# **Watching What You Are Eating?**

We've got you covered, no matter what you're looking for. If you're watching calories, fat, sodium or looking for something vegetarian, we have options to fit your life.

**FOOD** for thought:

We have lots of fresh vegetables on our menu. Just sayin!

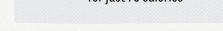




Watching portions?
We have different sizes to meet your needs.

We're picky too. Customize your bowl to your liking and we'll do our best to accommodate.

Add sautéed shrimp to any dish for just 70 calories



### **Watching Calories?**

We have dozens of combinations with 500 calories or less. Here are a few of our most popular dishes that are 500 calories or less:

- Small Penne Rosa
- Small Japanese Pan Noodles
- Small Pesto Cavatappi
- Small Wisconsin Mac & Cheese
- Small Mushroom Stroganoff
- Small Thai Green Curry with Shrimp
- Small or Regular Med Salad with Chicken
- Small or Regular Grilled Chicken Caesar
- Small Chicken Veracruz Salad
- Small or Regular Thai Chicken Soup with Baguette
- Small or Regular Chicken Noodle Soup with Baguette
- Small or Regular Tomato Basil Bisque

#### Watching Fat?

We have 0 grams of artificial trans fat and 10 grams of fat or less items. Try one of our favorites:

- Small Japanese Pan Noodles
- Small Med Salad with Chicken
- Chicken Noodle Soup
- Small Spaghetti

■ Small Spaghetti

■ Small Pasta Fresca

■ Small Buttered Noodles

■ Small Med Salad

**Watching Sodium?** 

We know sodium is an important issue, and we're working to reduce it in dishes where it doesn't change the overall flavor. These small dishes have 460mg of sodium or less:

- Penne Rosa
- Mushroom Stroganoff
- Caesar Salad

- Pesto Cavatappi
- Spaghetti

#### Looking for Something Vegetarian?

We love vegetarians. In fact, 16 of our dishes start out vegetarian (no meat or fish). All vegetarian dishes are noted with a **v** on our nutrition chart on the right.

#### Vegan Anyone?

While there is no commonly accepted definition for vegan\*, we define it as menu items that don't contain meat, fish, dairy, eggs or other animal products. If your definition matches ours, try these menu items:

- Penne Rosa (without cream and cheese)
- Spaghetti with Marinara (without cheese)
- Japanese Pan Noodles
- Tossed Green Side Salad (with balsamic vinaigrette)
- Spicy Chipotle Adobo (without pork, chicken, sour cream or cream)
- Thai Green Curry (without shrimp)

### Watching Gluten?

Although we can prepare dishes with gluten-free ingredients, like those you'll find below, we cannot guarantee any of our dishes are completely gluten-free. Even with a strict adherence toward maintaining spotless restaurants, we simply have too much wheat and gluten present to be able to eliminate the cross contamination on our equipment and food prep areas. If you are highly allergic or intolerant to gluten, we recommend checking with your physician before dining here.

Here are a few options and substitutions for when you're watching your gluten.

Our favorites with Zucchini noodles, rice noodles or gluten-free fusilli:

- Penne Rosa
- Pesto Cavatappi
- Spaghetti with Marinara
- Buttered Noodles
- Wisconsin Mac & Cheese
- Steak Stroganoff
- Pasta Fresca

Other options with modifications:

- Thai Green Curry with Shrimp (no modifications)
- The Med Salad with Chicken (request no Cavatappi)
- Chicken Veracruz Salad (request no crispy jalapeños)
- Grilled Chicken Caesar Salad (request no croutons)
- Tossed Green Side Salad (with Med, Jalapeño Ranch, Balsamic or Caesar dressing)
- Pad Thai (no modifications)
- Thai Chicken Soup (no modifications)
- Tomato Basil Bisque (no modifications)

#### Of Interest

- We have peanuts, tree nuts, soy, milk, eggs, fish, shellfish and wheat/gluten in our restaurant, and there may be cross contact with your food because of shared cooking equipment. In addition, because we offer so many unique flavors, not every ingredient we use is listed in our menu descriptions.
- Our naturally raised pork is considered a 'lean' meat as defined by the USDA — having less than 10 grams of fat, less than 4 grams saturated fat and less than 95 milligrams of cholesterol per serving and per 100 grams.
- All of our menu items contain fully refined soy oil, which according to the FDA is not an allergen.
- Everything's cooked to order, so there may be some variability in the numbers on the chart. Our food has no trans fats (except those which occur naturally in beef and dairy).
- We periodically update this guide. We also test new dishes or change suppliers and may not be able to reflect such changes within this guide.

For more information please visit <u>noodles.com</u>



\*Our dishes may contain sugar and/or wine. For a full list of ingredients, please visit <u>noodles.com/</u>made-different.

