

Ukrop's Calaboli - Nutrition Information

	<i>servicing size</i>	<i>calories</i>	<i>fat (g)</i>	<i>sat. fat (g)</i>	<i>cholesterol (mg)</i>	<i>sodium (mg)</i>	<i>arbohydrat (g)</i>	<i>fiber (g)</i>	<i>sugars (g)</i>
<i>Calabolis</i>									
Cinnamon Spiced Apples and Cranberries	1 calaboli	590	12	5	15	540	110	6	45
Four Chesse	1 calaboli	700	32	18	70	1350	71	4	7
Garden Medley	1 calaboli	440	10	2	0	870	75	6	11
Garlic Rolls	5 ounces	250	16	3	5	460	21	2	5
Ham and Chesse	1 calaboli	670	30	17	85	1470	69	3	6
Italian Sausage	1 calaboli	640	28	14	55	1370	70	4	7
Meat Eaters	1 calaboli	810	43	16	90	2140	69	4	8
Pepperoni	1 calaboli	710	35	18	75	1580	70	4	7
Richmond CheeseSteak	1 calaboli	640	26	12	75	1130	70	4	6
Roma Maui	1 calaboli	730	35	18	75	1580	74	5	10
Shrimp Alfredo	1 calaboli	680	29	16	170	1300	67	3	5
Spinach and Mushroom	1 calaboli	740	38	22	95	1310	71	4	6
Tuscan Chicken	1 calaboli	850	42	21	145	2530	71	3	7

*Nutrition information based on standardized recipe. Special requests by customers to vary ingredients will change nutrition information.
For questions, call the Ukrop's Nutrition and Food Safety Hotline at 378-7009 or (800) 272-9683.*

Ukrop's Grill - Nutrition Information

	<i>servings</i>	<i>calories</i>	<i>fat</i>	<i>sat. fat</i>	<i>trans fat</i>	<i>cholesterol</i>	<i>sodium</i>	<i>carbohydrate</i>	<i>fiber</i>	<i>sugars</i>	<i>protein</i>
	<i>size</i>		<i>(g)</i>	<i>(g)</i>	<i>(g)</i>	<i>(mg)</i>	<i>(mg)</i>	<i>(g)</i>	<i>(g)</i>	<i>(g)</i>	<i>(g)</i>
Entree Salads:											
Blackened Wild Salmon Fillet Caesar Salad	1 salad	910	69	22	0	195	1900	18	3	2	50
Blackened Wild Salmon Fillet Salad	1 salad	540	28	10	0	110	1380	40	7	11	35
Caesar Salad	1 salad	600	48	13	0	85	1360	18	3	2	21
Grilled Natural Chicken Caesar Salad	1 salad	750	50	14	0	160	1440	18	3	2	52
Natural Chicken Fajita Salad*- half size	1 salad	400	22	9	0	65	1310	26	4	3	26
Natural Chicken Fajita Salad*- whole size	1 salad	660	33	11	0	100	1530	47	7	5	44
Natural Ground Beef Taco Salad*- half size	1 salad	400	25	11	0	60	880	27	4	3	19
Natural Ground Beef Taco Salad*- whole size	1 salad	670	39	16	0	100	1440	49	6	5	32
Pan-Asian Chicken Salad- half size	1 salad	510	27	2.5	0	40	660	50	7	16	21
Pan-Asian Chicken Salad- whole size	1 salad	660	33	3	0	75	920	56	8	21	38
Sauteed Lump Crab Cake Caesar Salad	1 salad	890	72	22	0	240	1930	19	3	2	39

Flatbread Pizza and Quesadillas:

Natural Beef Strips Quesadilla	1 quesadilla	990	64	28	0	130	2090	59	6	3	44
Natural Grilled Chicken Quesadilla	1 quesadilla	930	51	22	0	155	2120	59	6	3	59
Roasted Vegetables Quesadilla	1 quesadilla	850	53	22	0	75	2960	65	8	6	31
Shrimp Quesadilla	1 quesadilla	870	50	22	0	240	2230	59	6	3	46

Sandwiches:

Café Cheeseburger	1 sandwich	910	58	20	2	210	1330	37	1	5	56
Café Spa Burger	1 sandwich	350	13	5	0	90	510	32	1	2	29
Grilled Chicken Breast Sandwich	1 sandwich	360	6	2	0	100	550	32	1	2	45
Grilled Chicken Rustica	1 sandwich	530	13	5	0	105	1400	59	4	14	46
Jumbo Lump Crab Cake Sandwich	1 sandwich	630	48	12	0	185	890	29	1	3	23
Richmond Cheesesteak Sandwich	1 sandwich	770	38	13	0	95	1760	52	3	4	49

