

# Restaurant Foods Nutrition Facts



Fall 2021 Menu	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)
<b>Core Entrees</b>																							
BBQ Pulled Pork w/ Memphis BBQ Sauce	9 oz (255g)	330	10	13	3	15	0	100	33	2060	90	36	13	0	0	28	27	54	30	0	2	10	15
Chicken Cutlet w/ Lemon Wedge	1 Piece (5.5 oz)	310	17	22	3.5	18	0	80	27	390	17	15	5	0	0	4	0	0	24	0	4	6	8
Chicken French	9 oz (255g)	400	22	29	8	40	0	180	61	960	42	14	5	0	1	4	3	7	31	2	2	6	2
Chicken Parmesan	1 Piece (255g)	390	22	28	5	25	0	90	30	840	37	22	8	1	4	8	0	0	28	0	15	10	15
Grilled Lemon Garlic Chicken Breast	1 Piece (5.5 oz)	240	13	17	2.5	13	0	95	32	390	17	2	1	0	0	2	2	4	29	0	0	0	0
Meatloaf	1 Slice w/ Gravy (255g) about 9 oz	540	28	36	11	55	1.5	145	48	1160	50	20	7	1	4	5	4	8	21	20	6	20	8
Peruvian-Style Chicken Breast	7.5 oz (213g)	460	36	46	6	30	0	110	37	810	35	5	2	0	0	3	1	2	31	0	6	0	2
Roasted Turkey	7 oz (199g)	190	6	8	2.5	13	0	60	20	1080	47	5	2	0	0	1	0	0	26	0	0	6	8
Signature Crab Cake	6.5oz (180g)	740	71	90	12	62	1	150	50	1040	45	8	3	1	2	2	1	3	19	0	6	10	2
Cajun Tilapia w/ Roasted Red Pepper Sauce	6oz (178g)	280	20	26	3.5	18	0	25	8	450	20	5	2	1	4	1	0	0	22	0	4	10	2
<b>Core Vegetables &amp; Sides</b>																							
Chipotle Corn Cakes	1 Cake (57g)	120	4.5	6	1.5	8	0	20	7	200	9	19	7	1	4	7	6	12	2	0	2	6	2
Macaroni & Cheese	4 oz (113g)	180	9	12	4.5	21	0	20	7	330	14	18	6	1	2	3	0	0	7	2	10	4	2
Potato Gratin	1 Piece (101g)	180	12	15	8	40	0	40	13	380	17	14	5	1	4	0	0	0	4	0	8	0	4
Sautéed Greens	4 oz (113g)	100	6	8	1.0	5	0	5	2	390	17	6	2	7	25	2	0	0	2	0	10	6	6
Kale & Quinoa Cake	1 Piece (85g)	130	8	10	0.5	3	0	35	12	80	3	12	4	1	4	3	1	2	4	0	4	6	4
Roasted Vegetables	4 oz (113g)	100	6	8	1	5	0	0	0	650	28	13	5	4	14	7	0	0	2	0	4	6	10
Seasoned Green Beans	4 oz (113g)	110	8	10	1	5	0	0	0	510	22	8	3	3	11	4	0	0	2	0	4	6	4
Sauced Spaghetti	4 oz (113g)	150	6	8	1	4	0	0	0	135	6	21	8	1	4	2	0	0	4	0	2	6	4
Signature Whipped Mashed Potatoes	4 oz (113g)	160	11	14	7	35	0	30	10	350	15	14	5	1	4	1	0	0	2	0	2	0	6

Have questions or comments?  
 Call Wegmans Consumer Care Center:  
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