

## TOM WAHL'S RESTAURANT NUTRITIONAL INFORMATION GUIDE

The following is a preliminary and partial list of the products we offer at Tom Wahl's

The following are smenu item nutritional values. To calculate the value of your favorite meal, simply add the compenents together

Weight Watcher Pts are calculated using the SmartPoints Program

### Sandwiches -

	Calories kcal	Fat grams	Sat. Fat grams	Cholesterol mg.	Sodium mg.	Carb. grams	Fiber grams	Sugar grams	Protein grams	Weight Watcher Pts
Cheeseburger	860	32	15	169	1051	54	2	1	50	19
Ground Steak	590	22	8	128	491	52	2	1	44	16
Wahlburger®	1037	68	18	181	1260	51	1	10	56	31
Hollywood Burger	1256	76	22	191	1447	54	2	1	50	33
Bleu Burger	1170	64	21	199	1471	57	2	4	52	30
Bacon Cheeseburger	960	41	18	179	1351	54	2	1	54	22
Mushroom Swiss Burger	693	31	12	148	574	54	3	2	51	21
Big Bopper	1490	64	29	338	1741	54	1	9	93	32
Zweiges® Red Hot 1/6 lb.	360	31	10	60	1260	30	0	5	17	13
Zweiges® White Hot 1/6 lb.	360	31	10	60	1260	30	0	5	17	13
Hot Italian Sausage	550	20	3	100	1440	56	2	3	21	13
Fried Chicken	524	14	2	60	883	68	3	1	33	13
Grilled Chicken	783	52	7	86	1413	54	2	1	26	23
Buffalo Chicken (Fried)	834	46	8	90	1303	71	3	4	35	24
Buffalo Chicken (Grilled)	697	40	6	94	1437	57	2	4	28	20
Chicken Cordon Bleu (Fried)	864	47	9	105	1613	72	3	5	40	25
Pulled Pork - Avon Only	550	12	4	88	1313	77	3	25	35	15

### Side Orders -

	Calories kcal	Fat grams	Sat. Fat grams	Cholesterol mg.	Sodium mg.	Carb. grams	Fiber grams	Sugar grams	Protein grams	Weight Watcher Pts
French Fries - 7 oz	547	28	3	1	34	79	10	2	8	20
Onion Rings - 6 oz	715	47	6	0	855	43	3	10	9	32
Mushrooms - 6 oz	146	0	2	0	413	27	4	5	5	5
Coleslaw - 7oz	280	18	3	10	832	26	3	23	2	12
Macaroni Salad - 7 oz	393	14	3	10	19	41	3	2	10	12
Chili Cheese Fry	1190	71	25	137	692	103	16	6	51	41
Fruit Cup - 4 oz	80	0	0	0	5	19	1	17	0	4
Fruit Salad - 6 oz	85	0	0	0	18	23	1	22	1	

### Soups 10oz / 160g -

	Calories kcal	Fat grams	Sat. Fat grams	Cholesterol mg.	Sodium mg.	Carb. grams	Fiber grams	Sugar grams	Protein grams	Weight Watcher Pts
Chili Con Carne	339	13	4	60	977	28	10	7	25	8
Broccoli & Cheese (Gluten Free)	475	35	15	50	2075	25	5	8	12	12
Chicken Gumbo (Gluten Free)	175	3	1	13	1950	30	3	5	5	4
Roasted Chicken Noodle	200	5	2	38	2075	23	0	3	15	5
Italian Wedding	300	10	4	25	1650	35	3	5	15	8
New England Clam Chowder	373	32	20	132	693	5	0	2	8	9
Split Pea With Ham	375	4	1	25	2000	63	18	10	23	11
Minestrone	200	3	1	0	1675	35	8	5	8	6
Tomato Tortellini	225	3	1	13	1825	45	5	18	8	9
Cream Of Potato	200	5	3	13	1475	35	5	0	3	6
Vegetable Beef	225	4	1	12	2075	35	8	8	10	5