HERE'S WHAT	Calories	Calories from	Fat-Total	Saturated Fat	Trans Fatty	Choles- terol	Sodium	Total Carbs	Dietary Fiber	Sugars	Protein			, F	XLLE!	RGEN		Sholl- Wh
YOU ARE EATING		Fat	g	g	Acids	mg	mg	g	g	g	g	Pea- nuts	Tree Nuts	Soy	Milk	Egg	Fish	Shell- Will fish Glu
NOODLES & PASTA	REG SM	REG SM		REG SM	REG SM	REG SM	REG SM	REG SM	REG SM	REG SM	REG SM							Join
Penne Rosa with parmesan v	720 360			11 6	1 0	55 30	890 440	102 51	5 3	13 6	23 11				•			Π,
Penne Rosa with feta v	720 360	230 110	25 13	11 6	1 0	55 30	890 440	102 51	5 3	13 6	23 11				•			-
Japanese Pan Noodles v	660 330	150 70	16 8	1.5 .5	0 0	0 0	2010 1000		5 2	23 11	13 7			•				١,
Wisconsin Mac & Cheese v	980 490	340 170		20 10	1 .5	95 50	1560 780	119 59	5 2	11 5	42 21				•			(
Truffle Mac v	1070 530			17 9	1 0.5	75 35	2150 1080		6 3	13 7	41 21				•			- '
Buffalo Chicken Mac BBQ Pork Mac	1100 650 1210 690			18 10 22 13	1 0.5	130 95 130 80	3180 2050 2270 1380		6 3 5 3	12 6 18 9	59 41 64 43			•	•			
Pesto Cavatappi with parmesan v	750 380			10 5	0 0	45 20	870 440	93 47	6 3	8 4	23 12				•			
Pesto Cavatappi with feta v	750 380	290 140		10 5	0 0	45 20	870 440	93 47	6 3	8 4	23 12				•			
Pad Thai gf	1240 620			12 6	0 0	340 170	1430 710	131 65	4 2	30 15	19 10	•				•	•	
Spaghetti & Meatballs	980 670	410 340	46 38	16 14	2 1.5	100 95	1700 1300	104 56	4 3	16 8	36 27				•			- 1
Spaghetti v	620 310	150 80	17 9	4.5 2	1 0.5	15 5	810 400	97 49	3 2	16 8	19 10				•			-   -
Thai Green Curry v gf	780 390	210 100	23 11	14 7	0 0	0 0	1530 760	131 66	6 3	30 15	10 5		•					
Thai Green Curry with Shrimp gf	840 460			14 7	0 0	105 105	1870 1110	131 66	6 3	30 15	25 20		•					•
Steak Stroganoff w	1100 610			21 11	1 0.5	275 165	1110 690	109 55	5 3	11 5	42 29			•	•	•		١,
Mushroom Stroganoff v w	810 470			12 10	0.5 0.5	200 115	620 420	104 54	5 3	8 5	25 13			•	•	•		_   °
Spicy Chipotle Adobo v w	820 410			16 8	0.5 0	85 40	2030 1010		7 4	14 7	22 11				•			
Spicy Chipotle Adobo with Pork w Spicy Chipotle Adobo with Chicken w	990 580 970 560			19 11 17 9	0.5 0	120 75 190 150	2520 1510 2570 1560		7 4	14 7 15 7	44 33 49 38				•			
Spicy Korean Beef Noodles a	1000 560			6 4	0.5 0	50 50	3220 1750		6 3	46 23	39 27			•		•		
Buttered Noodles v	760 380			15 8	1 0	220 110	600 300	98 49	4 2	6 3	22 11				•			
Alfredo MontAmore®	1410 800			40 21	2.5 1.5	240 150	2170 1550		6 4	14 7	52 37			•	•			
Pasta Fresca with parmesan v w	880 440			8 4	0 0	15 5	1840 920	114 57	5 2	8 4	20 10				•			١,
Pasta Fresca with feta v w	880 440	340 170	38 19	8 4	0 0	15 5	1840 920	114 57	5 2	8 4	20 10		<u></u>		•			
SOUPS & SALADS	REG SM	REG SM	REG SM	REG SM	REG SM	REG SM	REG SM	REG SM	REG SM	REG SM	REG SM							
Thai Chicken gf	370 250			16 11	0 0	25 20	1660 1110		0 0	12 8	12 8		•	•	•		•	
Tomato Basil Bisque v w gf	430 290	250 170	28 19	14 10	1 0.5	70 45	1450 960	37 25	3 2	31 21	8 5				•			
Chicken Noodle Soup w	360 190	90 50	10 6	2.5 1.5	0 0	140 70	2320 1480	41 21	2 1	9 5	30 15				•	•		
Grilled Chicken Caesar w	410 260	230 130	25 14	6 3.5	0 0	110 95	1130 770	19 9	3 2	4 2	28 24				•	•	•	-   (
Caesar Salad w	300 150			5 2.5	0 0	30 15	720 360	18 9	2 1	4 2	8 4				•	•	•	1
Chicken Veracruz Salad	650 380			8 4.5	0 0	125 100	1520 1010		6 3	8 5	33 27				•	•		١,
The Med Salad with Chicken	390 250	140 90	16 10	5 3	0 0	100 90	1560 990	33 17	4 2	7 4	30 25				•			-   9
The Med Salad v	280 140	120 60	13 6	4.5 2	0 0	20 10	1150 580	33 16	3 2	7 3	10 5				•			
MEAT OR TOFU																		
Naturally Raised Pork	160	60	7	3	0	35	500	0	0	0	22							
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Naturally Raised Pork Parmesan-Crusted Chicken Breast Grilled Chicken Breast gf	190 150	70 40	8	2 1	0	55 105	920 540	8 0	1	0	22 27			•	•			
Naturally Raised Pork Parmesan-Crusted Chicken Breast Grilled Chicken Breast gf Marinated Steak	190 150 120	70	8 4 5	2	0	55 105 50	920 540 270	8 0 1	1	0	22 27 16			•	•			
Naturally Raised Pork Parmesan-Crusted Chicken Breast Grilled Chicken Breast gf	190 150	70 40 50	8	2 1 2	0 0	55 105	920 540	8 0	1 1 0	0 0 0	22 27			•	•			
Naturally Raised Pork Parmesan-Crusted Chicken Breast Grilled Chicken Breast gf Marinated Steak Sautéed Shrimp gf	190 150 120 70	70 40 50 5	8 4 5 0.5	2 1 2 0	0 0 0 0	55 105 50 105	920 540 270 350	8 0 1	1 1 0	0 0 0	22 27 16 15			•				•
Naturally Raised Pork Parmesan-Crusted Chicken Breast Grilled Chicken Breast gf Marinated Steak Sautéed Shrimp gf Oven-Roasted Meatballs	190 150 120 70 360	70 40 50 5 260	8 4 5 0.5 29	2 1 2 0 12	0 0 0 0	55 105 50 105 85	920 540 270 350 890	8 0 1	1 1 0	0 0 0 0	22 27 16 15 17							•
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## **ZUCCHINI NOODLES**

All of our nutritional values are rounded according to NLEA/FDA rounding regulations, so the sum of the ingredients may not always equal the total.



	Z	U C	CH	INI	N	0 0 0	LE	S																					
Calo	ries	Calo	ries	Fat-	Total	Satu				Chole	sterol	Sod	ium		tal		tary	Sug	jars	Pro	tein			Α	LLE	RGI	ENS		
		fro Fa	im at			Fa	at	Fa Ac	tty ids					Carb dra		Fil	oer					Pea-	Tree	Soy	Milk	Eggs	Fish	Shell-	Wheat
					g	į	g	Ç	]	m	ıg	m	ıg		9	!	g	í	9		,	nuts	Nuts					fish	٤ Gluten
REG	SM	REG	SM	REG	SM	REG	SM	REG	SM	REG	SM	REG	SM	REG	SM	REG	SM	REG	SM	REG	SM								Olucell
60	30	5	0	0	0	0	0	0	0	0	0	910	450	11	5	2	1	6	3	4	2								



**ZUCCHINI ROMESCO** 

	Z	U C	CH	INI	R (	) M E	E S C	0																					
Calo	ries	Calo	ries	Fat-	Total	Satu				Chole	sterol	Sod	lium	To		Die		Sug	jars	Pro	tein			Α	LLE	RG	ENS		
		fro Fa	om at			Fa	at		tty ids					Carb dra		Fil	oer								Milk	Eggs	Fish	Shell-	Wheat
				į	)	(	g	í	)	m	ıg	m	ng	ĺ	)	!	g	í	9		9	nuts	Nuts					fish	& Gluten
REG	SM	REG	SM	REG	SM	REG	SM	REG	SM	REG	SM	REG	SM	REG	SM	REG	SM	REG	SM	REG	SM								olucon
570	280	380	190	42	21	12	6	0	0	55	30	2930	1460	33	17	11	5	18	9	17	9		•		•				



