

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.

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

Add sautéed shrimp to any dish for just 70 calories

FOOD
for thought:

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.

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
- Small Spaghetti
- Small Pasta Fresca
- Small Buttered Noodles

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 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 noodles.com

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

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.



ZUCCHINI NOODLES

Calories		Calories from Fat		Fat - Total		Saturated Fat		Trans Fatty Acids		Cholesterol		Sodium		Total Carbohydrates		Dietary Fiber		Sugars		Protein		ALLERGENS							
REG	SM	REG	SM	REG	SM	REG	SM	REG	SM	REG	SM	REG	SM	REG	SM	REG	SM	REG	SM	REG	SM	Pea-nuts	Tree Nuts	Soy	Milk	Eggs	Fish	Shell-fish	Wheat & Gluten
60	30	5	0	0	0	0	0	0	0	0	0	910	450	11	5	2	1	6	3	4	2								

ZUCCHINI NOODLES GF V



ZUCCHINI ROMESCO

Calories		Calories from Fat		Fat - Total		Saturated Fat		Trans Fatty Acids		Cholesterol		Sodium		Total Carbohydrates		Dietary Fiber		Sugars		Protein		ALLERGENS							
REG	SM	REG	SM	REG	SM	REG	SM	REG	SM	REG	SM	REG	SM	REG	SM	REG	SM	REG	SM	REG	SM	Pea-nuts	Tree Nuts	Soy	Milk	Eggs	Fish	Shell-fish	Wheat & Gluten
570	280	380	190	42	21	12	6	0	0	55	30	2930	1460	33	17	11	5	18	9	17	9		•		•				

ZUCCHINI ROMESCO GF V



ZUCCHINI SPICY KOREAN BEEF

Calories		Calories from Fat		Fat - Total		Saturated Fat		Trans Fatty Acids		Cholesterol		Sodium		Total Carbohydrates		Dietary Fiber		Sugars		Protein		ALLERGENS							
REG	SM	REG	SM	REG	SM	REG	SM	REG	SM	REG	SM	REG	SM	REG	SM	REG	SM	REG	SM	REG	SM	Pea-nuts	Tree Nuts	Soy	Milk	Eggs	Fish	Shell-fish	Wheat & Gluten
520	320	180	110	20	13	3.5	3	0	0	50	50	3330	1800	61	31	5	2	50	25	25	20			•					•

WITH MARINATED STEAK W



ZUCCHINI THAI GREEN CURRY WITH SHRIMP

Calories		Calories from Fat		Fat - Total		Saturated Fat		Trans Fatty Acids		Cholesterol		Sodium		Total Carbohydrates		Dietary Fiber		Sugars		Protein		ALLERGENS							
REG	SM	REG	SM	REG	SM	REG	SM	REG	SM	REG	SM	REG	SM	REG	SM	REG	SM	REG	SM	REG	SM	Pea-nuts	Tree Nuts	Soy	Milk	Eggs	Fish	Shell-fish	Wheat & Gluten
440	260	150	80	17	9	13	6	0	0	105	105	2740	1540	50	26	7	4	36	18	24	20		•					•	

WITH SAUTÉED SHRIMP GF

OF INTEREST

- All of our menu items contain fully refined soy oil, which, according to the FDA, is not an allergen.
- 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.

W WINE

GF GLUTEN-FREE

V VEGETARIAN
Excludes meat & fish



LIST OF INGREDIENTS



Applesauce <i>Gluten-Free</i>	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.
Bacon <i>Naturally Raised</i>	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.
Balsamic Vinaigrette <i>Gluten-Free</i>	Soybean Oil, Balsamic Vinegar, Water, Sugar, Contains Less Than 2% of Salt, Garlic, Caramel Color, Xanthan Gum, Spice, Paprika, Natural Flavor.
Basil Pesto Sauce <i>Gluten-Free</i>	Basil, Canola Oil, Water, Parmesan Cheese (Pasteurized Part-Skim Cows' Milk, Cheese Culture, Salt, Enzymes) Salt, Granulated Garlic, Spices.
BBQ Sauce <i>Gluten-Free</i>	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 <i>Gluten-Free</i>	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 <i>Made with Hormone-Free Milk</i>	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 <i>Gluten-Free</i>	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 <i>with Vegetables</i>	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 <i>(Varies by Market)*</i>	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.
Feta Cheese <i>Made with Hormone-Free Milk</i>	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 <i>Gluten-Free</i>	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 <i>Gluten-Free</i>	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 Garlic, and Lavender.