Stir Fry:

Natural Beef Strips Stir Fry	15 ounces	800	37	10	0	100	1610	76	3	19	38
Natural Chicken Stir Fry	15 ounces	610	17	2	0	75	1620	76	3	19	39
Shrimp Stir Fry	14 ounces	550	16	2	0	165	1730	76	3	19	26
Vegetable Stir Fry	15 ounces	540	16	2	0	0	1550	92	6	22	12

Wrappers:

Blackened Chicken Wrap	1 wrap	810	39	6	0	95	1640	71	5	22	41
Grilled Vegetable and Red Pepper Hummus	1 wrap	500	23	8	0	20	1180	60	8	4	13
Shrimp Scampi Wrap	1 wrap	820	52	14	0	215	1460	53	4	4	33

*Analysis does not include side condiments

Guacamole	1 ounce	45	4	0	0	0	160	2	<1	1	0
Salsa	1 ounce	10	0	0	0	0	180	2	0	1	0
Sour Cream	1 ounce	60	6	3.5	0	10	15	1	0	0	1

Nutrition information based on standardized recipe. Special requests by customers to vary ingredients will change nutrition information.
For questions, call the Ukrop's Nutrition and Food Safety Hotline at 340-3005 or (800) 272-9683.

Nov '06

Ukrop's Panini - Nutrition Information

Sandwich	serving size	calories	fat (g)	sat. fat (g)	cholesterol (mg)	sodium (mg)	carbohydrate (g)	fiber (g)	sugars (g)	protein (g)
Chicken Club Panini										
on Scarborough Fair Bread	1/2 sandwich	420	22	8	65	1290	28	3	5	28
on Black & Green Olive Sourdough	1/2 sandwich	410	21	8	65	1340	27	3	5	28
on Pane Mediterraneo Bread	1/2 sandwich	410	20	8	65	1280	28	3	4	28
Corned Beef Reuben Panini										
on Scarborough Fair Bread	1/2 sandwich	350	19	5	40	960	25	2	3	18
on Black & Green Olive Sourdough	1/2 sandwich	330	18	5	40	1010	24	2	3	17
on Pane Mediterraneo Bread	1/2 sandwich	330	17	5	40	950	25	2	3	18
Country Ham Panini										
on Scarborough Fair Bread	1/2 sandwich	290	21	6	60	1710	28	2	6	22
on Black & Green Olive Sourdough	1/2 sandwich	370	20	5	60	1750	28	2	6	21
on Pane Mediterraneo Bread	1/2 sandwich	370	19	5	60	1700	28	2	5	22
Grilled Chicken Pesto Panini										
on Scarborough Fair Bread	1/2 sandwich	350	18	7	45	680	24	2	2	23
on Black & Green Olive Sourdough	1/2 sandwich	330	17	6	45	730	23	2	2	22
on Pane Mediterraneo Bread	1/2 sandwich	330	16	6	45	680	24	2	1	23
Grilled Vegetable & Fresh Mozzarella										
on Scarborough Fair Bread	1/2 sandwich	300	16	5	25	770	30	4	4	13
on Black & Green Olive Sourdough	1/2 sandwich	290	14	4.5	25	820	29	4	4	12
on Pane Mediterraneo Bread	1/2 sandwich	290	14	4.5	25	760	30	4	3	13
Ham and Three Cheese Panini										
on Scarborough Fair Bread	1/2 sandwich	420	24	10	70	1640	26	2	6	25
on Black & Green Olive Sourdough	1/2 sandwich	410	23	10	70	1680	26	2	6	24
on Pane Mediterraneo Bread	1/2 sandwich	410	22	10	70	1630	26	2	5	25

Nutrition information based on standardized recipe. Special requests by customers to vary ingredients will change nutrition information.

For questions, call the Ukrop's Nutrition and Food Safety Hotline at 378-7009.

