

Sub Shop Nutrition Facts Builder



Bread	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)
White - Small	1 ea (83g)	190	2	3	0	0	0	5	2	370	16	35	13	1	4	0	0	0	7	0	0	10	2
White - Medium	1 ea (165g)	380	4	5	0	0	0	10	3	750	33	69	25	3	11	1	0	0	15	0	2	20	2
White - Large	1 ea (331g)	760	8	1	1	5	0	15	5	1500	65	139	51	5	18	1	1	2	29	0	2	50	6
White Sesame Seeded - Small	1 ea (86g)	210	3.5	4	0	0	0	5	2	370	16	35	13	2	7	0	0	0	8	0	4	10	2
White Sesame Seeded - Medium	1 ea (172g)	420	7	9	0	0	0	10	3	750	33	71	26	4	14	1	0	0	16	0	8	20	4
White Sesame Seeded - Large	1 ea (345g)	840	15	19	1	5	0	15	5	1500	65	142	52	8	29	1	1	2	32	0	15	50	6
White Everything - Small	1 ea (86g)	200	2.5	3	0	0	0	5	2	490	21	36	13	2	77	0	0	0	8	0	2	10	2
White Everything - Medium	1 ea (172g)	410	5	6	0	0	0	10	3	970	42	73	27	4	14	1	0	0	16	0	4	30	2
White Everything - Large	1 ea (345g)	810	11	14	1	5	0	15	5	1940	84	145	53	7	25	2	1	2	31	0	8	60	6
Wheat - Small	1 ea (71g)	180	2.5	3	0	0	0	0	0	350	15	30	11	0	0	5	0	0	7	0	2	6	0
Wheat - Medium	1 ea (142g)	350	5	6	1	5	0	0	0	700	30	61	22	0	0	10	0	0	15	0	2	10	0
Wheat - Large	1 ea (284g)	700	11	14	2	10	0	5	2	139	60	121	44	0	0	20	0	0	30	0	4	15	0
Ciabatta - Small	1 ea (72g)	160	0.5	1	0	0	0	0	0	380	17	33	12	2	7	1	0	0	6	0	0	10	2
Ciabatta - Medium	1 ea (144g)	320	1.5	2	0	0	0	0	0	760	33	67	24	4	14	1	0	0	13	0	2	30	2
Ciabatta - Large	1 ea (287g)	630	3	4	0.5	3	0	0	0	1530	67	133	48	7	25	3	0	0	25	6	2	50	4
Wrap - Wheat	1 ea (100g)	230	5	6	1	5	0	0	0	520	23	44	16	6	21	1	0	0	9	0	8	15	6
Wrap - Spinach	1 ea (100g)	260	5	6	1	5	0	0	0	520	23	48	17	2	7	1	0	0	8	0	8	15	2
Gluten Free Sub Roll	1 ea (153g)	410	14	18	1.5	8	0	0	0	510	22	64	23	1	4	4	3	6	6	0	2	10	2
Condiments	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)
Signature Oil - Small	.2 oz (6g)	40	4.5	6	0.5	3	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Signature Oil - Medium	.4 oz (11g)	80	9	12	1.5	8	0	0	0	10	0	0	0	0	0	0	0	0	0	0	0	0	0
Signature Oil - Large	.75 oz (21g)	150	17	22	3	15	0	0	0	15	1	0	0	0	0	0	0	0	0	0	0	0	0
Mustard, Organic Yellow - Small	.25 oz (7g)	0	0	0	0	0	0	0	0	115	5	0	0	0	0	0	0	0	0	0	0	0	0
Mustard, Organic Yellow - Medium	.5 oz (14g)	0	0	0	0	0	0	0	0	230	10	0	0	0	0	0	0	0	0	0	0	0	0
Mustard, Organic Yellow - Large	1 oz (28g)	0	0	0	0	0	0	0	0	450	20	0	0	0	0	0	0	0	0	0	0	0	0
Mustard, Honey - Small	.4 oz (11g)	35	0	0	0	0	0	0	0	55	2	7	3	0	0	7	7	14	0	0	0	0	0
Mustard, Honey - Medium	.75 oz (21g)	70	0	0	0	0	0	0	0	105	5	14	5	0	0	14	14	28	0	0	0	0	0
Mustard, Honey - Large	1.5 oz (43g)	140	0	0	0	0	0	0	0	210	9	27	10	0	0	27	27	54	0	0	0	0	0

