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.



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 Spaghetti Small Pasta Fresca

Small Buttered Noodles

- 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 Spaghetti
- Small Med Salad with Chicken

- Chicken Noodle Soup

- 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

- Pesto Cavatappi
- Mushroom Stroganoff
- Caesar Salad

- 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)

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

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



HERE'S WHAT	Calariaa	Calariaa	Cat Tatal	Cohurabaa	Trana	Chalaa	Sodium	Tatal	Distant	Curara	Drotain		_	1	ALLER	GEN	\$	
YOU ARE EATING	Calories	Calories from Fat	Fat-Total	Saturated Fat	l Trans Fatty Acids	Choles- terol		Total Carbs	Dietary Fiber	Sugars	Protein	Pea-	Tree	Soy	Milk			Shell- Whea
	DEC OM	DEC CM	g DEC CM	g DEC CM	g DEC OM	mg	mg	g DEC CM	g DEC CM	g DEC CM	g DEC CM	nuts	Nuts	,		55		fish Glute
NOODLES & PASTA Penne Rosa with parmesan v	REG SM 720 360		REG SM 25 13	REG SM 11 6	REG SM	REG SM 55 30	REG SM 890 440	REG SM 102 51	REG SM 5 3	REG SM 13 6	REG SM 23 11				•			•
Penne Rosa with feta v	720 360		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	111 56	52	23 11	13 7			•				•
Wisconsin Mac & Cheese v	980 490		38 19	20 10	1 .5	95 50	1560 780	119 59	52	11 5	42 21				•			•
Truffle Mac v	1070 530		43 21	17 9	1 0.5	75 35	2150 1080	131 65	6 3	13 7	41 21				•			•
Buffalo Chicken Mac BBO Pork Mac	1100 650 1210 690		39 23 47 27	18 10 22 13	1 0.5 1 0.5	130 95 130 80	3180 2050 2270 1380	128 68 129 65	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			10 5	0 0	45 20	870 440	93 47	6 3	8 4	23 12				•			•
Pad Thaigf	1240 620	630 320		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				•			•
Spaghetti v	620 310		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			14 7	0 0	0 0	1530 760	131 66	6 3	30 15	10 5		•					_
Thai Green Curry with Shrimp gf	840 460		23 12	14 7	0 0	105 105	1870 1110	131 66 109 55	6 3	30 15	25 20 42 29		•	-				•
Steak Stroganoff w Mushroom Stroganoff v w	1100 610 810 470		53 29 36 24	21 11 12 10	1 0.5 0.5 0.5	275 165 200 115	1110 690 620 420	109 55 104 54	5 3 5 3	11 5 8 5	42 29 25 13			•	•	•		•
Spicy Chipotle Adobo v w	820 410		35 18	16 8	0.5 0.5	85 40	2030 1010	105 53	7 4	14 7	23 13			•	•	-		
Spicy Chipotle Adobo with Pork w	990 580			19 11	0.5 0	120 75	2520 1510	105 53	7 4	14 7	44 33				•			•
Spicy Chipotle Adobo with Chicken w	970 560			17 9	0.5 0	190 150	2570 1560	106 53	7 4	15 7	49 38				•			•
Spicy Korean Beef Noodles a	1000 560	270 160	30 18	6 4	0 0	50 50	3220 1750	140 71	6 3	46 23	39 27			•		•		•
Buttered Noodles v	760 380	310 160	35 18	15 8	1 0	220 110	600 300	98 49	42	63	22 11				•	•		•
Alfredo MontAmore®	1410 800		84 46	40 21	2.5 1.5	240 150	2170 1550	110 59	6 4	14 7	52 37			•	•			•
Pasta Fresca with parmesan v w	880 440			84	0 0	15 5	1840 920	114 57	52	84	20 10				•			•
Pasta Fresca with feta v w	880 440	340 170	38 19	8 4	0 0	15 5	1840 920	114 57	52	8 4	20 10				•			•
SOUPS ዲ SALADS	REG SM			REG SM		REG SM		REG SM	REG SM	REG SM	REG SM							
ThaiChicken gf	370 250			16 11	0 0	25 20	1660 1110	31 20	0 0	12 8	12 8		•	•	•		•	
Tomato Basil Bisque v w gf	430 290			14 10	1 0.5	70 45	1450 960	37 25	32	31 21	85				•			_
Chicken Noodle Soup w	360 190		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		25 14	6 3.5	0 0	110 95	1130 770	19 9	3 2	4 2	28 24				•	•	•	•
Caesar Salad w Chicken Veracruz Salad	300 150 650 380		22 11 47 25	5 2.5	0 0	30 15 125 100	720 360 1520 1010	18 9 20 17	2 1 6 3	4 2 8 5	8 4 33 27				•	•	•	•