Dec-00

Ukrop's Panini - Nutrition Information

Sandwich	serving size	calories	fat (g)	sat. fat (g)	cholesterol (mg)	sodium (mg)	carbohydrate (g)	fiber (g)	sugars (g)	protein (g)
Italian Hero Panini										
on Scarborough Fair Bread	1/2 sandwich	410	25	11	65	1080	24	2	3	20
on Black & Green Olive Sourdough	1/2 sandwich	390	24	10	65	1120	24	2	3	19
on Pane Mediterraneo Bread	1/2 sandwich	390	23	10	65	1070	24	2	2	20
Marinated London Broil Panini										
on Scarborough Fair Bread	1/2 sandwich	440	26	9	65	850	26	2	3	25
on Black & Green Olive Sourdough	1/2 sandwich	420	25	8	65	890	25	2	3	24
on Pane Mediterraneo Bread	1/2 sandwich	420	24	8	65	840	26	2	2	25
Prosciutto & Mozzarella Panini										
on Scarborough Fair Bread	1/2 sandwich	360	16	6	45	1000	30	4	5	23
on Black & Green Olive Sourdough	1/2 sandwich	340	15	6	45	1050	29	4	5	22
on Pane Mediterraneo Bread	1/2 sandwich	340	14	6	45	990	30	4	5	23
Rachel Panini										
on Scarborough Fair Bread	1/2 sandwich	350	19	4.5	30	880	26	2	5	16
on Black & Green Olive Sourdough	1/2 sandwich	330	18	4.5	30	930	25	2	5	16
on Pane Mediterraneo Bread	1/2 sandwich	330	17	4.5	30	880	26	2	5	16
Roast Beef and Blue Cheese Panini										
on Scarborough Fair Bread	1/2 sandwich	390	21	7	50	740	27	2	4	24
on Black & Green Olive Sourdough	1/2 sandwich	380	20	7	50	790	27	2	4	23
on Pane Mediterraneo Bread	1/2 sandwich	380	19	7	50	740	27	2	3	24
Smokey Mountain Turkey Panini										
on Scarborough Fair Bread	1/2 sandwich	400	22	9	50	1150	27	2	5	22
on Black & Green Olive Sourdough	1/2 sandwich	380	21	8	50	1200	26	2	5	21
on Pane Mediterraneo Bread	1/2 sandwich	380	20	8	50	1150	27	2	4	22

Nutrition information based on standardized recipe. Special requests by customers to vary ingredients will change nutrition information.

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Dec-00

Ukrop's Hand Tossed Pizza - Nutrition Information

Pizza	serving size	calories	fat (g)	sat. fat (g)	cholesterol (mg)	sodium (mg)	carbohydrate (g)	fiber (g)	sugars (g)	protein (g)
Apple Cheddar	1/6 pie	510	13	7	30	420	87	11	34	16
	1/12 pie	260	7	3.5	15	210	43	5	17	8
BBQ Chicken	1/6 pie	520	16	9	55	680	72	9	21	29
	1/12 pie	260	8	4.5	25	340	36	5	10	14
Breakfast*	1/6 pie	550	26	13	220	750	51	9	2	31
	1/12 pie	270	13	6	110	380	26	4	1	16
Cheese	1/6 pie	420	15	8	35	480	56	10	4	24
	1/12 pie	210	7	4	15	240	28	5	2	12
Eggplant	1/6 pie	460	15	9	35	480	62	11	5	25
	1/12 pie	230	8	4.5	15	240	31	6	3	13
Garden Vegetable	1/6 pie	430	15	8	35	490	57	11	5	25
	1/12 pie	220	7	4	15	240	29	5	3	12
Hawaiian	1/6 pie	440	15	9	40	560	58	10	6	26
	1/12 pie	220	7	4.5	20	280	29	5	3	13
Italian Chicken	1/6 pie	480	15	8	50	640	55	10	4	33
	1/12 pie	240	8	4	25	320	28	5	2	17
Pepperoni	1/6 pie	470	19	10	45	640	56	10	4	26
	1/12 pie	240	9	5	25	320	28	5	2	13
Pepperoni/Sausage	1/6 pie	520	23	12	55	820	56	10	4	29
	1/12 pie	260	11	6	30	410	28	5	2	14
Sausage	1/6 pie	470	18	10	45	660	56	10	4	27
	1/12 pie	240	9	5	20	330	28	5	2	14
Spinach Supreme	1/6 pie	370	11	6	35	690	54	10	4	16
	1/12 pie	180	6	3	20	340	27	5	2	8
Taco**	1/6 pie	670	31	15	110	1240	58	10	4	42
	1/12 pie	340	16	8	55	620	29	5	2	21
Veggie	1/6 pie	430	15	8	35	480	57	11	5	25
	1/12 pie	220	7	4	15	240	29	5	3	12

*Breakfast pizza analysis includes cheese, green peppers, Italian sausage and bacon toppings.