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Mustard, Organic Spicy Brown - Small	.25 oz (7g)	5	0	0	0	0	0	0	0	110	5	0	0	0	0	0	0	0	0	0	0	0	0	0
Mustard, Organic Spicy Brown - Medium	.5 oz (14g)	10	1	1	0	0	0	0	0	220	10	1	0	0	0	0	0	0	1	0	0	0	0	0
Mustard, Organic Spicy Brown - Large	1 oz (28g)	25	1.5	2	0	0	0	0	0	450	20	1	0	1	4	0	0	0	1	0	2	0	0	0
Ranch Dressing - Small	.25 oz (7g)	25	2.5	3	0	0	0	5	2	95	4	1	0	0	0	0	0	0	0	0	0	0	0	0
Ranch Dressing - Medium	.5 oz (14g)	45	4.5	6	0	0	0	5	2	190	8	1	0	0	0	1	1	2	0	0	2	0	0	0
Ranch Dressing - Large	1 oz (28g)	90	9	12	1	5	0	10	3	380	17	2	1	0	0	2	1	2	0	0	2	0	0	0
Blue Cheese Dressing - Small	.4 oz (11g)	45	5	6	0.5	3	0	5	2	80	3	1	0	0	0	0	0	0	0	0	0	0	0	0
Blue Cheese Dressing - Medium	.8 oz (23g)	90	10	13	1.5	8	0	10	3	160	7	1	0	0	0	1	1	2	1	0	2	0	0	0
Blue Cheese Dressing - Large	1.6 oz (45g)	190	19	24	2.5	13	0	15	5	320	14	2	1	0	0	1	1	2	1	0	4	0	0	0
Mayonnaise - Small	.4 oz (11g)	80	9	12	1.5	8	0	10	3	55	2	0	0	0	0	0	0	0	0	0	0	0	0	0
Mayonnaise - Medium	.75 oz (21g)	160	17	22	3	15	0	15	5	105	5	0	0	0	0	0	0	0	0	0	0	0	0	0
Mayonnaise - Large	1.5 oz (43g)	320	33	42	6	30	0.5	30	10	210	9	0	0	0	0	0	0	0	1	0	0	0	0	0
Mayonnaise, Horseradish - Small	.25 oz (7g)	40	4.5	6	0.5	3	0	5	2	25	1	0	0	0	0	0	0	0	0	0	0	0	0	0
Mayonnaise, Horseradish - Medium	.5 oz (14g)	80	9	12	1.5	8	0	10	3	50	2	1	0	0	0	0	0	0	0	0	0	0	0	0
Mayonnaise, Horseradish - Large	1 oz (28g)	160	17	22	3	15	0	15	5	105	5	1	0	0	0	0	0	0	0	0	0	0	0	0
Mayonnaise, Spicy Sriracha - Small	.25 oz (7g)	40	4	5	0.5	3	0	0	0	75	3	1	0	0	0	1	0	0	0	0	0	0	0	0
Mayonnaise, Spicy Sriracha - Medium	.5 oz (14g)	80	8	10	1	5	0	5	2	150	7	1	0	0	0	1	0	0	0	0	0	0	0	0
Mayonnaise, Spicy Sriracha - Large	1 oz (28g)	150	16	21	2.5	13	0	10	3	300	13	3	1	0	0	2	1	2	0	0	0	0	0	0
Buffalo Sauce - Small	.5 oz (28g)	30	3	4	0	0	0	0	0	300	13	0	0	0	0	0	0	0	0	0	0	0	0	0
Buffalo Sauce - Medium	1 oz (57g)	60	6	8	0.5	3	0	0	0	600	26	1	0	0	0	0	0	0	0	0	0	0	0	0
Buffalo Sauce - Large	2 oz (113g)	110	12	15	1	5	0	0	0	1210	53	2	1	1	4	1	0	0	1	0	0	0	0	2
Seasoned Tomato Sauce - Small	1 oz (28g)	15	0.5	1	0	0	0	0	0	120	5	2	1	0	0	1	0	0	0	0	2	0	2	2
Seasoned Tomato Sauce - Medium	2 oz (57g)	30	1	1	0	0	0	0	0	240	10	4	1	1	4	2	0	0	1	0	4	0	4	4
Seasoned Tomato Sauce - Large	4 oz (113g)	60	2.5	3	0	0	0	0	0	480	21	8	3	2	7	5	0	0	2	0	6	6	8	8
Hot Pepper Spread - Small	.25 oz (7g)	0	0	0	0	0	0	0	0	100	4	0	0	0	0	0	0	0	0	0	0	0	0	0
Hot Pepper Spread - Medium	.5 oz (14g)	5	0	0	0	0	0	0	0	200	9	1	0	0	0	0	0	0	0	0	0	0	0	0
Hot Pepper Spread - Large	1 oz (28g)	5	0	0	0	0	0	0	0	390	17	1	0	1	4	1	0	0	1	0	0	0	0	0