The Med Salad with Chicken	650 380 390 250		16 10	8 4.5 5 3	0 0	125 100 100 90	1560 990	30 17 33 17	6 3 4 2	8 5	30 25				•	•		•
The Med Salad v	280 140		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							
Parmesan-Crusted Chicken Breast	190	70	8	2	0	55	920	8	1	0	22			•	•			•
Grilled Chicken Breast gf	150	40	4	1	0	105	540	0	1	0	27							
Marinated Steak	120	50	5	2	0	50	270	1	0	0	16							
Sautéed Shrimp gf		5	0.5	0	0	105	350	0	0	0	15							•
	70		0.5	U	-		300	U										
Oven-Roasted Meatballs	360	260	29	12	1	85	890	7	1	0	17				•			•
Seasoned Tofu v	360 210	260 110	29 13	12 2	0	0	890 360	7 5	1	3	20			•	•			•
	360	260	29	12			890	7	1					•	•			•
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Seasoned Tofu v Bacon gf EXTRAS & DESSERTS* Potstickers (6 or 3) w/ dipping sauce Korean BBQ Meatballs a Cheesy Garlic Bread (6 or 3) w/marinara v Side Wisconsin Mac & Cheese v Tossed Green Side Salad w/Balsamic v Tossed Green Side Salad w/Med v Tossed Green Side Salad w/Med v Tossed Green Side Salad w/Med v Tossed Green Side Salad w/Caesar w Side Caesar Salad w Side Thai Chicken Soup Side Thai Chicken Soup s Side Chicken Noodle Soup w Baguette v Chocolate Chunk Cookie v Snoodledoodle Cookie v Rice Crispy	360 210 90 380 220 870 430 700 350 270 60 30 110 90 80 120 140 160 490 460 540	260 110 60 230 100 50 15 100 70 50 70 80 30 14 200 120 170	229 13 7 10 5 64 32 26 32 6 1.5 11 8 6 7 9 3.5 15 22 13 19 19	12 2.5 1.5 0.5 25 12 16 8 0.5 1 1.5 1 0.5 1 0.5 1 1.5 1 0.5 1 0.5 1 1.5 1 0.5 1 1.5 1	0 0 2 1 1.5 0.5 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	0 25 37 85 85 30 0 5 10 10 10 10 25 55 0 25 20 50 20	889 360 410 1840 1460 2920 1460 1700 850 120 220 160 270 160 480 340 340 350 280 480 480 480 480 480 480 480 4	7 5 1 37 89 4 37 89 4 3 3 3 3 3 3 3 3 2 5 5 10 12 10 12 11 3 2 5 8 8 8 7 8 8 8 7	1 1 1 2 1 3 1 1 1 1 1 1 1 1 1 1 1 1 1 3 4 1 1 3 1 1 1 1	3 0 14 13 21 11 9 4 3 2 2 2 2 2 2 2 2 1 1 1 3 1 3 9 7 2 39	20 7 16 8 36 18 21 11 12 1 1 1 2 4 3 3 13 6 6 6 3 6 5			•	• • • • • • • • • • • • • • • • • • •	•	•	
Seasoned Tofu v Bacon gf EXTRAS & DESSERTS* Potstickers (6 or 3) w/ dipping sauce Korean BBQ Meatballs a Cheesy Garlic Bread (6 or 3) w/marinara v Side Wisconsin Mac & Cheese v Tossed Green Side Salad w/Balsamic v Tossed Green Side Salad w/Med v Tossed Green Side Salad w/Med v Tossed Green Side Salad w/Med v Tossed Green Side Salad w/Caesar w Side Caesar Salad w Side Thai Chicken Soup Side Thai Chicken Soup w Baguette v Chocolate Chunk Cookie v Snoodledoodle Cookie v Rice Crispy	360 210 90 380 220 870 430 700 350 270 60 30 110 90 80 120 140 160 490 460 540	260 110 60 230 100 50 15 100 70 50 70 80 30 14 200 120 170	229 13 7 10 5 64 32 26 32 6 1.5 11 8 6 7 9 3.5 15 22 13 19 19	12 2.5 2.5 12 16 8 6 0.5 1 1.5 1 1.5 5 1 0.5 5 1 0.5 5 1 0.5 5 1 0.5 5 1 0.5 5 1 0.5 5 1 0.5 5 1 2 0.5	0 0 2 1 1.5 0.5 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	0 25 37 85 85 30 0 5 10 10 10 10 10 10 10 25 55 20 25 20 20 50 50 50 50 50 50 50	8890 360 410 1840 1460 2920 1460 1700 850 120 220 160 180 180 840 840 840 840 840 840 840 8	7 - 5 - 34 37 18 89 44 33 - 14 3 - 14 3 - 14 3 - 14 3 - 14 5 - 14 1 - 1	1 1 1 2 1 3 1 3 1 1 1 1 1 1 1 1 1 1 1 1	3 0 14 13 21 11 9 4 3 2 2 2 2 2 2 2 2 1 1 3 1 3 9 72 39 72 39	20 7 16 8 36 18 21 11 12 1 1 1 2 4 3 13 6 5 3 6 3 6 5 7 7 7 7	Pea-muts		•	• • • • • • • • • • • • • • • • • • •	•	•	