**Sour cream not included in nutrition analysis.

Nutrition information based on standardized recipe. Special requests by customers to vary ingredients will change nutrition information.

For questions, call the Ukrop's Nutrition and Food Safety Hotline at 378-7009.

Sep-98

Ukrop's Rotisserie - Nutrition Information

	<i>servicing size</i>	<i>calories</i>	<i>fat (g)</i>	<i>sat. fat (g)</i>	<i>trans. fat (g)</i>	<i>cholesterol (mg)</i>	<i>sodium (mg)</i>	<i>carbohydrate (g)</i>	<i>sugars (g)</i>	<i>protein (g)</i>
Herb Roasted Chicken	3 oz	160	11	3.5	0	75	340	0	0	15
Roasted Pork Loin	3 oz	160	10	4.5	0	35	580	0	0	17
Rotisserie Chicken	3 oz	160	11	3.5	0	75	340	0	0	15
Rotisserie Turkey Breast	3 oz	110	2.5	0.5	0	15	740	0	0	23

Nutrition information based on standardized recipe including skin and seasonings applied to skin. Special requests by customers to vary ingredients will change nutrition information.

For questions, call the Ukrop's Nutrition and Food Safety Hotline at 378-7009.

Mar-05

HISSHO SUSHI

Nutritional Information

Fat Carb Calories
LOW Cholestrol



Product	Serving Size (g)	Servings per package	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Sodium (mg)	Sugar (g)	Total Carbohydrate (g)	Dietary Fiber (g)	Cholesterol (mg)	Protein (g)	Vitamin A (%)	Vitamin C (%)	Calcium (%)	Iron (%)
Edamame	56.5g.	2	85	24	3	0	220	1	8	3	0	6	6	1	6	7
Spring Roll (Vegetables)	99g.(2pcs.)	2	68	15	2	0	170	0	12	2	0	2	16	8	1	11
Spring Roll (Shrimp, Crab)	99g.(2pcs.)	2	102	18	2	0	299	0	14	2	36	7	16	8	2	14
Healthy Choice	56.6g.(4pcs.)	3	56	0	0	0	107	2	12	0	0	1	3	3	0	1
Veggie Roll	66g.(3pcs.)	3	71	10	1	0	111	2	14	1	0	1	9	5	1	2
California Roll	66g.(3pcs.)	3	74	11	1	0	138	2	14	1	1	2	3	3	1	2
Colossal California Roll	49.5g.(2pcs.)	4	55	8	1	0	103	1	10	1	0	1	2	2	0	1
Crab Salad Roll	66g.(3pcs.)	3	76	13	1	0	140	2	14	1	1	2	3	3	1	2
Blazing California Roll	66g.(3pcs.)	3	82	14	2	0	168	2	15	1	1	2	4	3	1	2
Snow Crab Roll	66g.(3pcs.)	3	75	12	1	0	136	2	13	1	6	3	3	4	1	2
Inari	42g.(1pc.)	3	90	18	2	0	197	4	15	0	0	2	0	0	3	2
Inari Combo	132g.(4pcs.)	2	139	27	3	0	304	5	24	1	1	4	3	3	3	3
Inari Roll	66g.(3pcs.)	3	117	30	3	0	253	4	18	1	1	4	4	3	4	3
Boston Roll	66g.(3pcs.)	3	78	10	1	0	177	2	15	1	2	2	4	3	0	2
Nagano Twilight	66g.(2pcs.)	3	84	12	1	0	105	2	11	0	11	7	12	0	0	2
Nagano Special	113g.(4pcs.)	2	228	30	3	1	344	5	36	0	25	13	6	2	1	3
Kobe Meridian	66g.(3pcs.)	3	73	13	1	0	128	2	12	1	7	3	4	2	1	2
Living Color Roll	75g.(3pcs.)	3	105	19	2	0	169	2	14	1	22	7	6	4	1	3
Handroll (V)	113	2	110	19	2	0	147	2	20	3	0	3	17	10	2	5
Handroll (M)	113	2	117	15	2	0	160	2	18	1	9	8	16	5	1	5
