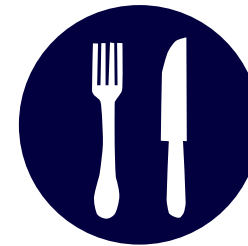


	Serving Size (oz)	Calories	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Protein (g)
Pico de Gallo Salsa (v) (v)	2	13	0	0	0	4	3	1
Tomato, Onions, Jalapeno Peppers, Cilantro								
Roasted Pork Loin	4	235	12	4	96	350	0	29
Pork Loin, Salt, Pepper								
Roasted Rosemary Potatoes (v) (v)	4	268	21	2	0	2821	19	3
Potatoes, Olive Oil Blend, Salt, Garlic, Rosemary, Pepper								
Rotisserie Chicken	4	311	22	6	106	243	0	27
Chicken, Olive Oil, Salt, Pepper								
Salmon	4	254	8	1	0	290	42	7
Atlantic Farmed Salmon, Teriyaki Sauce, Lemon Peel, Scallions								
Sesame Noodle Salad (v)	4	254	8	1	0	290	42	7
Pancit Noodles, Sesame Oil, Soy Sauce, Vinegar, Basil, Ginger, Thai Chili Sauce, Sesame Seeds								
Smashed "Loaded" Potato	4	184	12	8	40	671	13	6
Russet Potato, Whole Milk, Cream, Cheddar Cheese, Parmesan Cheese, Garlic, Basil, Butter, Bacon, Salt, Pepper, Scallions								
Smashed Potato (v)	4	166	11	7	36	650	14	4
Russet Potato, Whole Milk, Cream, Garlic, Parmesan Cheese, Basil, Butter, Salt, Pepper								
Sun-dried Tomato Spread	1	181	19	3	10	246	2	1
Mayonnaise, Sun-dried Tomatoes								
Tabbouleh Salad (v) (v)	4	159	11	1	0	104	15	3
Bulgur, Tomato, Olive Oil Blend, Lemon Juice, Parsley, Scallions, Peppermint, Salt								
Tomato Basil Pasta (v)	8	330	5	2	10	180	59	11
Penne Pasta, Tomato Basil Sauce (butter, flour, milk, onions, garlic, Thai sauce, salt, pepper, tomato, marinara sauce, basil, tarragon)								
Tri-tip	4	261	14	5	75	74	0	31
Beef Tri-tip								
Turkey Breast	4	176	4	1	100	264	0	34
Turkey Breast, Salt, Pepper								
Twice Baked Potato (v)	4	316	12	7	31	307	44	10
Russet Potatoes, Instant Mashed Potato, Cheddar Cheese, Butter, Scallions								
Vegetable Fried Rice (v) (v)	4	129	4	0.5	0	220	20	3
White Rice, Onions, Broccoli, Celery, Carrots, Soy Sauce, Green Peas, Olive Oil Blend, Scallions, Sesame Oil, Vegetable Base, Red Hot Chili Peppers								
Vegetable Lasagna (v)	8	409	18	10	88	621	37	23
Lasagna Noodles, Ricotta, Marinara Sauce, Parmesan Cheese, Egg, Cream, Basil, Oregano, Pepper								



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VILLAGE MARKET NUTRITION INFORMATION

Serving Size (oz) Calories Total Fat (g) Saturated Fat (g) Cholesterol (mg) Sodium (mg) Carbs (g) Protein (g)

Helpful Tips:

Pay attention to serving size when looking at nutrition info
 Weight when purchasing products at Village Market is by lb.
 16 oz = 1 lb 1 oz = approx 2 Tbsp 8 fluid oz = 1 cup
 Check out vegetarian (v) (may include egg or dairy) and vegan (v) options