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Seasoned Tofu v Bacon gf EXTRAS & DESSERTS* Potstickers (6 or 3) w/ dipping sauce Korean BBQ Meatballs a Cheesy Garlic Bread (6 or 3) w/marinara v Side Wisconsin Mac & Cheese v Tossed Green Side Salad w/Balsamic v Tossed Green Side Salad w/Med v Tossed Green Side Salad w/Med v Tossed Green Side Salad w/Med v Tossed Green Side Salad w/Caesar w Side Caesar Salad w Side Thai Chicken Soup Side Thai Chicken Soup w Baguette v Chocolate Chunk Cookie v Snoodledoodle Cookie v Rice Crispy	360 210 90 380 220 870 430 700 350 270 60 30 110 90 80 120 140 160 490 460 540	260 110 60 90 45 580 290 230 110 100 50 15 100 70 50 70 80 30 14 200 120 170 Calories	229 13 7 10 5 64 32 26 13 12 6 1.5 11 8 6 7 9 3.5 15 22 13 19 5 5 22 13 19 5 5 22 13 10 5 5 13 10 5 13 12 13 12 12 13 12 13 12 13 12 13 12 13 12 13 13 12 13 12 13 12 13 12 13 12 13 12 13 13 12 13 12 13 13 12 13 13 12 13 13 12 13 13 12 13 13 12 13 13 12 13 13 12 13 13 12 13 13 12 13 13 12 13 13 13 12 13 13 12 13 13 12 13 13 12 13 13 12 13 13 12 13 13 13 13 13 13 13 13 13 13	12 2.5 25 25 12 16 8 6 0.5 1 1.5 5 1 0.5 1 0.5 1 0.5 1 0.5 1 0.5 1 1 5 1 0.5 1 1 1 5 1 1 1 1 5 1 1 1 1 1 1 1 1 1 1 1 1 1	0 0 2 1 1.5 0.5 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	0 25 37 85 85 37 0 5 10 10 10 10 10 10 10 10 25 55 20 25 20 25 20 10 25 10 10 10 10 10 10 10 10 10 10 10 10 10	889 360 410 1840 1460 2920 1460 1700 850 7220 220 120 220 460 180 480 840 340 350 480 840 340 350 480 480 480 480 480 480 480 48	7 5 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3	1 1 1 1 3 1 3 1 1 1 1 1 1 1 1 1 1 1 1 1	3 0 14 13 21 11 9 4 3 2 2 2 2 2 2 2 2 2 2 2 3 1 1 3 9 72 39 72 39 5 8 8	20 7 16 8 36 18 21 11 12 1 1 1 1 1 1 3 4 3 13 6 5 3 6 5 7 7 7 7 7 7 7 7 7 7 7 7 7 7 7 7 7 7		• Tree	•	• • • • • • • • • • • • • • • • • • •	•	•	
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Seasoned Tofu v Bacon gf EXTRAS & DESSERTS* Potstickers (6 or 3) w/ dipping sauce Korean BBQ Meatballs a Cheesy Garlic Bread (6 or 3) w/marinara v Side Wisconsin Mac & Cheese v Tossed Green Side Salad w/Balsamic v Tossed Green Side Salad w/Med v Tossed Green Side Salad w/Med v Tossed Green Side Salad w/Caesar w Side Caesar Salad w Side Chicken Soup Side Tomato Basil Bisque v w Side Chicken Noodle Soup w Baguette v Chocolate Chunk Cookie v Snoodledoodle Cookie v Snoodledoodle Cookie v Rice Crispy Nutritional KIDS MENU Wisconsin Mac & Cheese v Grilled Chicken Breast with Dipping Marinara*	360 210 90 380 220 870 430 700 350 270 60 30 110 90 80 120 140 160 490 460 540	260 110 60 90 45 580 290 230 110 50 150 100 50 70 50 70 80 30 14 200 120 170 120 170 130	29 13 7 26 13 12 6 1.5 11 8 6 7 9 3.5 15 22 13 19 3.5 15 22 13 19 eat-Tottal 5 9 3.5	12 2.5 1.5 0.5 25 12 16 8 0.5 1 1.5 5 1 0.5 11 6 12 12	0 0 2 1 1.5 0.5 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	0 25 30 85 30 0 5 10 10 10 10 10 10 10 5 5 0 25 10 10 10 10 10 10 10 10 10 10 10 10 10	889 360 410 1840 1460 2920 1460 1700 850 120 220 120 227 160 340 340 340 340 340 340 340 34	7	1 1 1 2 1 3 1 1 1 1 1 1 1 1 1 1 1 1 1	3 0 14 13 21 11 9 4 3 2 2 2 2 2 2 2 2 2 2 2 2 3 3 1 1 3 9 72 39 72 39 72 39 72 39 72 39 72 39	20 7 16 8 36 18 21 11 12 1 1 1 2 3 3 3 3 3 3 3 3 3 3 3 3 3		• Tree	•	• • • • • • • • • • • • • • • • • • •	• • • Egg	•	Shell- Shell- fish e