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Toppings	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)
Lettuce, Shredded - Small	.75 oz (21g)	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Lettuce, Shredded - Medium	1.5 oz (43g)	5	0	0	0	0	0	0	0	0	0	1	0	0	0	1	0	0	0	0	0	0	2
Lettuce, Shredded - Large	3 oz (85g)	15	0	0	0	0	0	0	0	0	0	2	1	1	4	2	0	0	1	0	2	0	2
Lettuce, Organic Green Leaf Blend - Small	.75 oz (21g)	5	0	0	0	0	0	0	0	20	1	1	0	0	0	0	0	0	0	0	2	0	0
Lettuce, Organic Green Leaf Blend - Medium	1.5 oz (43g)	10	0	0	0	0	0	0	0	35	2	2	1	0	0	1	0	0	1	0	2	6	2
Lettuce, Organic Green Leaf Blend - Large	3 oz (85g)	20	0	0	0	0	0	0	0	70	3	4	1	1	4	1	0	0	1	0	4	6	2
Tomato - Small	.75 (21g)	5	0	0	0	0	0	0	0	0	0	1	0	0	0	1	0	0	0	0	0	0	2
Tomato - Medium	1.5 oz (43g)	10	0	0	0	0	0	0	0	0	0	2	1	1	4	1	0	0	0	0	0	0	2
Tomato - Large	3 oz (85g)	15	0	0	0	0	0	0	0	0	0	3	1	1	4	2	0	0	1	0	0	0	4
Onions - Small	.4 oz (11g)	5	0	0	0	0	0	0	0	0	0	1	0	0	0	0	0	0	0	0	0	0	0
Onions - Medium	.75 oz (21g)	10	0	0	0	0	0	0	0	0	0	2	1	0	0	1	0	0	0	0	0	0	0
Onions - Large	1.5 oz (43g)	15	0	0	0	0	0	0	0	0	0	4	1	1	4	2	0	0	0	0	0	0	2
Sweet Peppers - Small	.75 oz (21g)	5	0	0	0	0	0	0	0	60	3	1	0	0	0	1	0	0	0	0	0	0	0
Sweet Peppers - Medium	1.5 oz (43g)	10	0	0	0	0	0	0	0	120	5	3	1	1	4	1	0	0	0	0	2	0	0
Sweet Peppers - Large	3 oz (85g)	15	0	0	0	0	0	0	0	240	10	5	2	1	4	3	1	2	1	0	2	0	2
Banana Peppers - Small	.4 oz (11g)	0	0	0	0	0	0	0	0	115	5	0	0	0	0	0	0	0	0	0	0	0	0
Banana Peppers - Medium	.75 oz (21g)	5	0	0	0	0	0	0	0	210	9	1	0	0	0	0	0	0	0	0	2	0	0
Banana Peppers - Large	1.5 oz (43g)	10	0	0	0	0	0	0	0	430	19	2	1	1	4	0	0	0	0	0	2	0	2
Dill Pickles - Small	.437 oz (12g)	5	0	0	0	0	0	0	0	115	5	0	0	1	4	0	0	0	0	0	0	0	0
Dill Pickles - Medium	.875 oz (25g)	10	0	0	0	0	0	0	0	230	10	0	0	2	7	0	0	0	0	0	0	0	0
Dill Pickles - Large	1.75 oz (50g)	15	0	0	0	0	0	0	0	460	20	0	0	3	11	0	0	0	0	0	0	0	0
Cucumbers - Small	.5 oz (14g)	0	0	0	0	0	0	0	0	0	0	1	0	0	0	0	0	0	0	0	0	0	0
Cucumbers - Medium	1 oz (28g)	5	0	0	0	0	0	0	0	0	0	1	0	0	0	0	0	0	0	0	0	0	0
Cucumbers - Large	2 oz (57g)	10	0	0	0	0	0	0	0	0	0	2	1	0	0	1	0	0	0	0	0	0	2
Black Olives - Small	.5 oz (14g)	25	3	4	0	0	0	0	0	110	5	1	0	0	0	0	0	0	0	0	0	6	0
Black Olives - Medium	1 oz (28g)	45	6	8	0.5	3	0	0	0	220	10	2	1	1	4	0	0	0	0	0	2	10	0
Black Olives - Large	2 oz (57g)	90	11	14	1.5	8	0	0	0	430	19	3	1	2	7	0	0	0	1	0	4	30	0

