

# Restaurant Foods Nutrition Facts

<b>ASIAN FOOD &amp; BOWLS</b>	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)
<b>SIGNATURE BOWLS</b>	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Black Pepper Steak	1 Bowl (452g)	660	26	33	6	30	0	55	18	1890	82	81	29	3	11	13	9	18	25	0	8	30	15
Chicken & Broccoli (#25)	1 Bowl (438)	680	26	33	4.5	23	0	100	33	1580	69	81	29	3	11	13	9	18	24	2	6	25	20
Danny's Dangerously Delicious Chicken	1 Bowl (441g)	990	68	87	14	70	0	125	42	1320	57	63	23	4	14	9	5	10	33	0	10	10	15
Danny's Favorite Dan Dan Noodles w/ Pork	1 Bowl (551g)	1070	63	81	11	55	0	50	17	2110	92	83	30	2	7	10	7	14	41	0	15	35	20
Danny's Favorite Dan Dan Noodles w/ Tofu	1 Bowl (551g)	1020	58	74	8	40	0	0	0	2500	109	85	31	4	14	9	6	12	38	0	15	35	15
General Tso Tofu	1 Bowl (509g)	740	36	46	4	20	0	0	0	1590	69	86	31	4	14	21	17	34	21	0	10	30	10
Harissa Chicken	1 Bowl (459g)	930	57	73	9	45	0	95	32	1080	47	74	27	8	29	8	0	0	34	0	8	35	20
Kung Pao Chicken	1 Bowl (456)	690	30	38	4.5	23	0	90	30	1030	45	77	28	6	21	10	4	8	29	2	10	30	20
Latin Chicken	1 Bowl (581g)	1120	66	85	17	85	0	140	47	1620	70	81	29	8	29	7	0	0	40	0	25	30	20
Latin Flank Steak	1 Bowl (581g)	1060	63	81	17	85	0	100	33	2080	90	85	31	8	29	8	1	2	32	0	25	35	20
Lemon Garlic Chicken	1 Bowl (431g)	700	33	42	5	25	0	75	25	1830	80	64	23	5	18	8	3	6	38	0	6	10	25
Shawarma w/ Chicken	1 Bowl (414g)	820	50	64	9	45	0	75	25	1310	57	60	22	4	14	6	0	0	33	0	10	10	15
Shawarma w/ Flank Steak	1 Bowl (414g)	830	54	69	11	55	0	65	22	1780	77	64	23	4	14	7	1	2	24	0	10	10	15
Teriyaki Black Pepper Salmon	1 Bowl (448g)	600	19	24	3.5	18	0	65	22	1890	82	74	27	2	7	16	13	26	31	70	10	20	20
Thai Yellow Curry Shrimp	1 Bowl (519g)	560	24	31	15	75	0	140	47	1460	63	63	23	2	7	9	3	6	24	0	8	20	15

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

<b>ASIAN FOOD &amp; BOWLS</b>	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)
Sesame Chicken	1 Bowl (468)	640	12	15	2.5	13	0	95	32	780	34	105	38	4	14	37	34	68	23	2	8	30	20
Vegan Harissa	1 Bowl (459g)	660	36	46	4.5	23	0	0	0	1150	50	77	28	11	39	10	0	0	13	0	8	35	20
<b>CYO PROTEIN</b>	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Salt & Pepper Atlantic Salmon	4.75 oz (135g)	270	19	24	3.5	18	0	65	22	800	35	0	0	0	0	0	0	0	24	70	0	0	10
Salt & Pepper Chicken Breast	4 oz (113g)	310	22	28	4	20	0	60	20	250	11	2	1	0	0	0	0	0	23	0	0	4	6
Salt & Pepper Chicken Thighs	4 oz (113g)	370	29	37	6	30	0	95	32	250	11	2	1	0	0	0	0	0	23	0	0	4	6
Salt & Pepper Flank Steak	4 oz (113g)	320	26	33	5	25	0	50	17	710	31	6	2	0	0	1	1	2	14	0	2	6	4
Salt & Pepper Shrimp	4 oz (113g)	130	5	6	0.5	3	0	160	53	970	42	4	1	0	0	0	0	0	19	0	4	6	4
Salt & Pepper Tofu	4 oz (113g)	210	16	21	2.5	13	0	0	0	870	38	6	2	3	11	0	0	0	13	0	2	10	0
Za'atar Roasted Eggplant & Cauliflower	4 oz (113g)	100	8	10	1	5	0	0	0	330	14	6	2	2	7	3	0	0	1	0	2	2	6
<b>CYO SAUCES</b>	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Cilantro Lime Green Sauce	2 oz (57g)	260	27	35	4	20	0	25	8	340	15	2	1	0	0	1	1	2	1	0	4	2	2
Garlic Aioli	2 oz (57g)	320	33	42	6	30	0	25	8	230	10	4	1	0	0	1	0	0	1	0	2	2	0
Harissa Vinaigrette	2 oz (57g)	110	11	14	1.5	8	0	0	0	390	17	3	1	1	4	1	0	0	0	0	0	0	2
Shawarma Sauce	2 oz (57g)	90	9	12	1.5	8	0	0	0	520	23	2	1	1	4	1	0	0	1	0	0	0	0
Spicy Szechuan Sauce	2 oz (57g)	150	12	15	2.5	13	0	0	0	860	37	7	3	0	0	4	3	6	2	0	0	0	4
Teriyaki Black Pepper Sauce	2 oz (57g)	80	0	0	0	0	0	0	0	1110	48	19	7	0	0	15	14	28	1	0	0	0	2
Thinned Tzatziki	2 oz (57g)	80	7	9	1.5	8	0	10	3	250	11	3	1	0	0	0	0	0	2	0	2	0	0