	Z	U C	C H	INI	S F	PIC	Y K	0 R	E A	N B	E E	F					ZUCCHINI SPICY KOREAN BEEF													
Calo	ries	Calo	ries	Fat-	Total	Satur		Tra		Chole	sterol	Sod	ium	To		Die		Sug	ars	Pro	tein			Α	LLE	RG	ENS			
		fro Fa	om at	į	9	Fa g	at J	Fal Aci		m	g	m	ng	Carb dra		Fil	er J	į	)	į	,	Pea- Tree Nuts Nuts Eggs Fish Shell- W		Wheat & Gluten						
REG	SM	REG	SM	REG	SM	REG	SM	REG	SM	REG	SM	REG	SM	REG	SM	REG	SM	REG	SM	REG	SM								oluccii	
520	320	180	110	20	13	3.5	3	0	0	50	50	3330	1800	61	31	5	2	50	25	25	20			•					•	



	Z	UC	CH	INI	П	I A F	G F	REE	N C	; U R	RY	W	I T H	SH	I R I	M P													
Cal	ories	Calc	ries	Fat-	Total	Satu	rated	Tra	ans	Chole	sterol	Sod	ium	To		Die		Sug	jars	Pro	tein			A	LLE	RGI	ENS		
			om at	!	g	F:	at g		tty ids J	m	ıg	m	ng	Carb dra		Fil	oer g	į	9		g	Pea- nuts	Tree Nuts		Milk	Eggs	Fish	Shell- fish	Wheat & Gluten
REG	SM	REG	SM	REG	SM	REG	SM	REG	SM	REG	SM	REG	SM	REG	SM	REG	SM	REG	SM	REG	SM								oiacoii
440	260	150	80	17	9	13	6	0	0	105	105	2740	1540	50	26	7	4	36	18	24	20		•					•	

#### OF INTEREST -

WITH SAUTÉED SHRIMP

- $\cdot \, \text{All of our menu items contain fully refined soy oil, which, according to the FDA, is not an allergen.} \\$
- $\cdot$  We have peanuts, tree nuts, soy, milk, eggs, fish, shellfish and wheat/gluten in our restaurant, and there may be cross contact with your food because of shared cooking equipment. In addition, because we offer so many unique flavors, not every ingredient we use is listed in our menu descriptions.



# INGREDIENTS



Applesauce Gluten-Free	Apple Puree, Apple Puree Concentrate.
Asian Seasoning	Salt, White Sesame Seed, Dehydrated Garlic, Sugar, Spices (Black Pepper, Ginger), Black Sesame Seed, Paprika (Color), Chili Pepper, Dehydrated Onion, Torula Yeast, Extractives of Celery Seed, and Extractives of Black Pepper.
Avocado	Avocado, Soybean Oil.
<b>Bacon</b> Naturally Raised	ABF Pork, Water, Salt, Turbinado sugar, Celery Powder.
Baguette	Flour (Wheat, Malted Barley), Water, Yeast, Potato Flour, Sugar, Palm Oil, Salt, Contains less than 2% of the following: Cultured Wheat, Vinegar, Wheat Gluten, Ascorbic Acid, Soybean oil, Corn Starch, Enzymes.
<b>Balsamic Vinaigrette</b> Gluten-Free	Soybean Oil, Balsamic Vinegar, Water, Sugar, Contains Less Than 2% of Salt, Garlic, Caramel Color, Xanthan Gum, Spice, Paprika, Natural Flavor.
Basil Pesto Sauce Gluten- Free	Basil, Canola Oil, Water, Parmesan Cheese (Pasteurized Part-Skim Cows' Milk, Cheese Culture, Salt, Enzymes) Salt, Granulated Garlic, Spices.
BBQ Sauce Gluten-Free	Vinegar, Sugar, Tomato Paste, Water, Molasses, Modified Food Starch, Salt, Contains Less Than 2% Of: Natural Smoke Flavor, Spice (Including Mustard Seed), Paprika, Onion, Garlic, Caramel Color, Maltodextrin, Yeast Extract, Natural Flavor.
Black Sesame Seeds	Black Sesame Seeds.
Breadcrumbs	Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Canola And/or Sunflower Oil, 2% Or Less Of Salt, Dehydrated Garlic, Yeast, Sugar, Natural Flavor (With Milk, Smoke Flavor), Extractive Of Annatto (Color), Butter Oil, Extractive Of Paprika (Color), Ascorbic Acid, Rosemary Extractives (To Preserve Freshness).
Buffalo Sauce	Distilled Vinegar, Aged Cayenne Red Peppers, Salt, Water, Canola Oil, Paprika, Xanthan Gum, Natural Butter Type Flavor And Garlic Powder.
Butter	Cream (Milk), Salt.
Caesar Dressing Gluten-Free	Soybean Oil, Water, Parmesan Cheese (Cultured Milk, Salt, Enzymes), Distilled Vinegar, Anchovy Paste (Fish), Egg Yolk, Red Wine Vinegar, Contains Less Than 2% Of Garlic, Lemon Juice Concentrate, Sugar, Spices (Including Mustard Seed), Salt, Molasses, Corn Syrup, White Wine, Caramel Color, Citric Acid, Tartaric Acid, Tamarind, Natural Flavor.
Cavatappi Noodle	Durum Wheat Flour (Enriched With Iron (Ferrous Sulfate) And B Vitamins (Niacin, Thiamin Monitrate, Riboflavin, Folic Acid), Water, Soybean Oil.
Cheddar Jack Cheese Made with Hormone-Free Milk	Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, Color Added), Monterey Jack Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes), Contains 2 Percent Or Less Of Potato Starch And Powdered Cellulose Added To Prevent Caking, Natamycin (A Natural Mold Inhibitor).
Cheese Sauce Gluten-Free	Cheese spread [pasteurized process cheese spread (milk, water, skim milk, cream, sodium phosphate, salt, contains 2% or less of cheese culture, color added (apo carotenal, beta carotene), enzymes, lactic acid, natural flavor)], milk (milk, vitamin D3), water, cheddar blend {shredded cheddar cheese [cheddar cheese (pasteurized milk, cheese cultures, salt, enzymes), powdered cellulose (to prevent caking)]}, cream (cream, milk), modified food starch, unsalted butter (pasteurized cream, natural flavorings), salt.
Chicken Broth with Vegetables	Water, Celery, Carrot, Onion, Chicken Base (Chicken, Salt, Hydrolyzed Wheat Gluten Protein, Chicken Fat, Sugar, Whey Powder, Maltodextrin, Natural Flavors, Yeast Extract, Extractives of Turmeric and Annatto [color]), Rich Chicken Stock (Chicken, Water, White Wine, Onion, Carrots, Leeks, Spices, Parsley), Leeks, Extra Virgin Olive Oil, Unsalted Butter (Cream, Natural Flavoring), Thyme, Parsley, Black Pepper, and Turmeric.

