

Restaurant Foods Nutrition Facts



FISH DINNERS	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)
Large Haddock	1 Piece (246g)	590	33	42	5	26	0	80	26	1110	48	40	15	0	0	1	0	0	28	4	2	4	10
Medium Haddock	1 Piece (108g)	260	15	19	2	11	0	30	11	500	22	18	6	0	0	0	0	0	12	0	0	2	4
Bronzed Tilapia	1 Piece (124g)	220	15	19	2.5	13	0	25	8	220	10	0	0	0	0	0	0	0	22	0	2	6	0
Martins Potato Roll	1 Roll (35g)	90	1.5	2	0	0	0	0	0	115	5	16	6	1	4	3	2	4	4	0	4	6	2
Cole Slaw	4 oz (113g)	260	24	31	3.5	18	0	25	8	240	10	12	4	2	7	8	6	12	2	0	10	6	4
Tartar Sauce	1 ea (21g)	100	11	14	2	10	0	10	3	150	7	1	0	0	0	0	0	0	0	0	0	0	0
Organic Ketchup	1 ea (9g)	10	0	0	0	0	0	0	0	90	4	3	1	0	0	2	2	4	0	0	0	0	0
Sub Roll	1 Roll (75g)	200	3.5	4	0.5	3	0	5	2	330	14	33	12	1	4	1	1	2	7	0	4	15	2
Lettuce	1 oz	5	0	0	0	0	0	0	0	0	0	1	0	0	0	1	0	0	0	0	0	0	0
Tomato	1 oz	5	0	0	0	0	0	0	0	0	0	1	0	0	0	1	0	0	0	0	0	0	2
French Fries	5 oz (142g)	290	19	24	6	30	0	0	0	440	19	33	12	3	11	2	0	0	3	0	2	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
Macaroni and Cheese	4 oz (113g)	180	9	11	4.5	23	0	20	7	320	14	18	7	1	2	2	0	0	7	2	10	6	2

Have questions or comments? Call Wegmans Consumer Affairs
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