<b>ASIAN FOOD &amp; BOWLS</b>	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)
<b>CYO BASE</b>	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Asian Stir Fried Vegetables	5 oz (142g)	130	4	5	0.5	3	0	0	0	570	25	18	7	5	18	11	7	14	3	0	2	6	6
Jasmine Rice	5 oz (142g)	240	0	0	0	0	0	0	0	0	0	52	19	0	0	0	0	0	4	0	0	15	0
Organic Baby Kale & Spinach	5 oz (142g)	60	1	1	0	0	0	0	0	80	3	9	3	5	18	2	0	0	6	0	15	15	15
Quinoa Brown Rice	5 oz (142g)	300	11	14	1.5	8	0	0	0	220	10	48	17	2	7	1	0	0	5	0	0	0	2
<b>CYO HOT VEGGIES</b>	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Asian Stir Fried Vegetables	3 oz (85g)	80	2.5	3	0	0	0	0	0	340	15	11	4	3	11	7	4	8	2	0	2	0	4
Carribeian Black Beans	3 oz (85g)	60	0	0	0	0	0	0	0	290	13	12	4	3	11	1	0	0	4	0	2	6	6
Stir Fried Broccoli	3 oz (85g)	45	3	4	0	0	0	0	0	120	5	4	1	2	7	1	0	0	2	0	4	6	6
<b>CYO TOPPINGS</b>	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Calabrian Feta	1.5 oz (43g)	90	6	8	3	15	0	15	5	410	18	3	1	0	0	1	0	0	6	0	10	0	2
Crumbled Feta	1 oz (28g)	70	4	5	2.5	13	0	15	5	350	15	2	1	0	0	1	0	0	6	0	8	0	6
Fire Roasted Corn	1 oz (28g)	30	1.5	2	0	0	0	0	0	110	5	5	2	1	4	2	0	0	1	0	0	0	0
Grape Tomatoes	1 oz (28g)	10	0	0	0	0	0	0	0	0	0	2	1	0	0	1	0	0	0	0	0	0	2
Guacamole	1.5 oz (43g)	90	7	9	1.5	8	0	0	0	210	9	3	1	2	7	1	0	0	0	0	0	0	2
Mini Cucumbers	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
Monterey Jack Cheese	1 oz (28g)	100	8	10	5	25	0	25	8	160	7	0	0	0	0	0	0	0	7	2	15	2	0
Original Hummus	1.5 oz (43g)	100	6	8	1	5	0	0	0	135	6	8	3	3	11	1	0	0	4	0	2	15	2

<b>ASIAN FOOD &amp; BOWLS</b>	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)
Pickled Red Onions	1 oz (28g)	10	0	0	0	0	0	0	0	5	0	3	1	0	0	1	0	0	0	0	0	0	0
Pico de Gallo	1 oz (28g)	10	0	0	0	0	0	0	0	100	4	1	0	0	0	1	0	0	0	0	0	0	2
Roasted Red Pepper Hummus	1.5 oz (43g)	90	5	6	0	0	0	0	0	140	6	9	3	2	7	2	0	0	3	0	2	15	2
Roasted Tomato Salsa	1 oz (28g)	10	0	0	0	0	0	0	0	240	10	2	1	1	4	1	0	0	0	0	0	0	2
Thinned Sour Cream	1 oz (28g)	45	4	5	2.5	13	0	10	3	10	0	1	0	0	0	1	0	0	1	0	2	0	0
<b>CYO ADD SIDES</b>	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Guacamole	3 oz (85g)	170	14	18	3	15	0	0	0	430	19	7	3	4	14	1	0	0	0	0	0	0	6
Original Hummus	3 oz (85g)	200	11	14	1.5	8	0	0	0	270	12	17	6	5	18	3	0	0	7	0	2	35	4
Pico de Gallo	3 oz (85g)	35	0	0	0	0	0	0	0	310	13	3	1	0	0	0	3	0	0	0	0	0	4
Roasted Red Pepper Hummus	3 oz (85g)	170	10	13	1	5	0	0	0	280	12	18	7	5	18	3	0	0	6	0	4	30	4