	Serving Size (oz)	Calories	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Protein (g)
Asian Slaw (v) (v)	4	136	13	1	0	58	5	1
Napa Cabbage, Cucumber, Olive Oil Blend, Rice Vinegar, Sesame Oil, Bell Pepper, Soy Sauce, Sugar, Ginger Root, Sesame Seeds								
Bacon Potato Salad	4	249	19	6	21	187	13	5
Red Potatoes, Sour Cream, Olive Oil Blend, Green Onions, Blue Cheese, White Wine Vinegar, Bacon								
Basil Parmesan Pasta (v)	8	337	6	2	8	510	57	14
Linguini, Parmesan Cheese, Basil, Olive Oil Blend, Salt, Pepper, Parsley, Oregano								
Beef Ribs	4	477	42	18	82	1040	3	21
Beef Ribs, Tri-Tip Seasoning								
Bruschetta (v) (v)	2	40	3	0	0	113	4	1
Diced Tomato, Balsamic Vinegar, Basil, Garlic, Olive Oil Blend, Pepper, Kosher Salt								
Capri Isle Salad (v)	4	58	3	1	7	207	4	4
Cherry Tomatoes, Mozzarella Cheese, Basil, Olive Oil, Salt, Pepper								
Chicken Breast	4	188	4	1	86	206	1	35
Chicken Breast, Olive Oil Blend, Lemon Juice, Garlic Clove, Parsley, Salt, Pepper								
Chipotle Spread (v)	1	155	17	3	8	658	1	1
Mayonnaise, Chipotle Chili Base								
Continental Potato Salad (v)	4	208	16	4	12	117	14	2
Red Potatoes, Sour Cream, Olive Oil Blend, Green Onions, White Wine Vinegar, Capers								
Cranberry Chicken Salad	4	263	18	3	45	272	11	14
Chicken Breast, Celery, Mayonnaise, Onions, Cranberries, Salt, Thyme								
Dijon Vinaigrette Potato Salad (v)	4	165	9	1	0	221	20	2
Red Potatoes, Olive Oil, White Wine Vinegar, Capers, Parsley, Dijon Mustard, Garlic, Salt, Pepper								
Fruit Salsa (v) (v)	2	42	0	0	0	3	11	1
Pineapple, Onions, Lime Juice, Bell Pepper, Sugar, Cilantro, Jalapeno Peppers								
Garden Tuna Salad	4	205	15	2	28	325	3	14
Tuna, Celery, Mayonnaise, Scallions, Onions, Walnuts, Carrots								
Garlic Spread (v)	1	158	16	3	8	148	2	1
Mayonnaise, Garlic								
Glazed Pork Chop	4	197	6	2	39	680	23	13
Blackberry Balsamic Sauce, Pork Chop								

Gravy	2	286	22	13	57	1062	20	3
Flour, Butter, Chicken Base, Salt, Pepper								
Greek Cucumber Salad (v)	4	70	5	2	12	444	5	3
Cucumber, Tomato, Feta Cheese, Calamata Olives, Onions, Basil, Salt, Pepper								
Ham	4	195	10	3	66	1636	0	25
Smoked Ham								
Japanese Noodle Salad (v) (v)	4	223	5	1	0	237	34	10
Udon Noodles, Tofu, Edamame Beans, Carrots, Soy Sauce, Rice Vinegar, Radishes, Mirin Sauce, Scallions, Olive Oil Blend, Ginger, Garlic								
Jicama Slaw Salad (v) (v)	4	47	0	0	0	133	11	1
Jicama, Scallions, Corn, Cider Vinegar, Onions, Cilantro, Parsley, Salt, Pepper								
Lemon Pesto Ravioli (v)	8	527	34	9	79	858	38	18
Cheese Ravioli, Pesto Sauce, Pine Nuts								
Macaroni and Cheese (v)	4	219	12	7	36	326	17	11
Macaroni, Bechamel Sauce (whole milk, butter, flour, onion, bay leaf, cloves, salt, pepper), Cheddar Cheese, Salt, Pepper								
Meatballs Marinara	1svg*	506	34	13	252	493	14	32
Ground Beef, Marinara Sauce, Egg, Bread Crumbs, Parmesan Cheese, Parsley *svg:3 meatballs, 2 oz sauce								
Meat Lasagna	8	425	19	11	93	589	35	25
Lasagna Noodles, Ricotta Cheese, Marinara Sauce, Parmesan Cheese, Ground Beef, Egg, Cream, Basil, Oregano, Pepper								
Meat Loaf	4	234	12	5	90	423	14	18
Ground Beef, Onions, Bread Crumbs, Egg, A1 Steak Sauce, Bell Pepper, Ketchup, Garlic, Worcestershire Sauce, Salt, Pepper								
Mediterranean Pasta Salad (v)	4	229	21	3	10	287	9	2
Mayonnaise, Tomato, Broccoli, Onions, Artichoke Hearts, Green Peas, Black Olives, Rotini Pasta, Basil, Italian Seasoning								
Moroccan Couscous Salad (v) (v)	4	133	4	0	0	13	22	3
Couscous, Tomato, Bell Pepper, Celery, Raisins, Arugula, Onions, Lemon Juice, Pine Nuts, Olive Oil Blend								
New York Strip Loin	4	332	23	9	79	376	0	31
Beef Strip Loin, Salt, Garlic, Pepper								
Olive Tapenade (v) (v)	2	86	8	1	0	499	3	1
Black Olives, Manzanilla Olives, Onions, Red Wine Vinegar, Capers, Olive Oil Blend, Fresh Basil, Oregano, Pepper								
Pasta Marinara (v) (v)	8	240	4	0	0	383	43	8
Spaghetti, Marinara Sauce, Garlic								
Pesto Spread (v)	1	119	12	2	6	200	0	0
Pesto Sauce, Mayonnaise								