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Seasoned Tofu v Bacon gf EXTRAS & DESSERTS* Potstickers (6 or 3) w/ dipping sauce Korean BBQ Meatballs a Cheesy Garlic Bread (6 or 3) w/marinara v Side Wisconsin Mac & Cheese v Tossed Green Side Salad w/Balsamic v Tossed Green Side Salad w/Med v Tossed Green Side Salad w/Med v Tossed Green Side Salad w/Caesar w Side Cheesar Salad w Side Cheesar Salad w Side Thai Chicken Soup Side Thai Chicken Soup Side Chicken Noodle Soup w Baguette v Chocolate Chunk Cookie v Snoodledoodle Cookie v Rice Crispy Nutritional KIDS MENU Wisconsin Mac & Cheese v Grilled Chicken Breast with Dipping Marinara* Buttered Noodles v Spaghetti & Meatballs Broccoli* v Applesauce v	360 210 90 380 220 870 430 700 350 270 60 30 110 90 80 120 140 160 490 460 540	260 110 60 90 45 580 290 230 110 100 50 15 100 200 120 120 170 130 380 490 450 450 50	29 13 7 10 5 64 32 26 13 11 6 1.5 11 8 6 7 9 3.5 522 13 222 13 5 52 13 9 3.5 7 9 3.5 5 22 13 9 9 13 1 20 4 18 20 0 0	12 2.5 1.5 0.5 25 12 16 8 0.5 1 1.5 1 1.5 1 1.5 1 1.5 1 1.5 1 1.5 1 1.5 1 1.5 1 1.5 1 1.5 1 6 1 1.5 1 6 1 7 1 0 0	0 0 2 1 1.5 0.5 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	0 25 30 35 30 30 30 30 30 30 30 40 40 40 40 40 40 40 40 40 40 40 40 40	88∪ 360 410 1840 1460 2920 1460 1700 850 550 220 270 160 220 350 480 340 350 280 480 340 350 280 480 340 350 300 300 500 500 500 300	7 5 34 37 18 89 44 33 3 2 5 10 2 11 2 132 88 89 8 11 32 12 11 132 11 14 11 15 1 15 3 13 16	1 1 1 3 1 3 1 1 </td <td>3 0 14 11 9 4 3 2 2 2 2 2 2 2 1 1 1 1 3 9 72 3 3 1 3 9 5 72 3 5 5 2 2 3 8 8 1 13</td> <td>20 7 16 8 36 18 21 11 12 1 1 1 2 4 3 13 6 6 3 6 6 3 13 7 8 9 13 13 13 13 13 13 13 13 13 13</td> <td></td> <td>• Tree</td> <td>•</td> <td>• • • • • • • • • • • • • • • • • • •</td> <td>• • • Egg</td> <td>•</td> <td>Shell- Whee fish Glute</td>	3 0 14 11 9 4 3 2 2 2 2 2 2 2 1 1 1 1 3 9 72 3 3 1 3 9 5 72 3 5 5 2 2 3 8 8 1 13	20 7 16 8 36 18 21 11 12 1 1 1 2 4 3 13 6 6 3 6 6 3 13 7 8 9 13 13 13 13 13 13 13 13 13 13		• Tree	•	• • • • • • • • • • • • • • • • • • •	• • • Egg	•	Shell- Whee fish Glute
Seasoned Tofu v Bacon gf EXTRAS & DESSERTS* Potstickers (6 or 3) w/ dipping sauce Korean BBQ Meatballs a Cheesy Garlic Bread (6 or 3) w/marinara v Side Wisconsin Mac & Cheese v Tossed Green Side Salad w/Balsamic v Tossed Green Side Salad w/Med v Tossed Green Side Salad w/Med v Tossed Green Side Salad w/Caesar w Side Caesar Salad w Side Thai Chicken Soup Side Thai Chicken Soup w Baguette v Chocolate Chunk Cookie v Snoodledoodle Cookie v Rice Crispy Nutritional KIDS MENU Values for our Wisconsin Mac & Cheese v Grilled Chicken Breast with Dipping Marinara' Buttered Noodles v Spaghetti & Meatballs Broccoli* v	360 210 90 380 220 870 430 700 350 270 60 30 110 90 80 120 140 160 490 460 540	260 110 60 90 45 580 290 230 110 50 50 70 50 70 50 70 30 14 200 120 70 430 380 380 450 450 15	29 13 7 10 5 64 32 26 13 11 - 8 - 11 - 8 - 7 9 3.5 15 22 13 19 - 6at - Tottal 5 9 - 19 - 4 18 20 0	12 2.5 1.5 0.5 12 12 16 8 0.5 1 1.5 1 1.5 5 1 5 5 1 0.5 1 1.5 1 5 1 6 12 Gaturated Fat 9 10 1 8 7 0	0 0 2 1 1.5 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	0 25 30 30 0 30 175 85 10 10 10 10 25 55 0 25 55 20 50 80 80 80 110 80 110 10 10 10 10 10 10 10 10 10 10 10 1	88∪ 360 410 1840 1460 2920 1460 1700 850 550 220 270 270 160 270 350 480 340 350 280 480 340 350 350 280 480 340 350 330 350 280 300 500 500 500 500 500 500 500 500 50	7 5 34 37 18 89 44 31 3 3 3 2 5 10 2 51 12 12 49 88 8 70 12 11 32 12 13 70 15 33 33	1 1 1 1 3 1 3 1 1 1 1 1 1 1 1 1 1 1 1 1	3 0 14 13 11 9 4 3 2 2 2 2 2 2 2 2 2 2 2 2 2 3 3 3 3 1 3 9 72 39 72 39 72 39 72 39 72 39 72 39 72 39 72 73 73 73 73 73 73 73 73 73 73 73 73 73	20 7 16 8 86 18 21 11 12 1 1 1 2 4 3 3 3 3 3 3 3 3 3 3 3 5 5 5 7 7 7 7 7 7		• Tree	•	• • • • • • • • • • • • • • • • • • •	• • • Egg	•	Shell- Whee fish Glute