Chili Lime Chicken	MARINATED CHICKEN BREAST (Boneless Skinless Chicken Breast Filets with Rib Meat
	Contains: Up to 12% of a Solution of Water, Soybean Oil, Salt, Sodium Phosphates, Garlic Powder and Black Pepper), CHILE LIME SEASONING (Chili Powder [Chili Pepper, Spices, Salt, Garlic, Silicon Dioxide], Lime Juice Powder [Corn Syrup, Lime Juice With Lime Oil], Sugar [Corn Starch], Spices [Cumin, Coriander, Red Pepper], Salt, Dehydrated Garlic, Citric Acid, Chili Pepper, Dehydrated Onion, and Key Lime Oil).
Chocolate Chunk Cookie (Varies by Market)*	Enriched Bleached Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Margarine (Palm Oil, Water, Soybean Oil, Salt, Mono- And Diglycerides, Colored With Annatto, Calcium Disodium Edta Preservative, Artificial Flavor, Vitamin A Palmitate), Brown Sugar (Sugar, Invert Sugar, Molasses), Semisweet Chocolate (Sugar, Unsweetened Chocolate [Processed With Alkali], Cocoa Butter, Anhydrous Dextrose, Soy Lecithin, Vanilla Flavor), Whole Grain Oats, Eggs, Sugar, Invert Sugar, Pudding (Modified Food Starch, Sugar, Salt, Natural Flavor, Monoglycerides, Whey, Citric Acid Preservative, Caramel Color), Baking Soda, Natural Flavor.
	-OR-
	Bleached Flour (wheat flour, malted barley flour, enriched with niacin, reduced iron, thiamine mononitrate, riboflavin, and folic acid), Margarine (palm oil, soybean oil, water, salt, natural flavor [contains milk], colored with beta carotene, vitamin A palmitate added), Brown Sugar (sugar, invert sugar, molasses), Semi-Sweet Chocolate (sugar, chocolate liquor, cocoa butter, soy lecithin [emulsifier]), Oats, Whole Egg, Sugar, Invert Syrup, Vanilla Pudding (sugar, nonfat milk, food starch-modified, contains 2% or less of: artificial flavor, cornstarch, disodium phosphate, monocalcium phosphate, potassium sorbate [preservative], salt, tetrasodium pyrophosphate, titanium dioxide [color], wheat starch, Yellow #5 [color], Yellow #6 [color]), Dextrose, Fructose, Baking Soda, and Salt. Processed in a facility with wheat, eggs, dairy, soy, nuts and peanuts.
Crispy Jalapeños	Jalapeño Peppers, Enriched Flour (Wheat flour, Niacin, Reduced Iron, Thiamine Monitrate, Riboflavin, Folic Acid), Sunflower and/or Canola Oil, Salt.
Croutons, Focaccia	Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Canola And/Or Sunflower Oil, 2% Or Less Of Salt, Dehydrated Garlic, Yeast, Sugar, Natural Flavor (With Milk, Smoke Flavor), Extractive Of Annatto (Color), Butter Oil, Extractive Of Paprika (Color), Ascorbic Acid, Rosemary Extractives (To Preserve Freshness).
Egg Noodle	Durum Wheat Flour ((Enriched With Iron (Ferrous Sulfate) And B Vitamins (Niacin, Thiamin Monitrate, Riboflavin, Folic Acid), Eggs), Water, Soybean Oil.
Elbow Noodle	Durum Wheat Flour (Enriched With Iron (Ferrous Sulfate) And B Vitamins (Niacin, Thiamin Monitrate, Riboflavin, Folic Acid), Water, Soybean Oil.
<b>Feta Cheese</b> Made with Hormone-Free Milk	Pasteurized Part–Skim Milk, Cheese Cultures, Salt, Enzymes.
Four Cheese Alfredo Sauce	Whipping Cream (Cream, Grade A Milk Powder, and Carrageenan), Cheese Blend (Parmesan, Asiago and Romano Cheese [Pasteurized Milk, Cheese Cultures, Salt, Enzymes], Powdered Cellulose {added to prevent caking}], Salt), Unsalted Butter (Cream, Natural Flavorings), Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Salt, Onion, Gorgonzola Cheese (Pasteurized Milk, Cheese Cultures, Salt, Enzymes, Penicillium Roquefortii and Cellulose [Anti-Caking Agent), Garlic and Black Pepper.
Fresca Sauce Gluten-Free	Soybean Oil, Balsamic Vinegar, Garlic, Lemon Juice (Water, Lemon Juice Concentrate and Lemon Oil), Extra Virgin Olive Oil, White Wine, Salt, Roasted Garlic, Natural Vegetable Base (Vegetables and Concentrated Vegetables [Carrots, Celery, Onion, Tomato], Yeast Extract, Salt, Sugar, Maltodextrin [from corn], Natural Flavor, Canola Oil, Dried Onion, Dried Potatoes, Dried Garlic), Sriracha (Chile, Distilled Vinegar, Water, Sugar, Salt, Garlic, Natural Flavor, Maltodextrin, Xanthan Gum and Citric Acid), Onion, Black Pepper, Torula Yeast, Oregano, Saladizer (Guar Gum, Xanthan Gum, Propylene Glycol Alginate), Garlic Powder, Basil, Onion Powder and Mustard Flour.
Fusilli Noodle Gluten-Free	Gluten Free Fusilli (Rice Flour, Corn Flour, Mono And Diglycerides Of Fatty Acids), Water, Soybean Oil.
Granulated Peanuts	Dry Roasted Granulated Peanuts.
Grilled Chicken Breast	Boneless Skinless Chicken Breast Filets with Rib Meat Contains: Up to 12% of a Solution of Water, Soybean Oil, Salt, Sodium Phosphates, Garlic Powder and Black Pepper.
Italian Seasoning	Salt, Spices (Black Pepper, Parsley, Basil, Rosemary, Savory, Oregano, Thyme), Dehydrated