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Proteins	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)
Turkey - Small	2 oz (57g)	50	0.5	1	0	0	0	20	7	470	20	1	0	0	0	0	0	0	10	0	0	0	10
Turkey - Medium	4 oz (113g)	100	1	1	0	0	0	40	13	930	40	2	1	0	0	0	0	0	20	0	0	0	20
Turkey - Large	8 oz (227g)	200	2	3	0	0	0	80	27	1860	81	4	1	0	0	0	0	0	40	0	0	0	40
Roast Beef - Small	2 oz (57g)	80	2	3	0.5	3	0	35	12	330	14	1	0	0	0	1	-	-	14	-	0	6	-
Roast Beef - Medium	4 oz (113g)	160	4	5	1	5	0	70	23	670	29	2	1	0	0	1	-	-	28	-	0	15	-
Roast Beef - Large	8 oz (227g)	320	8	10	2	10	0	140	47	1340	58	4	1	0	0	2	-	-	57	-	0	35	-
Ham - Small	2 oz (57g)	50	2	3	1	5	0	30	10	430	19	1	0	0	0	1	-	-	9	-	0	0	8
Ham - Medium	4 oz (113g)	100	4	5	2	10	0	60	20	850	37	1	0	0	0	1	-	-	18	-	0	6	15
Ham - Large	8 oz (227g)	200	8	10	4	20	0	120	40	1700	74	2	1	0	0	2	-	-	36	-	0	10	35
Salami - Small	2 oz (57g)	200	18	23	9	45	0	60	20	850	37	2	1	0	0	1	1	2	10	0	2	35	4
Salami - Medium	4 oz (113g)	400	36	46	17	85	0	120	40	1700	74	4	1	0	0	2	2	4	20	0	4	70	8
Salami - Large	8 oz (227g)	810	73	94	34	170	0	245	82	3400	148	8	3	0	0	5	5	10	40	0	6	130	15
Capicola - Small	2 oz (57g)	110	7	9	1.5	8	0	50	17	610	27	1	0	0	0	0	0	0	11	6	2	6	4
Capicola - Medium	4 oz (113g)	220	14	18	3	15	0	100	33	1210	53	2	1	0	0	1	1	2	22	6	2	10	8
Capicola - Large	8 oz (227g)	450	28	36	6	30	0	200	67	2430	106	4	1	1	4	2	1	2	45	15	6	20	15
Spicy Ham - Small	2 oz (57g)	50	1	1	0.5	3	0	25	8	540	23	1	0	0	0	1	1	2	10	0	0	0	4
Spicy Ham - Medium	4 oz (113g)	100	2	3	1	5	0	50	17	1070	47	2	1	0	0	2	2	4	20	0	2	6	8
Spicy Ham - Large	8 oz (227g)	200	4	5	2	10	0	100	33	2150	93	4	1	0	0	5	5	10	40	6	2	10	15
Grilled Chicken Salad - Small	2 oz (57g)	150	12	15	2	10	0	40	13	240	10	2	1	0	0	0	-	-	8	-	4	0	-
Grilled Chicken Salad - Medium	4 oz (113g)	290	23	29	3.5	18	0	85	28	480	21	3	1	0	0	1	-	-	17	-	8	0	-
Grilled Chicken Salad - Large	8 oz (227g)	580	46	59	7	35	0	170	57	970	42	6	2	0	0	1	-	-	34	-	15	6	-
Grilled Lemon Garlic Chicken Breast - Small	2 oz (57g)	80	4.5	6	1	5	0	35	12	140	6	1	0	0	0	1	1	2	10	0	0	0	0
Grilled Lemon Garlic Chicken Breast - Medium	4 oz (113g)	170	9	12	2	10	0	65	22	280	12	2	1	0	0	1	1	2	21	0	0	0	0
Grilled Lemon Garlic Chicken Breast - Large	8 oz (227g)	330	18	23	4	20	0	135	45	550	24	3	1	0	0	3	3	6	41	0	0	0	0
Tuna Salad - Small	2 oz (57g)	110	8	10	1	5	0	20	7	120	5	0	0	0	0	0	0	0	10	0	0	6	2
Tuna Salad - Medium	4 oz (113g)	230	16	21	2.5	13	0	40	13	240	10	0	0	0	0	0	0	0	20	0	2	6	4
Tuna Salad - Large	8 oz (227g)	450	32	41	4.5	23	0	80	27	480	21	0	0	0	0	0	0	0	41	0	2	10	10
Chicken Tenders - Small	4 oz (113g)	170	3.5	4	0.5	3	0	45	15	670	29	17	6	0	0	1	-	-	19	-	2	6	-
Chicken Tenders - Medium	6 oz (170g)	260	5	6	1	5	0	65	22	1000	43	26	9	1	4	2	-	-	28	-	2	6	-
Chicken Tenders - Large	12 oz (340g)	520	11	14	2	10	0	130	43	2010	87	51	19	1	4	3	-	-	56	-	4	15	-
Meatballs - Small	3 oz (85g)	240	18	23	7	35	1	45	15	540	23	9	3	2	7	0	0	0	13	0	2	6	6