* These items plus organic lowfat milk meets the Kids LiveWell nutrition criteria. The Kids LiveWell logo is a registered service mark of the National Restaurant Association.

v = Vegetarian (defined by us as dishes excluding meat and fish) | w = Contains wine in sauce or dressing | a = Contains alcohol in sauce | gf = Gluten Free NUTRTNLS_WEB.0518

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.



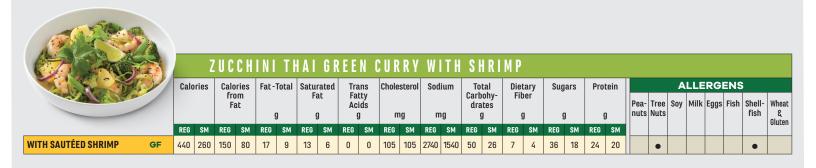
76		Z	U C	C H	INI	N () O D	LE	S					-														
ğ	Calo	ries	fro	ories om at	Fat -	Total	Satu Fa		Fa	ans tty ids	Chole rr	sterol 1g	Sod m		To Carb dra		Diel Fit		Sug (ars			Pea- nuts	Soy		ENS Fish	Shell- fish	Wheat & Gluten
	REG	SM	REG	SM	REG	SM	REG	SM	REG	SM	REG	SM	REG	SM	REG	SM	REG	SM	REG	SM	REG	SM						olucell
GFIV	60	30	5	0	0	0	0	0	0	0	0	0	910	450	11	5	2	1	6	3	4	2						



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				fro Fa	om at	ç	1	Fa		Fat Aci g		m	ıg	n	ng	Carb dra		Fib)er 1	ç	9	ç	1	Pea- nuts			Milk	Eggs	Fish	fish	Wheat ଝ
		REG	SM	REG	SM	REG	SM	REG	SM	REG	SM	REG	SM	REG	SM	REG	SM	REG	SM	REG	SM	REG	SM								Gluten
CO GF	v	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		S P		Y K	O R	E A	N B	EE	F						•											
PAR O	F [Calo	ries		ries	Fat-1	Total	Satur				Chole	sterol	Sod	ium		tal	Diet		Sug	jars	Pro	tein			A	LLE	RG	INS	i	
a ser				Fa	nm at			Fa	at	Fa Ac	tty ids					Carb dra		Fib	er								Milk	Eggs	Fish	Shell-	Wheat
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		REG	SM	REG	SM	REG	SM	REG	SM	REG	SM	REG	SM	REG	SM	REG	SM	REG	SM	REG	SM	REG	SM								olacoli
FEAK V	N	520	320	180	110	20	13	3.5	3	0	0	50	50	3330	1800	61	31	5	2	50	25	25	20			•					•



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.