<p>Jalapeño Ranch <i>Gluten-Free</i></p>	<p>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.</p>
<p>Japanese Pan Sauce</p>	<p>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.</p>
<p>Kalamata Olives</p>	<p>Olives, Water, Salt, Vinegar, Spices (Thyme, Rosemary, Bay Leaf), Olive Oil.</p>
<p>Korean BBQ Sauce</p>	<p>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.</p>
<p>Light Cream <i>Made with Hormone-Free Milk</i></p>	<p>Milk, Cream, Sodium Citrate, Sodium Phosphate.</p>
<p>Marinara Sauce <i>Gluten-Free</i> <i>(Varies By Market)*</i></p>	<p>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 Spices), Soybean Oil, Garlic In Water (Garlic, Water), Basil And Extra Virgin Olive Oil.</p> <p>-OR-</p> <p>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.</p>
<p>Marinated Steak</p>	<p>Beef, Water, Salt, Rice Starch, Spice, Sodium Phosphates, Seasoning (Dextrose, Bromelain (Natural Enzyme), Soybean Oil (As A Processing Aid), Garlic Powder.</p>
<p>Med Dressing <i>Gluten-Free</i></p>	<p>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.</p>
<p>MontAmore® Cheese <i>Made with Hormone-Free Milk</i></p>	<p>Montamoré Cheese (Pasteurized Milk, Cheese Cultures, Salt, Enzymes, Powdered Cellulose (To Prevent Caking).</p>
<p>Oven-Roasted Meatballs</p>	<p>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.</p>
<p>Oyster Crackers</p>	<p>Unbleached Wheat flour, Water, Canola Oil, Cane Sugar, Salt, Yeast, Baking Soda.</p>
<p>Pad Thai Sauce <i>Gluten-Free</i></p>	<p>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.</p>
<p>Parmesan Cheese <i>Made with Hormone-Free Milk</i></p>	<p>High Moisture Parmesan Cheese (Pasteurized Milk, Cheese Cultures, Salt, Enzymes), Powdered Cellulose (To Prevent Caking).</p>

<p>Parmesan Chicken</p>	<p>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].</p> <p>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.</p>
<p>Penne Rigate Noodle</p>	<p>Durum Wheat Flour (Enriched With Iron (Ferrous Sulfate) And B Vitamins (Niacin, Thiamin Monitrate, Riboflavin, Folic Acid), Water, Soybean Oil.</p>
<p>Penne Rosa Sauce <i>Gluten- Free</i> <i>(Varies By Market)*</i></p>	<p>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.</p> <p>OR</p> <p>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.</p>
<p>Pork <i>Naturally Raised</i> <i>(Varies By Market)*</i></p>	<p>ABF Pork, Lard, Salt, Pepper, Oregano, Thyme.</p> <p>OR</p> <p>ABF Pork, Salt, Spices, And Less Than 2% Olive Oil Added As A Processing Aid.</p>
<p>Potstickers</p>	<p>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).</p>
<p>Potsticker Sauce</p>	<p>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.</p>
<p>Ramen Noodle</p>	<p>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.</p>
<p>Rice Crispy</p>	<p>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).</p>
<p>Rice Noodle <i>Gluten-Free</i></p>	<p>Rice Flour, Water, Soybean Oil.</p>
<p>Roasted Mushrooms</p>	<p>White Mushrooms, Soybean Oil, Garlic, Salt, Black Pepper.</p>
<p>Sautéed Shrimp</p>	<p>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).</p>
<p>Shiitake Mushrooms</p>	<p>Water, Shiitake Mushrooms.</p>
<p>Smolder From Boulder</p>	<p>Spices, Capsicum Oleoresin.</p>

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.

Sriracha*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).

<p>Tofu, Seasoned</p>	<p>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).</p>
<p>Tomato Adobo Sauce</p>	<p>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.</p>
<p>Tomato Basil Bisque <i>Gluten-free</i></p>	<p>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.</p>
<p>Truffle Cheese Sauce</p>	<p>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.]).</p>
<p>Udon Noodle <i>(Varies By Market)*</i></p>	<p>Bleached Wheat Flour, Water, Salt, Corn Starch, Soybean Oil. OR Wheat Flour, Water, Corn Starch, Vegetable Oil (Canola/Soybean Oil), Salt, Fumaric Acid and Lactic Acid.</p>
<p>Vegetable Broth</p>	<p>Salt, Sugar, Maltodextrin, Natural Flavors, Onion, Caramel Color, Garlic.</p>

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



DISH
REFERENCE
CHART



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

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

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