Nippon Favorite	56g.(4pcs.)	3	78	7	1	0	114	2	13	0	6	5	9	1	0	2
Sushicado	66g.(3pcs.)	3	94	19	2	0	115	2	14	1	7	6	11	3	1	3
Fujiyama Aurora	75g.(5pcs.)	3	104	16	2	0	197	3	18	1	3	4	7	4	1	3
Tokyo Fantasy	66g.(3pcs.)	3	87	14	2	0	145	2	13	0	9	5	9	2	1	3
Dynamite Roll	66g.(3pcs.)	3	88	17	2	0	156	2	14	1	5	4	7	3	1	2
Hissho Special	140g.(7pcs.)	2	149	26	3	1	253	3	22	1	13	10	16	3	1	4
Hissho Supreme	113g.(5pcs.)	2	159	31	3	1	237	3	21	1	19	12	14	3	0	4
Philadelphia Roll	66g(3pcs.)	3	85	22	2	2	167	2	13	1	7	2	3	1	1	2
Bagel Roll	66g.(3pcs.)	3	125	48	5	3	149	2	13	1	20	6	6	3	2	2
United Combo	66g.(3pcs.)	3	91	21	2	1	192	2	15	1	5	3	4	3	1	2
L.P.J Combo	66g.(3pcs.)	3	75	14	2	0	133	2	12	1	9	3	7	2	1	2
Eel Roll	66g.(3pcs.)	3	82	16	2	0	114	2	12	0	18	4	12	2	1	2
Caterpillar Roll	66g.(3pcs.)	3	85	17	2	0	142	2	13	1	12	4	9	2	1	2
Rock 'n Roll Sushi	66g.(3pcs.)	3	102	27	3	0	138	5	16	1	18	4	13	2	1	2
Rock 'n Roll Special	127g(7pcs.)	2	185	52	6	1	268	3	19	1	43	11	30	4	1	4
Rock 'n Roll Supreme	113g.(5pcs.)	2	157	40	4	1	246	5	22	1	36	8	22	3	1	3
Crunchy Roll	66g.(3pcs.)	3	70	5	1	0	145	2	12	0	24	4	2	2	1	3
Tempura Shrimp Roll	127g.(4pcs.)	2	168	42	5	0	207	3	26	1	28	5	3	5	3	5
Salmon Lover	95g.(4pcs.)	2	193	76	8	4	185	2	14	0	45	15	5	4	3	2
Yellowtail Jalapeno	66g.(3pcs.)	3	76	7	1	0	113	2	12	0	8	5	2	4	1	2
Nirvana Red Snapper	110g.(4pcs.)	2	210	94	10	4	443	4	16	0	49	11	6	3	2	2
Tuna Yellowtail Spring Roll	99g.(2pcs.)	2	107	28	3	1	237	0	12	1	14	8	13	6	1	12
V3 Roll	66g.(3pcs.)	3	67	10	1	0	110	2	14	1	0	1	6	5	1	2
Flying Colors	56.6g.(4pcs.)	3	74	12	1	0	123	2	16	1	0	2	10	5	1	2
Very Veggie Roll	163g.(4pcs.)	2	97	15	2	0	202	8	27	2	0	3	13	16	2	4
Natural Seaweed Salad	56	2	51	10	1	0	904	2	10	3	0	1	7	5	7	2
Seaweed Salad	56	2	70	32	4	0	840	8	10	1	0	1	0	3	5	3
Hijiki Seaweed Salad	56	2	62	0	0	0	448	7	10	1	0	1	4	17	10	25
Squid Salad	56	2	71	9	1	0	540	3	4	0	0	12	0	0	2	6
LOW CARB OPTIONS																
Healthy Choice (Brown Rice)	56.6g.(4pcs.)	3	35	2	0	0	1	0	7	1	0	1	3	3	0	2
Veggie Roll (Brown Rice)	66g.(3pcs.)	3	58	12	1	0	4	0	10	2	0	1	9	5	1	2
California Roll (Brown Rice)	66g.(3pcs.)	3	64	14	2	0	44	0	11	2	1	2	3	3	1	2
Tokyo Fantasy (Brown Rice)	66g.(3pcs.)	3	67	16	2	0	38	0	8	1	9	5	9	2	1	3
Nippon Favorite (Brown Rice)	56.6g.(4pcs.)	3	65	10	1	0	7	0	9	1	6	5	9	1	0	3
Sushicado (Brown Rice)	66g.(3pcs.)	3	73	21	2	0	8	0	8	1	7	5	11	3	1	3
Sashimi	84g.(6pcs.)	1	132	53	6	1	38	0	1	0	43	19	13	3	1	3
Sashimi Plus	126g.(9pcs.)	1	199	79	9	2	58	0	2	0	64	28	20	5	2	4

Percent Daily Values are based on a 2000 calorie diet.

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Hissho Sushi

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