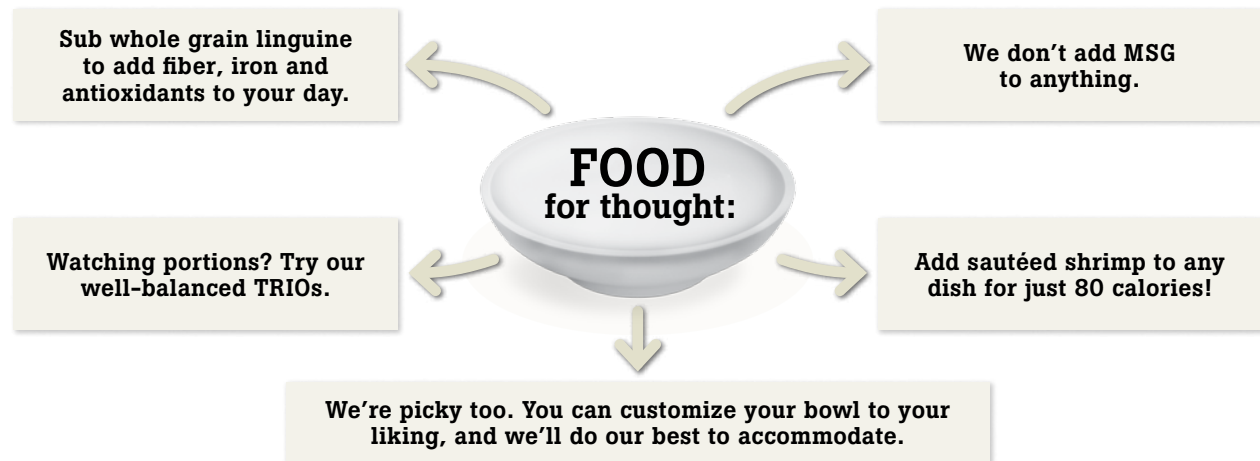


Watching What You Are Eating?

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. Take a look at our 500 calorie or less chart on the flip side. Here are a few of our most popular:

- Small Bangkok Curry
- Small Pasta Fresca
- Small Pesto Cavatappi
- Small Penne Rosa
- Small Whole Grain Tuscan Linguine
- Small Japanese Pan Noodles
- Small Pad Thai
- Small Med Salad
- Bangkok Curry trio with sautéed shrimp and a tossed green side salad with fat-free Asian dressing
- Small Thai Curry Soup with shrimp and a side cucumber tomato salad
- The Med Sandwich and a tossed green side salad with balsamic vinaigrette
- Small Tomato Basil Bisque with a ciabatta roll

Watching Fat?

We have 0 grams of artificial trans fat and almost one third of our menu has 10 grams of fat or less. Try one of our favorites:

- Small Japanese Pan Noodles
- Small Bangkok Curry
- Small Med Salad
- Small Pad Thai
- Small Thai Curry Soup
- The Med Sandwich
- Small Indonesian Peanut Sauté
- Spicy Chicken Caesar Sandwich

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 700mg of sodium or less:

- Bangkok Curry
- Mushroom Stroganoff
- Penne Rosa
- Buttered Noodles
- Pesto Cavatappi
- Wisconsin Mac & Cheese
- Pasta Fresca
- The Med Salad
- Whole Grain
- Caesar Salad
- Tuscan Linguine
- Chinese Chop Salad

Watching Gluten?

We sell noodles, and a lot of them, so we can't guarantee that your food won't come into contact with gluten, but we will do our best to accommodate your request. So if you're looking to reduce gluten, try these dishes with rice noodles. There is no gluten in the ingredients.

- Penne Rosa
- Pesto Cavatappi
- Pasta Fresca
- Whole Grain Tuscan Linguine
- Spaghetti with Marinara
- Buttered Noodles

Here are some other dishes you might try that do not have gluten in the ingredients:

- Pad Thai
- Chinese Chop Salad with fat-free Asian dressing and no wonton strips
- The Med Salad without cavatappi noodles
- Caesar Salad without croutons
- Tossed Green Side Salad with fat-free Asian dressing
- Cucumber Tomato Side Salad

Looking for something Vegetarian?

We love vegetarians. In fact, 15 of our dishes start out vegetarian (no meat or fish). All vegetarian dishes are noted with a **v** on our nutrition chart to 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:

- Indonesian Peanut Sauté
- Japanese Pan Noodles
- Chinese Chop Salad with no wontons
- Penne Rosa without cream and cheese
- Pasta Fresca without cheese
- Whole Grain Tuscan Linguine without cream and cheese
- Spaghetti with Marinara without cheese
- Cucumber Tomato Salad
- Tossed Green Side Salad with balsamic vinaigrette

For more information please visit www.noodles.com

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