NTR-LTO.0518

~~ ZOODLES ~~

СПОСТІТИТЕ	Cal	ories		ories om	Fat-1	Total	Satur Fa			ans tty		les- rol	Sod	ium	Tot Car		Diet Fib		Sug	ars	Pro	tein			ļ	LLEF	RGEN	S		
SUBSTITUTE ZOODLES				at	Ę	J			Ac	ids g		ng	m	ng	g		g		Ç		ļ	g	Pea- nuts	Tree Nuts	Soy	Milk	Egg	Fish	Shell- fish	Wheat & Gluten
LUUULE) IN ANY DISH	REG	SM	REG	SM	REG	SM	REG	SM	REG	SM	REG	SM	REG	SM	REG	SM	REG	SM	REG	SM	REG	SM								
Wisconsin Mac v gf	450	230	280	140	31	15	18	9	1	0	95	50	2450	1220	19	9	2	1	11	6	27	13				•				
Truffle Mac v		270			36	18	16	8	1	0	75	35	3040		31	16	3	2	14	7	26	13				•				•
Buffalo Chicken Mac	570	380	280	180	32	20	16	9	1	0	130	95	4070	2500	28	18	3	2	12	6	44	33			•	•				•
BBQ Pork Mac	680	420	360	210	40	23	21	12	1	0.5	130	80	3160	1830	30	15	2	1	19	9	49	35				•				•
Thai Green Curry v gf	380	190	150	70	17	8	13	6	0	0	0	0	2400	1200	50	25	6	3	36	18	9	5		•						
Thai Green Curry gf WITH SHRIMP	440	260	150	80	17	9	13	6	0	0	105	105	2740	1540	50	26	7	4	36	18	24	20		•					•	
Steak Stroganoff w/a gf	540	330	340	190	38	22	18	10	1	0.5	115	80	1990	1130	22	11	3	1	12	6	27	21			•	•				
Mushroom Stroganoff v w/a gf	300	210	190	150	21	16	10	8	0.5	0.5	40	35	1500	860	17	11	3	1	9	6	10	6			•	•				
Spicy Korean Noodles v	400	200	130	60	14	7	2	1	0	0	0	0	3060	1530	61	30	5	2	50	25	9	4			•					•
Spicy Korean Beef Noodles	520	320	180	110	20	13	3.5	3	0	0	50	50	3330	1800	61	31	5	2	50	25	25	20			•					•
Spicy Chipotle Adobo v w/a gf	430	240	270	130	30	15	15	8	0	0	85	40	2920	1920	30	21	5	4	16	11	11	7				•				
Pork Adobo w/a gf	590	410	330	200	36	22	18	10	0	0	120	75	3420	2410	30	21	5	4	16	11	33	29				•				
Chicken Adobo w/a gf	570	360	300	170	34	19	16	9	0.5	0	190	150	3470	2010	31	16	6	3	17	8	37	32				•				
Spaghetti v gf	230	110	80	40	9	4.5	3	1.5	1	0.5	15	5	1700	850	27	13	2	1	18	9	9	4				•				
Spaghetti & Meatballs	590	470	350	300	38	34	15	13	2	1.5	100	95	2600	1740	34	20	3	2	18	9	26	21				•				•
Romesco v gf	570	280	380	190	42	21	12	6	0	0	55	30	2930	1460	33	17	11	5	18	9	17	9		•		•				
Romesco gf with grilled chicken	710	430	420	230	46	25	13	7	0.5	0	165	135	3470	2010	33	17	11	6	18	9	44	36		•		•				
Pesto Cavatappi with Parmesan v gf	350	180	240	120	26	13	9	4.5	0	0	45	20	1770	880	18	9	4	2	10	5	12	6				•				•
Pesto Cavatappi with Feta v gf	350	180	240	120	26	13	9	4.5	0	0	45	20	1770	880	18	9	4	2	10	5	12	6				•				
Penne Rosa v gf	290	150	170	90	19	10	10	5	0.5	0	55	30	1720	890	22	11	3	2	14	7	11	5				•				
Penne Rosa WITH PARMESAN-CRUSTED CHICKEN	490	340	240	160	27	18	12	7	1	0	115	85	2640	1820	30	19	4	3	15	8	33	28			•	•				•
Pasta Fresca with Parmesan v w/a gf	450	230	290	140	32	16	7	3.5	0	0	15	5	2690	1340	33	17	3	1	10	5	8	4				•				
Pasta Fresca with Feta v w/a gf	450	230	290	140	32	16	7	3.5	0	0	15	5	2690	1340	33	17	3	1	10	5	8	4				•				
Pad Thai gf	850	420	580	290	64	32	11	6	0	0	340	170	2300	1150	50	25	5	3	36	18	19	9	•				•	•		
Japanese Pan Noodles v	240	120	60	30	6	3	1	0	0	0	0	0	2350	1170	40	20	4	2	27	13	8	4			•					•
Buttered Noodles v gf	250	130	180	90	20	10	13	6	1	0	55	30	1470	740	12	6	2	1	7	3	7	3				•				
Alfredo MontAmore®	1020	610	680	380	76	42	39	20	2.5	1	240	150	3070	1990	40	24	5	3	16	8	42	32			•	•				•
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Nutritional KIDS MENU	Calories	Calories from Fat	Fat-Total g	Saturated Fat g	Trans Fatty Acids g	Choles- terol mg	Sodium mg	Total Carbs g	Dietary Fiber g	Sugars g	Protein g	Pea- nuts		Soy	Milk	1	Shell- fish	Wheat & Gluten
ZUCCHINI NOODLES Substitution													·					
Buttered Noodles v gf	130	90	10	6	0	30	740	6	1	3	3				•			
Spaghetti & Meatballs	260	150	16	6	1	40	1210	16	1	9	11				•			•
Wisconsin Mac v gf	230	140	15	9	0	50	1220	9	1	6	13				•			

v = Vegetarian (defined by us as dishes excluding meat and fish) | w/a = Contains wine or alcohol in sauce | gf = Gluten Free

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.
Bacon 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.
Balsamic Vinaigrette 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, cocca 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 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 Garlic, and Lavender.