Jalapeño Ranch Gluten-Free	Soybean Oil, Cultured Buttermilk, Vinegar, Water, Jalapeno Pepper, Egg Yolk, Salt, Cider Vinegar, Contains less than 2% of Modified Food Starch, Natural Flavor, Spice, Buttermilk Solids, Sugar, Xanthan Gum, Onion Powder, Garlic Powder, Paprika, Lactic Acid, Yeast Extract, Mustard Flour, Maltodextrin, Autolyzed Yeast Extract, Dried Dill, Whey, Milk, Lactose.
Japanese Pan Sauce	Water, Soy Sauce (Water, Salt, Sugar, Soybeans, Wheat, Molasses), Molasses, Rice Vinegar Dressing (Rice Vinegar, Water, Sugar, Salt), Lemon Juice (Water, Lemon Juice Concentrate and Lemon Oil), Sesame Oil, Sriracha (Chile, Distilled Vinegar, Water, Sugar, Salt, Garlic, Natural Flavor, Maltodextrin, Xanthan Gum and Citric Acid), Ginger, Natural Vegetable Base (Vegetables and Concentrated Vegetables [Carrot, Celery, Onion, Tomato], Yeast Extract, Salt, Organic Cane Sugar, Maltodextrin [from corn], Natural Flavor, Canola Oil, Barley Malt Extract [gluten], Dried Onion, Dried Potatoes, Dried Garlic), Modified Corn Starch, Garlic and Citric Acid as a Preservative.
Kalamata Olives	Olives, Water, Salt, Vinegar, Spices (Thyme, Rosemary, Bay Leaf), Olive Oil.
Korean BBQ Sauce	Water, Sugar, Distilled Vinegar, Brown Sugar, Rice Vinegar, Wheat, Soybeans, Gochujang Hot Pepper Paste[Water, Sugar, Red Chili Peppers Powder, Fermented Soybean Paste (Water, Soybeans, Rice, Salt, Alcohol), Pear Puree Concentrate, Salt, Salted Sake (Sake(Water, Rice, Koji), Salt), Onion Powder, Garlic Powder, Yeast Extract, Rice Vinegar, Sesame Oil, Paprika Powder, Corn Starch], Vegetable Oil (Soybean and/or Canola), Sesame Oil, Salt, Chili Garlic Sauce [Salted Chili Peppers (Chili Peppers, Salt), Garlic, Sugar, Rice Vinegar, Water, Modified Cornstarch, Acetic Acid], Contains less than 2% of: Modified Food Starch, Spices, Garlic, Xanthan Gum, Propylene Glycol Alginate, Caramel Color, Onion, Dextrose.
<b>Light Cream</b> Made with Hormone-Free Milk	Milk, Cream, Sodium Citrate, Sodium Phosphate.
Marinara Sauce Gluten-Free (Varies By Market)*	Tomatoes (Tomatoes, Tomato Puree, Calcium Chloride, Citric Acid), Diced Tomatoes In Juice (Tomatoes, Calcium Chloride, Citric Acid), Diced Tomatoes (Tomatoes, Tomato Juice, Calcium Chloride, And Naturally Derived Citric Acid), Water, Tomato Paste (Tomatoes), Onion, Seasoning (Sugar, Modified Corn Starch, Salt, And <i>Spices</i> ), Soybean Oil, Garlic In Water (Garlic, Water), Basil And Extra Virgin Olive Oil.
	-OR- Tomatoes (Tomatoes, Tomato Puree, Calcium Chloride and Citric Acid), Diced Tomatoes (Tomatoes, Tomato Juice, Citric Acid, Calcium Chloride), Onions, Water, Tomato Paste (Tomatoes), Seasoning (Sugar, Modified Corn Starch, Salt, Spices), Canola and Extra Virgin Olive Oil, Garlic (Garlic, Water), and Spice.
Marinated Steak	Beef, Water, Salt, Rice Starch, Spice, Sodium Phosphates, Seasoning (Dextrose, Bromelain (Natural Enzyme), Soybean Oil (As A Processing Aid), Garlic Powder.
Med Dressing Gluten-Free	Sour Cream (Cultured Milk, Cream, Whey, Modified Corn Starch, Sodium Phosphate, Guar Gum, Carrageenan, Calcium Sulfate, Locust Bean Gum), Yogurt (Cultured Pasteurized Grade A Whole Milk, Modified Food Starch, Pectin, Carrageenan, Contains Live Active Cultures [L.Bulgaricus, S.Thermophilus]), Lemon Juice (Water, Lemon Juice Concentrate, and Lemon Oil), Salt, Sriracha (Chile, Distilled Vinegar, Water, Sugar, Salt, Garlic, Natural Flavor, Maltodextrin, Xanthan Gum and Citric Acid)), Garlic, and Soybean Oil.
MontAmore® Cheese Made with Hormone-Free Milk	Montamoré Cheese (Pasteurized Milk, Cheese Cultures, Salt, Enzymes, Powdered Cellulose (To Prevent Caking).
Oven-Roasted Meatballs	ABF Beef, ABF Chicken, Bread Crumbs [Bread Crumbs (Bleached Wheat Flour, Yeast, Sugar, Salt), Cheddar/Parmesan/Blue Cheeses (Pasteurized Milk, Cheese Cultures, Salt, Enzymes), Wheat Flour, Wheat Starch, Salt, Dried Garlic, Maltodextrin, Natural Flavor, Nonfat Dry Milk, Spice, Yeast Extract, And Dried Parsley], Water, Seasoning [Salt, Dried Garlic, Spices, Dried Onion, Brown Sugar, Yeast Extract, Caramel Color, Dried Parsley, Dried Tomato, Maltodextrin, And Natural Flavor], And Natural Flavor.
Oyster Crackers	Unbleached Wheat flour, Water, Canola Oil, Cane Sugar, Salt, Yeast, Baking Soda.
Pad Thai Sauce Gluten-Free	Brown Sugar, Soybean Oil, Organic Agave Nectar, Fish Sauce (Fresh Anchovy, Sea Salt), Fruit Concentrate (Tamarind, Water), Water, Lemon Juice (Water, Lemon Juice Concentrate, and Lemon Oil), Lime Juice (Water, Lime Juice Concentrate and Lime Oil), Sriracha (Red Peppers, Distilled Vinegar, Water, Sugar, Salt, Garlic, Contains 2% or less of the following: Natural Flavor, Maltodextrin, Xanthan Gum, and Citric Acid), Garlic, Salt and Modified Food Starch.
Parmesan Cheese Made with Hormone-Free Milk	High Moisture Parmesan Cheese (Pasteurized Milk, Cheese Cultures, Salt, Enzymes), Powdered Cellulose (To Prevent Caking).