### Soups 16oz / 256g -

	Calories kcal	Fat grams	Sat. Fat grams	Cholesterol mg.	Sodium mg.	Carb. grams	Fiber grams	Sugar grams	Protein grams	Weight Watcher Pts
Chili Con Carne	543	20	6	97	1564	45	15	11	41	13
Broccoli & Cheese (Gluten Free)	760	56	24	80	3320	40	8	12	20	20
Chicken Gumbo (Gluten Free)	280	4	2	20	3120	48	4	8	8	7
Roasted Chicken Noodle	320	8	2	60	3320	36	0	4	24	8
Italian Wedding	480	16	6	40	2640	56	4	8	24	12
New England Clam Chowder	597	51	33	211	1109	8	1	2	12	15
Split Pea With Ham	600	6	2	40	3200	100	28	16	36	17
Minestrone	320	4	2	0	2680	56	12	8	12	10
Tomato Tortellini	360	4	2	20	2920	72	8	28	12	14
Cream Of Potato	320	8	4	20	2360	56	8	0	4	10
Vegetable Beef	360	6	2	20	3320	56	12	12	16	8

### Meats, Breads & Condiments

The following are single ingredient values that make up our menu items. To calculate the value of your favorite meal, simply add the compenents together. Serving sizes described where applicable

#### Beef, Pork & Sausage Products -

	Calories kcal	Fat grams	Sat. Fat grams	Cholesterol mg.	Sodium mg.	Carb. grams	Fiber grams	Sugar grams	Protein grams	Weight Watcher Pts
Ground Steak Patty- 5 oz	340	20	8	128	91	0	0	0	37	9
Cheeseburger Patty- 5 oz	610	30	15	169	651	2	0	0	43	12
Pulled Pork - 5 oz	300	10	4	88	913	25	1	24	28	8
Red Hot Dog Link- 1/6 lb.	220	28	10	60	990	4	0	2	13	9
White Hot Dog Link- 1/6 lb.	220	28	10	60	990	4	0	2	13	9

Hot Italian Sausage Patty- 4 oz	300	18	3	100	1040	4	0	2	14	6
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Chicken Products -	Calories kcal	Fat grams	Sat. Fat grams	Cholesterol mg.	Sodium mg.	Carb. grams	Fiber grams	Sugar grams	Protein grams	Weight Watcher Pts
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Grilled Chicken Breast - 4 oz	137	6	0	64	617	2	0	0	19	2
Fried Chicken Fillet - 4.5 oz	274	12	2	60	483	16	1	0	26	6
Chicken Tenders - 5 pc	628	31	5	103	1416	46	2	0	44	16

Misc. Products (Soy) -	Calories kcal	Fat grams	Sat. Fat grams	Cholesterol mg.	Sodium mg.	Carb. grams	Fiber grams	Sugar grams	Protein grams	Weight Watcher Pts
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Veggie Burger 4.5 oz	110	5	3	0	265	8	4	2	10	3
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Sea Food Products -	Calories kcal	Fat grams	Sat. Fat grams	Cholesterol mg.	Sodium mg.	Carb. grams	Fiber grams	Sugar grams	Protein grams	Weight Watcher Pts
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Piece of Fish - 7 oz	344	18	6	106	910	9	1	1	36	7
Piece of Fish - 13 oz	637	33	11	196	1685	17	1	1	66	9

Breads -	Calories kcal	Fat grams	Sat. Fat grams	Cholesterol mg.	Sodium mg.	Carb. grams	Fiber grams	Sugar grams	Protein grams	Weight Watcher Pts
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Hard Roll	250	2	0	0	400	52	2	1	7	7
Dinner Roll	90	2	0	4	150	16	1	3	2	2
Hamburger Bun	140	2	0	0	250	27	1	4	4	4
Hot Dog Bun	140	3	0	0	270	26	0	3	4	4
Gluten-free Roll	240	7	0	0	440	44	5	6	5	8
Rye Bread	200	2	0	0	540	40	2	0	8	5
White Bread	160	1	0	0	280	30	0	2	4	5
Wheat Bread	240	4	0	0	420	44	4	8	8	7
Wheat Roll w/Ancient Grains	180	4	1	0	300	33	3	4	6	6
Wraps	290	7	3	0	750	50	6	0	9	9
5 inch Seeded Roll	270	4	0	0	440	50	1	9	8	8