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.
Light Cream 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.
	High Moisture Parmesan Cheese (Pasteurized Milk, Cheese Cultures, Salt, Enzymes), Powdered

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.
Smoluer From Doulder	

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 <i>Gluten-Free</i>	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 <i>Gluten-Free</i>	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).

Sugar [Beet], Maltodextrin, Natural Flavors, Onion, Caramel Color, Garlic).
Tomato Adobo SauceFire Roasted Diced Tomatoes In Juice (Tomatoes, Tomato Juice, Salt, Calcium Chloride a Citric Acid), Chopped Tomatoes (Tomatoes, Salt, Calcium Chloride and Naturally Deriv Citric Acid), Water, Red Bell Peppers, Soybean Oil, Onion, Modified Food Starch, Salt, Jalape Peppers, Jalapeño, Natural Vegetable Base (Vegetables and Concentrated Vegetable [Carrots, Celery, Onion, Tomato], Yeast Extract, Salt, Organic Cane Sugar, Maltodextrin [Fro Corn], Natural Flavor, Canola Oil, Barley Malt Extract [Gluten], Dried Onion, Dried Potato, Dri Garlic), Cumin, Morita Chile, Black Pepper, Spanish Paprika, Coriander, White Wine Vineg Cinnamon, Ground Cloves and Garlic Powder.
Tomato Basil Bisque Gluten-freeWater, Heavy Whipping Cream (Cream, Milk Powder, Carrageenan), Tomato Paste (Tomatoe Crushed Tomatoes (Tomatoes, Tomato Puree, Citric Acid), Onion, Diced Tomatoes (Tomato Tomato Juice, Calcium Chloride, and Naturally Derived Citric Acid), Natural Vegetable Bas (Vegetables and Concentrated Vegetables [Carrots, Celery, Onion, Tomato], Yeast Extra Salt, Sugar, Maltodextrin [from corn], Natural Flavor, Canola Oil, Dried Onion, Dried Pota Dried Garlic), Sugar, Soybean Oil, Garlic, Seasoning (Salt, Spices, Dehydrated Garlic, Lavender Sherry Wine, Crushed Basil, Extra Virgin Olive Oil, Salt, Basil, Annatto Extract (Propyle Glycol, Water, Polysorbate 80, Annatto [color] Potassium Hydroxide) and Parsley.
Truffle Cheese SauceCHEESE SAUCE (Cheese Spread [Pasteurized Process Cheese Spread {Milk, Water, Sk Milk, Cream, Sodium Phosphate, Salt, Contains 2% or Less of Cheese Culture, Color Add {apo carotenal, beta carotene}, Enzymes, Lactic Acid, Natural Flavor}], Milk [Milk, Vitam D3], Water, Cheddar Blend [Shredded Cheedar Cheese {Cheddar Cheese {Pasteurized Mi Cheese Cultures, Salt, Enzymes}, Powdered Cellulose {to prevent caking}], Cream [Crea Milk], Modified Food Starch, Unsalted Butter [Pasteurized Cream, Natural Flavorings], Sa TRUFFLE ZEST (Natural Flavor, Carob Powder, Salt, Black Summer Truffle [Tuber Aestive 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 a Lactic Acid.
Vegetable Broth Salt, Sugar, Maltodextrin, Natural Flavors, Onion, Caramel Color, Garlic.