Parmesan Chicken	Boneless, Skinless Parmesan Breaded Chicken Breast Fillets With Rib Meat Containing: Up To 10% Of A Solution Of Water, Salt, Soy Protein Concentrate, Sodium Phosphates, Garlic Powder, Spice, Seasoning [Salt, Garlic Powder, Spice, Natural Flavor, Dehydrated Cheddar Cheese (Cultured Pasteurized Milk, Salt, Enzymes), Maltodextrin, Yeast Extract, Soy Lecithin].
	Breaded With: Bleached Wheat Flour, Dehydrated Parmesan, Cheddar, And Blue Cheese (Pasteurized Cultured Milk, Salt, Enzymes), Water, Modified Wheat Starch, Salt, Yeast Extract, Yellow Corn Flour, Garlic Powder, Natural Flavor, Sugar, Nonfat Milk, Spices, Maltodextrin, Yeast, Leavening (Sodium Bicarbonate, Sodium Acid Pyrophosphate), Parsley, Soy Lecithin. Breading set in vegetable oil.
Penne Rigate Noodle	Durum Wheat Flour (Enriched With Iron (Ferrous Sulfate) And B Vitamins (Niacin, Thiamin Monitrate, Riboflavin, Folic Acid), Water, Soybean Oil.
Penne Rosa Sauce Gluten- Free (Varies By Market)*	Tomatoes (Tomatoes, Tomato Puree, Calcium Chloride, Citric Acid), Diced Tomatoes In Juice (Tomatoes, Calcium Chloride, Citric Acid), Diced Tomatoes (Tomatoes, Tomato Juice, Calcium Chloride And Naturally Derived Citric Acid), Onion, Seasoning (Salt, Sugar, Modified Corn Starch And Spices), Water, Tomato Paste (Tomatoes), Soybean Oil, Garlic In Water (Garlic, Water), Basil And Extra Virgin Olive Oil.
	OR
	Tomatoes (Tomatoes, Tomato Puree, Calcium Chloride, Citric Acid), Diced Tomatoes (Tomatoes, Tomato Juice, Citric Acid, Calcium Chloride), Seasoning (Salt, Sugar, Modified Corn Starch, Crushed Red Pepper, Spice), Onions, Water, Tomato Paste (Tomatoes), Canola Oil And Extra Virgin Olive Oil Blend, Garlic (Garlic, Water), Spice.
Pork	ABF Pork, Lard, Salt, Pepper, Oregano, Thyme.
Naturally Raised	OR
(Varies By Market)*	ABF Pork, Salt, Spices, And Less Than 2% Olive Oil Added As A Processing Aid.
Potstickers	Chicken, Enriched Bleached Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Bok Choy, Cabbage, Mushroom (Mushroom, Water, Salt, Ascorbic Acid/Citric Acid), Carrot, Onion, Sesame Seed Oil, Contains less than 2% of: Ginger, Cilantro, Garlic, Spice, Chili Sauce (Red Chili Peppers, Red Jalapeno Peppers, Distilled Vinegar, Sugar, Garlic, Salt, Xanthan Gum, Paprika Extract), Soy Sauce (Water, Wheat, Soybeans, Salt), Rice Flour, Modified Food Starch, Salt, Vegetable Oil (Soybean and/or Canola).
Potsticker Sauce	Water, Rice Vinegar Dressing (Rice Vinegar, Water, Sugar, Salt), Soy Sauce (Water, Salt, Sugar, Soybeans, Wheat, Molasses), Molasses, Sriracha (Chile, Distilled Vinegar, Water, Sugar, Salt, Garlic, Natural Flavor, Maltodextrin, Xanthan Gum and Citric Acid), Ginger Juice, Garlic, Natural Vegetable Base (Vegetables and Concentrated Vegetables [Carrots, Celery, Onion, Tomato], Yeast Extract, Salt, Organic Cane Sugar, Maltodextrin [from corn], Natural Flavor, Canola Oil, Barley Malt Extract [Gluten], Dried Onion, Dried Potatoes, Dried Garlic), Modified Food Starch, and Citric Acid as a Preservative.
Ramen Noodle	Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, 100% Fully Refined Soybean Oil, Vital Wheat Gluten, Tapioca Starch, Salt, Potato Starch, Potassium Carbonate, Sodium Carbonate.
Rice Crispy	MINI MARSHMALLOWS (Corn Syrup, Sugar, Modified Corn Starch, Water, Gelatin. Contains 2% or less of each of the following: Natural and Artificial Flavor, Tertrasodium Pyrophosphate), CRISP RICE CEREAL (Rice, Sugar, Salt, Malt Extract, Preservative [Tocopherols]. Vitamins and Minerals: Iron [Ferric Orthophosphate], Vitamin C [Sodium Ascorbate], Vitamin A [Palmitate], Niacinamide, Zinc [Zinc Oxide], Vitamin B1 [Thiamine Mononitrate], Vitamin B6 [Pyridoxine Hydrochloride], Vitamin D [Cholecalciferol], Vitamin B2 [Riboflavin], Folic Acid, Vitamin B12 [Cyanocobalamin]), SALTED BUTTER (Cream [Milk], Salt), SOYBEAN OIL (Soybean Oil).
Rice Noodle Gluten-Free	Rice Flour, Water, Soybean Oil.
Roasted Mushrooms	White Mushrooms, Soybean Oil, Garlic, Salt, Black Pepper.
Sautéed Shrimp	WHITE SHRIMP (Shrimp, Salt, Sodium tripolyphosphate [to retain moisture]), Water, SOYBEAN OIL (Soybean Oil), VEGETABLE BROTH (Salt, Sugar [Beet], Maltodextrin, Natural Flavors, Onion, Caramel Color, Garlic).
Shiitake Mushrooms	Water, Shiitake Mushrooms.
Smolder From Boulder	Spices, Capsicum Oleoresin.

