

# TOM WAHL'S RESTAURANT NUTRITIONAL INFORMATION GUIDE

The following is a preliminary and partial list of the products we offer at Tom Wahl's. It is broken down by components.

To determine the total values of your favorite meal simply add the component values together. We will continue to add component values to this guide as they become available.

## Breads -

	Calories kcal	Fat grams	Sat. Fat grams	Cholesterol mg.	Sodium mg.	Carb. grams	Fiber grams	Sugar grams	Protein grams
Hard Roll - 3.5 ounce	250	2	0	0	400	52	2	1	7
Dinner Roll	100	1.5	0	0	8	19	<1	2	3
Kiddie Bun	130	1	0	0	250	25	1	2	5
Hot Dog Bun	250	2	0	0	400	52	2	1	7
White Bread	80	1	0	0	170	15	0	1	2
Wheat Bread	90	1.5	0	0	200	16	1	2	3
Rye Bread	100	0.5	0	0	230	20	1	2	2
5 inch seeded rolls	210	2	0	0	400	39	2	4	7
Kimmelwick	250	2	0	0	400	52	2	1	7

## Misc. -

	Calories kcal	Fat grams	Sat. Fat grams	Cholesterol mg.	Sodium mg.	Carb. grams	Fiber grams	Sugar grams	Protein grams
Veggie Burger - 4.0 ounces	150	5	1	0	475	10	6	1	23
Cheese - 2 Slices (34 grams)	120	10	7	40	560	2	0	0	6

## Meats -

	Calories kcal	Fat grams	Sat. Fat grams	Cholesterol mg.	Sodium mg.	Carb. grams	Fiber grams	Sugar grams	Protein grams
Ground Steak - 5 ounce	300	20	7.5	88	69	0	0	0	29
Cheeseburger - 5 ounce	420	30	14.5	128	629	1	0	0	32
Pulled Pork - 4.50 ounces	400	25	10	125	900	5	0	5	37.5
Red Hot Dog - 2.5 ounce	160	14	5	30	490	2	0	1	7
White Hot Dog - 2.5 ounce	160	14	5	30	490	2	0	1	7
Roast Beef - 4 ounce	140	4	1	60	360	2	0	2	4

## Chicken Products -

	Calories kcal	Fat grams	Sat. Fat grams	Cholesterol mg.	Sodium mg.	Carb. grams	Fiber grams	Sugar grams	Protein grams
Grilled Chicken Breast - 4 ounce	121	1		64	617	2			19
Chicken Tenders - 5 piece	222	10		22	759	20			12

## Sea Food -

	Calories kcal	Fat grams	Sat. Fat grams	Cholesterol mg.	Sodium mg.	Carb. grams	Fiber grams	Sugar grams	Protein grams
Piece of Fish - 7 ounce	175	1		114	140				37
Piece of Fish - 12 ounce	300	3		195	240				63

## Side Orders -

	Calories kcal	Fat grams	Sat. Fat grams	Cholesterol mg.	Sodium mg.	Carb. grams	Fiber grams	Sugar grams	Protein grams
French Fries - 6 ounce	240	8	4	10	90	42	4	<1	4
Onion Rings - 7 ounce	381	<1	<1	0	1292	87	1	5	7
Mushrooms - 6 ounce	216	<1	0	0	608	49	<1	3.16	4.37

## Soups 12 ounce

	Calories kcal	Fat grams	Sat. Fat grams	Cholesterol mg.	Sodium mg.	Carb. grams	Fiber grams	Sugar grams	Protein grams
Chili Con Carne	408	16.8	8.4	42	1536	38.4	10.8	16.8	24
Broccoli & Cheese	240	15.6	5.4	18	1356	20.4	2.4	4.8	6
Chicken Gumbo	96	1.8	0.6	18	1560	15.6	2.4	4.8	6
Home-style Chicken Noodle	168	3.6	1.2	42	1248	19.2	1.2	2.4	13.2
Italian Wedding	168	5.4	1.8	12	1332	20.4	2.4	2.4	8.4
New England Clam Chowder	180	6	1.8	18	1776	22.8	2.4	3.6	8.4
Pasta Fagioli	240	12	4.2	18	1572	28.8	6	6	9.6
Tomato Tortellini	156	3	1.2	6	1524	27.6	2.4	4.8	6
Split Pea w/ Ham	252	3.6	1.8	12	1440	40.8	10.8	2.4	13.2
Vegetable Beef	132	2.4	0.6	12	1476	19.2	3.6	6	8.4
Cheese w/ Ham and Bacon	360	25	12	37	1695	22.5	0	6	12
Tomato Garden	90	0.75	0	7.5	1530	18	4.5	4.5	4.5
Minestone	120	0.75	0	<5	1230	27	3	15	3
Cream of Potato	240	10.5	4.5	15	1650	31.5	3	6	6

## Salads-

	Calories	Fat	Sat. Fat	Cholesterol	Sodium	Carb.	Fiber	Sugar	Protein
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	kcal	grams	grams	mg.	mg.	grams	grams	grams	grams
Macaroni - 5 ounce	260	12	2	10	740	33	2	10	4
Fruit - 5 ounce	64	0	0	0	8.75	20	5	15	1.25

**Custard -**

	Calories kcal	Fat grams	Sat. Fat grams	Cholesterol mg.	Sodium mg.	Carb. grams	Fiber grams	Sugar grams	Protein grams
Kiddy Van. Custard - 3.5 ounce	149	8.7	5.25	57	131	16	0	15	3.5
Single Van. Custard - 5.5 ounce	234	13.75	8.25	89	206	25	0	23	5.5
Double Van. Custard- 9.5 ounce	404	23.75	14.25	154	356	43	0	40	9.5
Kiddy Choc. Custard -3.5 ounce	149	8.7	5.25	57	131	16	1	15	3.5
Single Choc. Custard-5.5 ounce	234	13.75	8.25	89	206	25	1.5	23	5.5
Double Choc. Custard-9.5 ounce	404	23.75	14.25	154	356	43	2.5	40	9.5