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Meatballs - Medium	6 oz (170g)	470	36	46	15	75	1.5	90	30	1070	47	17	6	5	18	0	0	0	25	0	4	15	15
Meatballs - Large	12 oz (340g)	950	72	92	29	145	3	180	60	2150	93	34	12	9	32	0	0	0	51	0	10	30	25
Roasted Red Pepper Hummus - Small	1 oz (28g)	60	3.5	4	0	0	0	0	0	95	4	6	2	2	7	1	0	0	2	0	2	10	2
Roasted Red Pepper Hummus - Medium	2 oz (57g)	110	7	9	0	0	0	0	0	190	8	11	4	4	14	2	0	0	4	0	2	15	4
Roasted Red Pepper Hummus - Large	4 oz (113g)	230	13	17	0	0	0	0	0	380	17	23	8	8	29	4	0	0	8	0	4	40	6
Applewood Bacon 1 Slice - Small	.38 oz (11g)	35	2	3	1	5	0	5	2	280	12	1	0	0	0	1	-	-	3	-	0	0	-
Applewood Bacon 2 Slices - Medium	.75 oz (22g)	70	4.5	6	1.5	8	0	5	2	550	24	2	1	0	0	2	-	-	5	-	0	0	-
Applewood Bacon 4 Slices - Large	1.5oz (44g)	140	9	12	3	15	0	10	3	110	48	4	1	0	0	4	-	-	10	-	0	6	-

"-" Nutrient not required per USDA Regulation

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)	(%DV)	(g)	(%DV)	(%DV)	(%DV)	(%DV)
American - Small	.75 oz (21g)	80	6	8	4.5	23	0	20	7	270	12	1	0	0	0	0	0	0	5	0	10	0	0
American - Medium	1.12 oz (32g)	110	9	12	7	35	0	30	10	410	18	1	0	0	0	0	0	0	7	0	15	0	0
American - Large	2.25 oz (64g)	230	18	23	14	70	0	55	18	820	36	2	1	0	0	0	0	0	14	0	30	0	2
Mozzarella - Small	.75 oz (21g)	60	4	5	2.5	13	0	15	5	140	6	1	0	0	0	0	0	0	5	0	10	0	0
Mozzarella - Medium	1.12 oz (32g)	90	6	8	4	20	0	25	8	210	9	2	1	0	0	0	0	0	8	0	15	0	2
Mozzarella - Large	2.25 oz (64g)	180	12	15	8	40	0	45	15	430	19	3	1	0	0	0	0	0	15	0	35	0	2
Pepper Jack - Small	.75 oz (16g)	80	6	8	4	20	0	20	7	135	6	0	0	0	0	0	0	0	5	25	10	0	0
Pepper Jack - Medium	1.12 oz (32g)	120	9	12	6	30	0	30	10	200	9	0	0	0	0	0	0	0	8	40	15	0	0
Pepper Jack - Large	2.25 oz (64g)	240	18	23	12	60	0	60	20	410	18	0	0	0	0	0	0	0	15	80	35	0	0
Provolone - Small	.5 oz (14g)	50	3.5	4	2.5	13	0	10	3	125	5	0	0	0	0	0	0	0	4	0	8	0	0
Provolone - Medium	.75 oz (21g)	80	5	6	4	20	0	15	5	190	8	0	0	0	0	0	0	0	5	0	10	0	0
Provolone - Large	1.5 oz (43g)	150	11	14	8	40	0	30	10	380	17	1	0	0	0	0	0	0	11	0	25	0	2
Swiss - Small	.75 oz (21g)	80	7	9	4	20	0	20	7	40	2	0	0	0	0	0	0	0	6	0	15	0	0
Swiss - Medium	1.12 oz (32g)	120	10	13	6	30	0	30	10	55	2	0	0	0	0	0	0	0	9	0	20	0	0
Swiss - Large	2.25 oz (64g)	250	21	27	11	55	0	55	18	115	5	0	0	0	0	0	0	0	18	0	45	0	0

Have questions or comments?
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