Snoodledoodle Cookie (Varies by Market)*	Enriched Bleached Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Sugar, Margarine (Palm Oil, Water, Soybean Oil, Salt, Mono- And Diglycerides, Colored With Annatto, Calcium Disodium Edta Preservative, Artificial Flavor, Vitamin A Palmitate), Candy (Sugar, Dairy Butter, Almonds Roasted In Cocoa Butter And/Or Sunflower Oil, Contains 2% Or Less Of Milk Chocolate [Sugar, Cocoa Butter, Chocolate, Nonfat Milk, Milkfat, Lactose, Soy Lecithin, Salt, Artificial Flavor], Milk, Salt), Eggs, Invert Sugar, Pudding (Modified Food Starch, Sugar, Salt, Natural Flavor, Monoglycerides, Whey, Citric Acid Preservative, Caramel Color), Baking Soda, Cinnamon, Natural Flavor.  -OR- Unbleached Wheat Flour (wheat flour, malted barley flour, enriched with niacin, reduced iron,
	thiamine mononitrate, riboflavin, and folic acid), Sugar, Margarine (palm oil, soybean oil, water, salt, natural flavor [contains milk], colored with beta carotene, vitamin A palmitate added), Toffee Bits (sugar, butter [milk], almonds, sweetened condensed milk [milk, sugar], contains 2% or less of: milk chocolate [sugar, cocoa butter, chocolate, nonfat milk, milk fat, lactose (milk), salt, soy lecithin (emulsifier), natural flavor], salt, sunflower oil), Whole Egg, Invert Syrup, Cinnamon Sugar (sugar, cinnamon, cornstarch), Vanilla Pudding (sugar, nonfat milk, food starch-modified, contains 2% or less of: artificial flavor, cornstarch, disodium phosphate, monocalcium phosphate, potassium sorbate [preservative], salt, tetrasodium pyrophosphate, titanium dioxide [color], wheat starch, Yellow #5 [color], Yellow #6 [color]), Baking Soda, and Natural Flavor. Processed in a facility with wheat, eggs, dairy, soy, nuts and peanuts.
Sour Cream	Cultured Cream.
Soybean Oil	Refined Soybean Oil (no soy allergen).
Soy Sauce	Water, Soybeans, Wheat, Salt, Sugar.
Spaghetti Noodle	Durum Wheat Flour (Enriched With Iron (Ferrous Sulfate) And B Vitamins (Niacin, Thiamin Monitrate, Riboflavin, Folic Acid), Water, Soybean Oil.
<b>Sriracha</b> Gluten-Free	Chili, Garlic, Sugar, Salt, Vinegar.
Stroganoff Sauce Gluten-Free	Sour Cream (Cultured Milk, Cream, Whey, Modified Corn Starch, Sodium Phosphate, Guar Gum, Carrageenan, Calcium Sulfate, Locust Bean Gum), Whipping Cream (Cream, Grade A Milk Powder, Carrageenan), Onion, Sherry, Cream Replacer (Milk, Cream, Soy-Lecithin, Guar Gum, Xanthan Gum, Carrageenan), Garlic, Pickapeppa Sauce (Cane Vinegar, Sugar, Tomatoes, Onions, Raisins, Sea Salt, Ginger, Peppers, Garlic, Cloves, Black Pepper, Thyme, Mangoes, Orange Peel), Mushroom Base (Sautéed Mushrooms [Mushrooms, Water, Salt], Salt, Maltodextrin, Palm Oil, Hydrolyzed Corn Gluten and Soy Protein, Sugar, Less than 2% of Onion Powder, Corn Oil, Mushroom Juice Concentrate, Natural Flavors), Salt, Soybean Oil, Italian Herb (Spices), and Black Pepper.
Thai Chicken Soup Gluten-Free	Water, Coconut Cream (Coconut Extract, Water, Xanthan Gum, Carrageenan and Guar), Thai Style Base (Brown Sugar, Fish Sauce [Anchovy Extract, Salt Water], Yellow Curry Paste [Lemongrass, Garlic, Shallot, Salt, Galangal, Dried Red Chili, Coriander Seed, Kaffir Lime Peel, Cumin, Cinnamon, Mace, Turmeric, Cardamom], Modified Corn Starch, Ginger Puree [Ginger, Citric Acid], Butter [Sweet Cream, Natural Flavor {Lactic Acid, Starter Distillate}], Spice, Cilantro, Garlic, Green Onions, Soybean Oil, Lemongrass Puree [Lemongrass and Water], Sea Salt, Lime Juice, Yeast Extract, Soy Lecithin, Lemon Juice Concentrate, Xanthan Gum, Chili Peppers, Annatto (Color), Turmeric), Milk, Chicken (White Chicken Meat, Water, Modified Food Starch, Salt, Sodium Phosphate), Onions, Cabbage, Red Bell Peppers, Carrots, Mushrooms.
Thai Green Curry Sauce	Coconut Milk (Coconut Extract, Water, Citric Acid), Water, Sugar, Spice Blend (Chili Pepper, Salt, Dehydrated Garlic, Spices, Lemongrass, Maltodextrin, Yeast Extract, Turmeric [Color], and Natural Flavoring), Ginger, Tamarind Concentrate (Tamarind, Water), Modified Food Starch, Salt, Lemongrass, Seasoned Rice Vinegar (Rice Vinegar, Water, Sugar, Salt), Thai Basil and Seasoning Blend (Salt, Yeast Extract, Dehydrated Vegetables [Mushroom, Garlic, Onion, Tomato], Maltodextrin, and Spice).

Tofu, Seasoned	ORGANIC TOFU (Water, Organic Soybean [Non-GMO], Calcium Sulfate, Calcium Chloride), Water, JAPANESE PAN SAUCE (Water, Soy Sauce [Water, Salt, Sugar, Soybeans, Wheat, Molasses], Molasses, Rice Vinegar Dressing [Rice Vinegar, Water, Sugar, Salt], Lemon Juice [Water, Lemon Juice Concentrate and Lemon Oil], Sesame Oil, Sriracha [Chile, Distilled Vinegar, Water, Sugar, Salt, Garlic, Natural Flavor, Maltodextrin, Xanthan Gum and Citric Acid], Ginger, Natural Vegetable Base [Vegetables and Concentrated Vegetables {Carrot, Celery, Onion, Tomato}, Yeast Extract, Salt, Organic Cane Sugar, Maltodextrin {from corn}, Natural Flavor, Canola Oil, Barley Malt Extract {gluten}, Dried Onion, Dried Potatoes, Dried Garlic], Modified Corn Starch, Garlic and Citric Acid as a Preservative), SOYBEAN OIL (Soybean Oil), ASIAN SEASONING (Salt, White Sesame Seed, Dehydrated Garlic, Sugar, Spices [Black Pepper, Ginger], Black Sesame Seed, Paprika [Color], Chili Pepper, Dehydrated Onion, Torula Yeast, Extractives of Celery Seed, and Extractives of Black Pepper), VEGETABLE BROTH (Salt, Sugar [Beet], Maltodextrin, Natural Flavors, Onion, Caramel Color, Garlic).
Tomato Adobo Sauce	Fire Roasted Diced Tomatoes In Juice (Tomatoes, Tomato Juice, Salt, Calcium Chloride and Citric Acid), Chopped Tomatoes (Tomatoes, Salt, Calcium Chloride and Naturally Derived Citric Acid), Water, Red Bell Peppers, Soybean Oil, Onion, Modified Food Starch, Salt, Jalapeño Peppers, Jalapeño, Natural Vegetable Base (Vegetables and Concentrated Vegetables [Carrots, Celery, Onion, Tomato], Yeast Extract, Salt, Organic Cane Sugar, Maltodextrin [From Corn], Natural Flavor, Canola Oil, Barley Malt Extract [Gluten], Dried Onion, Dried Potato, Dried Garlic), Cumin, Morita Chile, Black Pepper, Spanish Paprika, Coriander, White Wine Vinegar, Cinnamon, Ground Cloves and Garlic Powder.
Tomato Basil Bisque Gluten-free	Water, Heavy Whipping Cream (Cream, Milk Powder, Carrageenan), Tomato Paste (Tomatoes), Crushed Tomatoes (Tomatoes, Tomato Puree, Citric Acid), Onion, Diced Tomatoes (Tomatoes, Tomato Juice, Calcium Chloride, and Naturally Derived Citric Acid), Natural Vegetable Base (Vegetables and Concentrated Vegetables [Carrots, Celery, Onion, Tomato], Yeast Extract, Salt, Sugar, Maltodextrin [from corn], Natural Flavor, Canola Oil, Dried Onion, Dried Potato, Dried Garlic), Sugar, Soybean Oil, Garlic, Seasoning (Salt, Spices, Dehydrated Garlic, Lavender), Sherry Wine, Crushed Basil, Extra Virgin Olive Oil, Salt, Basil, Annatto Extract (Propylene Glycol, Water, Polysorbate 80, Annatto [color] Potassium Hydroxide) and Parsley.
Truffle Cheese Sauce	CHEESE SAUCE (Cheese Spread [Pasteurized Process Cheese Spread {Milk, Water, Skim Milk, Cream, Sodium Phosphate, Salt, Contains 2% or Less of Cheese Culture, Color Added {apo carotenal, beta carotene}, Enzymes, Lactic Acid, Natural Flavor}], Milk [Milk, Vitamin D3], Water, Cheddar Blend [Shredded Cheddar Cheese {Cheddar Cheese {Pasteurized Milk, Cheese Cultures, Salt, Enzymes}, Powdered Cellulose {to prevent caking}], Cream [Cream, Milk], Modified Food Starch, Unsalted Butter [Pasteurized Cream, Natural Flavorings], Salt), TRUFFLE ZEST (Natural Flavor, Carob Powder, Salt, Black Summer Truffle [Tuber Aestivum Vitt.]).
Udon Noodle	Bleached Wheat Flour, Water, Salt, Corn Starch, Soybean Oil.
(Varies By Market)*	OR
	Wheat Flour, Water, Corn Starch, Vegetable Oil (Canola/Soybean Oil), Salt, Fumaric Acid and Lactic Acid.
Vegetable Broth	Salt, Sugar, Maltodextrin, Natural Flavors, Onion, Caramel Color, Garlic.