Condiments -	Calories kcal	Fat grams	Sat. Fat grams	Cholesterol mg.	Sodium mg.	Carb. grams	Fiber grams	Sugar grams	Protein grams	Weight Watcher Pts
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Heinz Ketchup - 1oz	30	0	0	0	320	8	0	8	0	1
Heinz Mustard - 1oz	0	0	0	0	240	0	0	0	0	0
Heinz Sweet Relish - 1oz	30	0	0	0	120	6	0	6	0	2
Heinz Sweet Pickle Chips - 1oz	30	0	0	0	140	7	0	5	0	2
Heinz Dill Pickle Chips - 1oz	0	0	0	0	260	0	0	0	0	0
Hot Meat Sauce - 2oz	64	2	1	14	214	5	0	3	4	2
Kraft American Cheese - 2 slices	120	10	7	40	560	2	0	0	6	3
Great Lakes Swiss Cheese - 1 slice	80	7	4	20	40	0	0	0	6	2
Shredded Cheddar Cheese - 2 oz	220	18	10	50	36	4	0	0	14	8
Grilled Mushrooms - 2oz	23	2	0	0	43	2	1	1	1	3
Grilled Onions - 2oz	45	3	0	0	35	5	1	2	1	2
Grilled Peppers - 2oz	15	1	1	0	0	4	1	3	1	1
Bacon - 3 slices	100	9	3	10	300	0	0	0	4	3
Ham - 1 slice	30	1	1	15	310	1	0	1	5	1
Wahl Sauce - 2oz	317	35	6	18	380	0	0	0	0	11
Hellmanns Mayo - 2oz	396	44	7	22	396	0	0	0	0	14
Ken's Chunky Bleu Cheese Dressing - 2oz	310	32	6	30	420	3	0	3	2	11

### Beverages - See Pepsi nutrition values at [pepsicobeveragefacts.com](http://pepsicobeveragefacts.com)

Floats & Shakes -	Calories kcal	Fat grams	Sat. Fat grams	Cholesterol mg.	Sodium mg.	Carb. grams	Fiber grams	Sugar grams	Protein grams	Weight Watcher Pts
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Kids Float	424	19	12	12	188	60	1	58	7	12
Small Float	463	19	12	12	203	71	1	69	7	13
Regular Float	643	27	17	17	282	97	1	95	9	18
Kids Shake	586	34	21	59	294	57	2	54	14	16
Small Shake	898	50	31	46	457	86	2	82	22	24
Regular Shake	1172	66	41	58	589	112	3	108	29	32

### Ice Cream Products

Note: Abbott's and Novelty products only available at our Canandaigua location

Upstate Farms Ice Cream -	Calories kcal	Fat grams	Sat. Fat grams	Cholesterol mg.	Sodium mg.	Carb. grams	Fiber grams	Sugar grams	Protein grams	Weight Watcher Pts
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Kid's Vanilla	149	9	5	57	131	16	0	15	4	4
Regular Vanilla	234	14	8	89	206	25	0	23	6	7
Large Vanilla	404	24	14	154	356	43	0	40	10	12
Kiddie Chocolate	149	9	5	57	131	16	1	15	4	4
Regular Chocolate	234	14	8	89	206	25	2	23	6	7
Large Chocolate	404	24	14	154	356	43	3	40	10	11
Kid's Twist	149	9	5	57	131	16	1	15	4	4
Regular Twist	234	14	8	89	206	25	1	23	6	7
Large Twist	404	24	14	154	356	43	1	40	10	12

Abbott's Custard - Canandaigua Only	Calories	Fat	Sat. Fat	Cholesterol	Sodium	Carb.	Fiber	Sugar	Protein	Weight
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	kcal	grams	grams	mg.	mg.	grams	grams	grams	grams	Watcher Pts
Kiddie Van. Custard - 3.5oz	220	13	8	84	115	22	0	22	4	11
Single Van. Custard - 6oz	378	22	14	144	198	37	0	37	7	19
Double Van. Custard - 10oz	630	37	23	240	330	62	0	61	12	32
Kiddie Choc. Custard - 3.5oz	110	2	1	41	93	19	1	19	3	6
Single Choc. Custard - 6oz	190	3	2	70	160	33	1	32	6	10
Double Choc. Custard - 10oz	315	5	3	116	265	55	2	53	10	16

Novelty Items - Canandaigua Only										
	Calories	Fat	Sat. Fat	Cholesterol	Sodium	Carb.	Fiber	Sugar	Protein	Weight
	kcal	grams	grams	mg.	mg.	grams	grams	grams	grams	Watcher Pts
Wheel	270	13	7	65	220	34	1	22	5	7
Turtle	500	31	15	70	125	48	1	37	11	14
Chip Wheel	516	29	14	10	300	59	3	24	7	14
Frozen Banana (Plain)	194	10	9	0	9	28	3	16	2	6
Cannoli	480	23	13	22	216	60	1	44	9	13
Nutty Dip	375	18	16	65	228	39	2	26	6	9