

# 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	1 Bowl (461g)	790	36	46	6	30	0	95	32	1580	69	84	31	3	11	13	9	18	27	0	6	30	20
Chicken Shawarma	1 Bowl (414g)	810	50	64	9	45	0	75	25	1350	59	59	21	4	14	5	0	0	33	0	8	10	15
Danny's Favorite Dan Dan Noodles	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
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 (441g)	940	60	77	11	55	0	100	33	1310	57	68	25	7	25	6	0	0	34	0	10	20	15
Latin Chicken	1 Bowl (581g)	1130	66	85	17	85	0	140	47	1590	69	83	30	7	25	7	0	0	41	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
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 (482g)	550	24	31	15	75	0	140	47	1460	63	59	21	2	7	8	3	6	24	0	8	20	15
Vegan Harissa	1 Bowl (459g)	650	36	46	4.5	23	0	0	0	1190	52	76	28	10	36	10	0	0	13	0	8	30	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

Have questions or comments? Call Wegmans Consumer Care Center:  
 1-800-WEGMANS (934-6267)  
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 Saturday & Sunday 8 AM – 5 PM ET



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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
Carribbean Black Beans	3 oz (85g)	80	0.5	1	0	0	0	0	0	290	13	14	5	3	11	1	0	0	5	0	2	8	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
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
Queso	1.5 oz (43g)	80	6	8	3.5	18	0	20	7	430	19	3	1	0	0	3	0	0	5	2	10	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	210	9	2	1	0	0	1	0	0	0	0	0	0	0

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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
Queso	3 oz (85g)	160	12	15	7	35	0	35	12	860	37	6	2	0	0	5	0	0	9	2	20	2	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