

Restaurant Foods Nutrition Facts

Fresh Salad Station Dressings & Salads	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)
Dressings	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Amore Caesar Dressing - <i>Regular Salad</i>	2 oz (57g)	280	29	37	4	20	0	25	8	670	29	1	0	0	0	0	0	0	2	0	6	0	0
Amore Caesar Dressing - <i>Small Salad</i>	1 oz (28g)	140	15	19	2	10	0	15	5	330	14	0	0	0	0	0	0	0	1	0	2	0	0
Asian Peanut Dressing	2 oz (57g)	100	5	6	1.5	8	0	0	0	320	14	13	5	1	4	10	9	18	2	0	0	0	2
Balsamic Vinaigrette, Organic	2 oz (57g)	280	29	37	3	15	0	0	0	290	13	1	0	0	0	7	7	14	0	0	0	0	0
Blue Cheese Dressing	2 oz (57g)	240	25	32	3	15	0	20	7	400	17	2	1	0	0	2	2	4	2	0	4	0	0
Buttermilk Ranch Dressing	2 oz (57g)	190	18	23	1.5	8	0	20	7	740	32	4	1	0	0	3	2	4	1	0	4	0	0
Curry Yogurt Dressing	2 oz (57g)	230	24	31	2	9	0	0	0	390	17	3	1	0	1	2	0	0	2	0	0	2	2
Greek Dressing	2 oz (57g)	220	21	27	2	10	0	0	0	620	27	4	1	1	4	2	1	2	2	0	2	6	2
Lime Vinaigrette	2 oz (57g)	230	20	26	2	10	0	0	0	200	9	12	4	0	0	10	10	20	0	0	0	0	0

Have questions or comments? Call Wegmans Consumer Care Center:
 1-800-WEGMANS (934-6267)
 Monday - Friday 8 AM – 7 PM ET
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Salads Includes Dressings	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Asian Sesame Salad with Asian Peanut Dressing	1 Each (278g)	410	24	31	4	20	0	0	0	450	20	40	15	7	25	13	7	14	11	0	15	30	15
Asian Sesame Salad with Chicken and Asian Peanut Dressing	1 Each (352g)	540	30	38	5	25	0	50	17	910	40	41	15	7	25	13	7	14	29	0	15	35	20
Bacon and Mushroom Caesar Salad with Caesar Dressing	1 Each (283g)	530	42	54	7	35	0	40	13	1230	53	24	9	3	11	5	1	2	14	0	15	15	15
Bacon and Mushroom Chicken Caesar Salad with Caesar Dressing	1 Each (357g)	660	48	62	8	40	0	90	30	1700	74	25	9	3	11	5	1	2	32	6	15	20	20
Cobb Salad with Blue Cheese Dressing	1 Each (307g)	450	38	49	9	45	0	205	68	880	38	11	4	3	11	6	2	4	16	0	15	10	10
Cobb Salad with Chicken and Blue Cheese Dressing	1 Each (381g)	580	44	56	10	50	0	255	85	1350	59	12	4	4	14	6	2	4	34	0	20	15	20
El Jefe with Peruvian Chicken, Guac & Lime Vinaigrette	1 Each (451)	640	39	50	7	35	0	80	27	1290	56	38	14	8	29	19	10	20	28	0	15	45	15
Greek Santorini Salad with Greek Dressing	1 Each (375g)	460	39	50	6	30	0	10	3	1590	69	17	6	6	21	8	1	2	10	0	10	10	15
Harvest Salad with Organic Balsamic Vinaigrette	1 Each (265g)	680	51	65	8	40	0	10	3	470	20	42	15	7	25	34	16	32	12	0	15	15	20
Nature's Market Salad with Curry Yogurt Dressing	1 Each (453g)	770	59	76	8	40	0	10	3	1760	77	39	14	12	43	10	0	0	25	0	20	30	25
Southwest Chicken Salad with Buttermilk Ranch Dressing	1 Each (376g)	440	29	37	4.5	23	0	80	27	1400	61	20	7	6	21	8	3	6	26	0	15	15	20
Salads Without Dressings	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Asian Sesame Salad without Dressing	1 Each	310	19	25	2.5	12	0	0	0	130	6	27	10	6	21	3	-2	-4	9	0	15	30	13
Asian Sesame Salad with Chicken and Asian Peanut Dressing	1 Each	440	25	32	3.5	17	0	50	17	590	26	28	10	6	21	3	-2	-4	12	0	15	35	18
Bacon and Mushroom Caesar Salad without Dressing	1 Each	250	13	17	3	15	0	15	5	560	24	23	9	3	11	5	1	2	12	0	9	15	15
Bacon and Mushroom Chicken Caesar Salad without Dressing	1 Each	380	19	25	4	20	0	65	22	1030	45	24	9	3	11	5	1	2	30	6	9	20	20
Cobb Salad without Dressing	1 Each	210	13	17	6	30	0	185	61	480	21	9	3	3	11	4	0	0	14	0	11	10	10
Cobb Salad with Chicken and Blue Cheese Dressing	1 Each	340	19	24	7	35	0	235	78	950	42	10	3	4	14	4	0	0	32	0	16	15	20
El Jefe Salad with Peruvian Chicken and Guac without Dressing	1 Each	410	19	24	5	25	0	80	27	1090	47	26	10	8	29	9	0	0	28	0	15	45	15

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Greek Santorini Salad without Dressing	1 Each	240	18	23	4	20	0	10	3	970	42	13	5	5	17	6	0	0	8	0	8	4	13
Harvest Salad without Dressing	1 Each	400	22	28	5	25	0	10	3	180	7	41	15	7	25	27	9	18	12	0	15	15	20
Nature's Market Salad without Dressing	1 Each	540	35	45	6	31	0	10	3	1370	60	36	13	12	42	8	0	0	23	0	20	28	23
Southwest Chicken Salad without Dressing	1 Each	250	11	14	3	15	0	60	20	660	29	16	6	6	21	5	1	2	25	0	11	15	20