage, Egg & Cheese	1 ea (210g)	430	21	27	7	35	0	275	92	1180	51	33	12	5	18	2	-	-	26	0	20	15	2
Turkey Sausage, Egg White & Cheese	1 ea (186g)	310	9	12	4.5	23	0	50	17	1050	46	32	12	5	18	2	-	-	24	0	15	10	2
Turkey Sausage, Western Omelet & Cheese	1 ea (210g)	470	25	32	7	35	0	260	87	1160	50	38	14	6	21	4	-	-	26	0	20	100	2

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

Updated: 7/13/2020

Prepared Foods Nutrition Facts



Croissant with Egg & Cheese	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)					
Egg & Cheese	1 ea (157g)	440	30	38	14	70	0	280	93	730	32	27	10	2	7	5	4	8	16	0	15	15	0
Egg White & Cheese	1 ea (134g)	320	18	23	12	60	0	55	18	600	26	26	9	1	4	4	4	8	14	0	10	10	0
Western Omelet & Cheese	1 ea (157g)	480	33	42	14	70	0	260	87	710	31	31	11	3	11	7	4	8	16	0	15	90	0
Croissant with Bacon, Egg & Cheese	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)					
Bacon, Egg & Cheese	1 ea (168g)	470	32	41	15	75	0	280	93	1010	44	28	10	2	7	6	4	8	18	0	15	15	0
Bacon, Egg White & Cheese	1 ea (145g)	360	20	26	12	60	0	55	18	880	38	27	10	1	4	5	4	8	16	0	10	10	0
Bacon, Western Omelet & Cheese	1 ea (168g)	520	36	46	15	75	0	265	88	980	43	32	12	3	11	7	4	8	19	0	15	100	0
Croissant with Sausage, Egg & Cheese	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)					
Sausage, Egg & Cheese	1 ea (209g)	640	50	64	21	105	0	315	105	1070	47	28	10	2	7	5	4	8	21	0	15	15	0
Sausage, Egg White & Cheese	1 ea (185g)	520	38	49	18	90	0	90	30	940	41	27	10	1	4	4	4	8	19	0	10	10	0
Sausage, Western Omelet & Cheese	1 ea (209g)	680	53	68	21	105	0	300	100	1040	45	32	12	3	11	7	4	8	22	0	15	100	0
Croissant with Turkey Sausage, Egg & Cheese	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)					
Turkey Sausage, Egg & Cheese	1 ea (197g)	490	31	40	14	70	0	310	103	1090	47	28	10	2	7	5	4	8	24	0	15	20	2
Turkey Sausage, Egg White & Cheese	1 ea (174g)	370	19	24	12	60	0	85	28	970	42	27	10	1	4	5	4	8	22	0	15	15	2
Turkey Sausage, Western Omelet & Cheese	1 ea (197g)	530	34	44	14	70	0	295	98	1070	47	32	12	3	11	7	4	8	24	0	15	100	2
Buttermilk Biscuit with Egg & Cheese	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)					
Egg & Cheese	1 ea (159g)	450	30	38	13	65	0	245	82	1160	50	29	11	2	7	3	-	-	16	0	20	15	0
Egg White & Cheese	1 ea (135g)	340	18	23	11	55	0	20	7	1030	45	29	11	2	7	2	-	-	14	0	15	10	0
Western Omelet & Cheese	1 ea (159g)	500	34	44	13	65	0	230	77	1140	50	34	12	3	11	5	-	-	16	0	20	90	0

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

Updated: 7/13/2020

Prepared Foods Nutrition Facts



Buttermilk Biscuit with Bacon, Egg & Cheese	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)					
Bacon, Egg & Cheese	1 ea (170g)	490	32	41	14	70	0	250	83	1440	63	30	11	2	7	4	-	-	18	0	20	15	0
Bacon, Egg White & Cheese	1 ea (146g)	370	20	26	11	55	0	25	8	1310	57	30	11	2	7	3	-	-	16	0	15	10	0
Bacon, Western Omelet & Cheese	1 ea (170g)	530	36	46	14	70	0	230	77	1410	61	35	13	3	11	5	-	-	19	0	20	90	0
Buttermilk Biscuit with Sausage, Egg & Cheese	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)					
Sausage, Egg & Cheese	1 ea (210g)	650	50	64	19	95	0	280	93	1490	65	30	11	2	7	3	-	-	21	0	20	15	0
Sausage, Egg White & Cheese	1 ea (187g)	530	38	49	17	85	0	55	18	1360	59	30	11	2	7	2	-	-	19	0	15	10	0
Sausage, Western Omelet & Cheese	1 ea (210g)	700	54	69	19	95	0	265	88	1470	64	35	13	3	11	5	-	-	22	0	20	90	0
Buttermilk Biscuit with Turkey Sausage, Egg & Cheese	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)					
Turkey Sausage, Egg & Cheese	1 ea (199g)	500	31	40	13	65	0	275	92	1520	66	30	11	2	7	3	-	-	24	0	20	15	2
Turkey Sausage, Egg White & Cheese	1 ea (175g)	380	19	24	11	55	0	50	17	1390	60	29	11	2	7	3	-	-	22	0	20	10	2
Turkey Sausage, Western Omelet & Cheese	1 ea (199g)	540	35	45	13	65	0	260	87	1500	65	35	13	3	11	5	-	-	24	0	20	100	2
Buttermilk Biscuit with Chicken	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)					
Chicken Biscuit	1 ea (179g)	450	20	26	8	40	0.5	45	15	1010	44	44	16	2	7	3	-	-	22	-	8	15	-
Individual Sandwich Components	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)					
Scrambled Egg Patty	1 ea (74g)	150	12	15	2.5	13	0	225	75	280	12	3	1	1	4	1	-	-	7	-	4	6	-
Egg White Patty	1 ea (50g)	30	0	0	0	0	0	0	0	150	7	2	1	1	4	0	0	0	5	-	0	0	-
Western Omelet Patty	1 ea (74g)	190	16	21	2.5	13	0	210	70	250	11	7	3	2	7	3	-	-	8	-	4	90	-
Bacon	1 Slice (11g)	35	2	3	1	5	0	5	2	280	12	1	0	0	0	1	-	-	3	-	0	0	-

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

Updated: 7/13/2020

Prepared Foods Nutrition Facts



Sausage Patty	1 ea (51g)	200	20	26	6	30	0	35	12	330	14	1	0	0	0	0	0	0	5	-	0	0	-
Turkey Sausage Patty	1 ea (40g)	45	1	1	0	0	0	30	10	360	16	1	0	0	0	0	0	0	8	0	0	6	2
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
Plain English Muffin	1 ea (65g)	150	1.5	2	0	0	0	0	0	230	10	29	11	1	4	1	-	-	5	-	4	10	-
Whole Wheat English Muffin	1 ea (75g)	160	2	3	0	0	0	0	0	270	12	29	11	4	14	1	-	-	6	-	4	6	-
Croissant	1 ea (62g)	220	12	15	7	35	0	35	12	180	8	23	8	1	4	4	4	8	4	0	0	10	0
Buttermilk Biscuit	1 ea (64g)	230	12	15	6	30	0	0	0	610	27	26	9	1	4	2	-	-	4	-	6	6	-

Oatmeal

Hot Oatmeal	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)	(%DV)	(%DV)	(%DV)	(%DV)	(%DV)
Organic Apple Cinnamon	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	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	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	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

Updated: 7/13/2020