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DISH REFERENCE CHART



Truffle MacElbow Noodle Cheese Sauce Roasted Mushrooms Parmesan Cheese Breadcrumbs Truffle ZestBuffalo Chicken MacElbow Noodle Cheese Sauce Parmesan Cheese Buffalo Sauce Green OnionsWisconsin Mac & CheeseElbow Noodle Cheese Sauce Cheddar JackJapanese Pan NoodlesUdon Noodle Japanese Pan Sauce Broccoli Carrots Shitake Mushrooms Soybean Oil Cilantro Black Sesame SeedsPesto CavatappiCavatappi Noodle Roma Tomatoes Vegetable Broth Pesto Sauce Light Cream White Mushrooms Parmesan Cheese Soybean OilSpaghetti & MeatballsSpaghetti Noodle Marinara Sauce Oven-Roasted Meat Parmesan Cheese Soybean OilSteak StroganoffEgg Noodle Stroganoff Sauce Marinated Steak Roasted Mushrooms Parmesan Cheese Stroganoff Sauce Marinated Steak Roasted Mushrooms Parmesan Cheese	Thai Gi with Sł	reen Curry hrimp	Green Onions Spinach Soybean Oil Cilantro Rice Noodle Thai Green Curry Sauce Sautéed Shrimp Broccoli Vegetable Broth Pineapple Snap Peas Red Onions Soybean Oil Cilantro Black Sesame Seeds Penne Rigate Noodle Penne Rosa Sauce Light Cream
Image: start s	with Sł		Thai Green Curry Sauce Sautéed Shrimp Broccoli Vegetable Broth Pineapple Snap Peas Red Onions Soybean Oil Cilantro Black Sesame Seeds Penne Rigate Noodle Penne Rosa Sauce Light Cream
Wisconsin Mac & CheeseCheese Sauce Cheddar JackJapanese Pan NoodlesUdon Noodle Japanese Pan Sauce Broccoli Carrots Shiitake Mushrooms Soybean Oil Cilantro Black Sesame SeedsPesto CavatappiCavatappi Noodle Roma Tomatoes Vegetable Broth Pesto Sauce Light Cream White Mushrooms Parmesan Cheese Soybean OilSpaghetti & MeatballsSpaghetti Noodle Marinara Sauce Oven-Roasted Meat Parmesan Cheese Stroganoff Sauce Marinated Steak Roasted Mushrooms			Penne Rigate Noodle Penne Rosa Sauce Light Cream
Japanese Pan Broccoli Carrots Shiitake Mushrooms Soybean Oil Cilantro Black Sesame SeedsPesto CavatappiCavatappi Noodle Roma Tomatoes Vegetable Broth Pesto Sauce Light Cream White Mushrooms Parmesan Cheese Soybean OilSpaghetti & MeatballsSpaghetti Noodle Marinara Sauce Oven-Roasted Meat Parmesan Cheese Stroganoff Sauce Marinated Steak Roasted Mushrooms			Penne Rosa Sauce Light Cream
Pesto Cavatappi Roma Tomatoes Vegetable Broth Pesto Sauce Light Cream White Mushrooms White Mushrooms Parmesan Cheese Soybean Oil Spaghetti Noodle Meatballs Spaghetti Noodle Steak Stroganoff Egg Noodle Stroganoff Sauce Marinated Steak Roma Tomatoes Vegetable Broth Pesto Sauce Light Cream White Mushrooms Parmesan Cheese Sovbean Oil Stroganoff Sauce Marinated Steak Roasted Mushrooms		Rosa	Roma Tomatoes Vegetable Broth White Mushrooms Parmesan or Feta Cheese Spinach Soybean Oil
Spaghetti & MeatballsMarinara Sauce Oven-Roasted Meat Parmesan CheeseSteak StroganoffEgg Noodle Stroganoff Sauce Marinated Steak Roasted Mushrooms	Pasta F	Fresca	Penne Noodle Fresca Sauce Roma Tomatoes Vegetable Broth Parmesan Cheese Red Onions Spinach Soybean Oil
Steak Stroganoff Sauce Marinated Steak Roasted Mushrooms		Pad Thai	Rice Noodle Pad Thai Sauce Cage Free Scrambled Eggs Vegetable Broth Carrots Napa/Red Cabbage Blend Lime Granulated Peanuts Soybean Oil
Parmesan Cheese			
Cavatappi Noodle Tomato Adobo Sauc Light Cream Braised Pork Mushrooms Vegetable Broth Sour Cream	s		Spaghetti Noodle Four Cheese Alfredo Sauce Parmesan Chicken Roma Tomatoes Roasted Mushrooms MontAmore Cheese
Sour Cream Red Onions Lime Soybean Oil Cilantro			Spinach Black Pepper

SALADS		SOUPS		
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	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	
The Med Salad with Chicken	Mixed Greens Grilled Chicken Breast			
	Cavatappi Noodle Roma Tomatoes Cucumbers Med Dressing Kalamata Olives Red Onions Feta Cheese	SHAREABLES		
		Korean BBQ Meatballs	Oven-Roasted Meatballs Korean BBQ Sauce Asian Seasoning	
Grilled Chicken Caesar	Romaine Grilled Chicken Breast Caesar Dressing Focaccia Croutons Parmesan Cheese	Cheesy Garlic Bread	Baguette Marinara Sauce Parmesan Cheese Butter Italian Seasoning	
Caesar Side Salad	Romaine Caesar Dressing Focaccia Croutons Parmesan Cheese	Potstickers	Potstickers Potsticker Sauce Red Pepper	
Tossed Green Side Salad	Mixed Greens			
	Dressing of Your Choice (Balsamic Vinaigrette,	DESSERTS & EXTRAS		
	Caesar Dressing, Med Dressing, Jalapeño Ranch, Pomegranate Vinaigrette) Roma Tomatoes Cucumbers	Cookies Rice Crispy Baguette Meat or Tofu	See Ingredient Statement	

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INGREDIENT STATEMENT 0518