As we continually strive to evolve and improve, our ingredient list is subject to change.

\*For specific ingredients in your market, please email the guestrelations@noodles.com







BBQ Pork Mac	Elbow Noodle Cheese Sauce Braised Pork Cheddar Jack Cheese BBQ Sauce Crispy Jalapeno Strips  Elbow Noodle	Spicy Korean Beef Noodles	Ramen Noodles Korean BBQ Sauce Marinated Steak Vegetable Broth Napa/Red Cabbage Blend Cucumbers Green Onions Spinach
Truffle Mac	Cheese Sauce Roasted Mushrooms Parmesan Cheese Breadcrumbs Truffle Zest		Soybean Oil Cilantro  Rice Noodle
Buffalo Chicken Mac	Elbow Noodle Cheese Sauce Parmesan Chicken Parmesan Cheese Buffalo Sauce Green Onions	Thai Green Curry with Shrimp	Thai Green Curry Sauce Sautéed Shrimp Broccoli Vegetable Broth Pineapple Snap Peas Red Onions Soybean Oil Cilantro
Wisconsin Mac & Cheese	Cheese Sauce Cheddar Jack		Black Sesame Seeds  Penne Rigate Noodle
Japanese Pan Noodles	Udon Noodle Japanese Pan Sauce Broccoli Carrots Shiitake Mushrooms Soybean Oil Cilantro Black Sesame Seeds	Penne Rosa	Penne Rosa Sauce Light Cream Roma Tomatoes Vegetable Broth White Mushrooms Parmesan or Feta Cheese Spinach Soybean Oil
Pesto Cavatappi	Cavatappi Noodle Roma Tomatoes Vegetable Broth Pesto Sauce Light Cream White Mushrooms Parmesan Cheese Soybean Oil	Pasta Fresca	Penne Noodle Fresca Sauce Roma Tomatoes Vegetable Broth Parmesan Cheese Red Onions Spinach Soybean Oil
Spaghetti & Meatballs	Spaghetti Noodle Marinara Sauce Oven-Roasted Meatballs Parmesan Cheese	Pad Thai	Rice Noodle Pad Thai Sauce Cage Free Scrambled Eggs Vegetable Broth Carrots
Steak Stroganoff	Egg Noodle Stroganoff Sauce Marinated Steak Roasted Mushrooms		Napa/Red Cabbage Blend Lime Granulated Peanuts Soybean Oil
Spicy Chipotle Adobo With Pork	Cavatappi Noodle Tomato Adobo Sauce Light Cream Braised Pork Mushrooms Vegetable Broth Sour Cream	Alfredo MontAmore®	Spaghetti Noodle Four Cheese Alfredo Sauce Parmesan Chicken Roma Tomatoes Roasted Mushrooms MontAmore Cheese Spinach Black Pepper
	Red Onions Lime Soybean Oil Cilantro	Buttered Noodles	Egg Noodle Butter Parmesan Cheese Italian Seasoning

SALADS	
Chicken Veracruz Salad	Mixed Greens Grilled Chicken Jalapeño Ranch Roma Tomatoes Shucked Corn Diced Avocado Red Onions ABF Bacon Lime Crispy Jalapeños Soybean Oil Cilantro Chili Lime Seasoning
The Med Salad with Chicken	Mixed Greens Grilled Chicken Breast Cavatappi Noodle Roma Tomatoes Cucumbers Med Dressing Kalamata Olives Red Onions Feta Cheese
Grilled Chicken Caesar	Romaine Grilled Chicken Breast Caesar Dressing Focaccia Croutons Parmesan Cheese
Caesar Side Salad	Romaine Caesar Dressing Focaccia Croutons Parmesan Cheese
Tossed Green Side Salad	Mixed Greens Dressing of Your Choice (Balsamic Vinaigrette, Caesar Dressing, Med Dressing, Jalapeño Ranch, Pomegranate Vinaigrette) Roma Tomatoes Cucumbers

SOUPS	
Thai Chicken	Thai Chicken Soup Served With Oyster Crackers
Chicken Noodle	Chicken Broth with Vegetables Egg Noodle Grilled Chicken Breast Served With: Oyster Crackers
Tomato Basil Bisque	Tomato Basil Bisque Served With: Oyster Crackers

SHAREABLES	
Korean BBQ Meatballs	Oven-Roasted Meatballs Korean BBQ Sauce Asian Seasoning
Cheesy Garlic Bread	Baguette Marinara Sauce Parmesan Cheese Butter Italian Seasoning
Potstickers	Potstickers Potsticker Sauce Red Pepper

DESSERTS & EXTRAS	
Cookies Rice Crispy Baguette Meat or Tofu	See Ingredient Statement

As we continually strive to evolve and improve, our ingredient list is subject to change.



<sup>\*</sup>For specific ingredients in your market, please email the guestrelations@noodles.com