

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 Pesto Cavatappi
- Small Penne Rosa
- Small Whole Grain Tuscan Fresca
- Small Japanese Pan Noodles
- Small Med Salad
- Small Bangkok Curry with sautéed shrimp and a tossed green side salad with balsamic vinaigrette
- Small Thai Curry Soup with shrimp and a tossed green side salad with balsamic vinaigrette
- The Med Sandwich and a tossed green side salad with balsamic vinaigrette
- Small Tomato Basil Bisque with a petite baguette

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 Med Salad with Chicken
- Small Chicken Noodle Soup
- Small Med Salad
- Small Spaghetti
- Small Thai Curry Soup

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:

- Bangkok Curry
- Buttered Noodles
- Penne Rosa
- Caesar Salad

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.

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 gluten-free fusilli:

- Penne Rosa
- Pesto Cavatappi
- Spaghetti with Marinara
- Buttered Noodles
- The Med Salad
- Whole Grain Tuscan Fresca
- Wisconsin Mac & Cheese
- Steak Stroganoff

Other options with modifications:

- Napa Market Salad with Chicken (*no modifications*)
- Chicken Veracruz Salad (*request no crispy jalapeños*)
- Caesar Salad (*request no croutons*)
- Tossed Green Side Salad (*with Med or Caesar dressing*)
- Pad Thai (*no modifications*)
- Tomato Basil Bisque (*no modifications*)

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 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
- Japanese Pan Noodles
- Whole Grain Tuscan Fresca without cheese
- Tossed Green Side Salad with balsamic vinaigrette
- Spaghetti with Marinara without cheese

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

For more information please visit noodles.com

NOODLES & COMPANY

World Kitchen

Below are the nutritional values

FOR OUR **KIDS MEALS**



KIDS ENTRÉES

	Calories	Calories from Fat	Fat -Total g	Saturated Fat g	Trans Fatty Acids g	Cholesterol mg	Sodium mg	Total Carbohydrates g	Dietary Fiber g	Sugars g	Protein g	ALLERGENS								
												Pea-nuts	Tree Nuts	Soy	Milk	Eggs	Fish	Shell-fish	Wheat & Gluten	
Spaghetti & Meatballs	380	180	20	8	1	45	670	35	1	6	14									
Buttered Noodles	310	140	16	8	0	85	400	34	1	2	9									
Wisconsin Mac & Cheese	340	150	16	9	0.5	50	480	36	2	4	13									
Grilled Chicken Breast with Dipping Marinara*	110	25	3	0	0	40	370	3	0	2	17									

KIDS SIDES

	Calories	Calories from Fat	Fat -Total g	Saturated Fat g	Trans Fatty Acids g	Cholesterol mg	Sodium mg	Total Carbohydrates g	Dietary Fiber g	Sugars g	Protein g	ALLERGENS								
												Pea-nuts	Tree Nuts	Soy	Milk	Eggs	Fish	Shell-fish	Wheat & Gluten	
Carrots*	20	0	0	0	0	0	45	5	1	4	1									
Broccoli*	20	0	0	0	0	0	20	4	1	1	2									
Apple Slices*	30	0	0	0	0	0	0	8	1	6	0									
Applesauce	60	0	0	0	0	0	0	14	2	12	0									
Rice Crispy	140	45	4.5	3	0	10	115	22	0	10	1									



* 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.

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.



Applesauce	Apple, Apple Juice Concentrate <i>-OR-</i> Apples, Ascorbic Acid (To Protect Color)
Asian Flatbread	Oval Flatbread (Enriched Wheat Flour [Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate (B1), Riboflavin (B2), Folic Acid], Water, Soybean Oil And/Or Canola Oil, Contains 2% Or Less Of: Yeast, Sugar, Vinegar, Salt, Dough Conditioner (Calcium Sulfate, Acacia Gum, Mono- And Diglycerides, Enzymes), Nonfat Dry Milk, Yeast Nutrients (Calcium Sulfate, Ammonium Sulfate, Ascorbic Acid), Asian Seasoning (White Sesame Seeds, Salt, Spices, Dehydrated Garlic, Black Sesame Seeds, Sugar, Chili Pepper, Hydrolyzed Soy Protein, Maltodextrin, Dehydrated Onion, Caramel Color, Extractives Of Paprika, Natural Flavourings, And No More Than 2% Calcium Silicate Added To Prevent Caking)
Asian Seasoning	White Sesame Seeds, Salt, Spices, Dehydrated Garlic, Black Sesame Seeds, Sugar, Chili Pepper, Hydrolyzed Soy Protein, Maltodextrin, Dehydrated Onion, Caramel Color, Extractives Of Paprika, Natural Flavorings, And No More Than 2% Calcium Silicate Added To Prevent Caking
Bacon	ABF Pork, Water, Sea Salt, Natural Cane Sugar, Celery Powder, Cherry Powder
Balsamic Fig Glaze	Balsamic Vinegar, Sugar, Fructose, Corn Syrup, Fig Puree (Figs, Water, Citric Acid), Water, Raisin Paste, Modified Food Starch, Contains Less Than 2% Of: Salt, Caramel Color, Xanthan Gum
Balsamic Vinaigrette	Soybean Oil, Balsamic Vinegar, Water, Sugar, Contains Less Than 2% of Salt, Garlic, Caramel Color, Xanthan Gum, Spice, Paprika, Natural Flavor
Barbeque Sauce	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
Basil Pesto <i>(varies by market)</i>	Basil and Spinach Blend, Canola Oil, Water, Parmesan Cheese, Romano Cheese, Salt, Garlic Puree, Black Pepper, Lemon Juice <i>-OR-</i> Basil, Canola Oil, Water, Parmesan Cheese (Pasteurized Part-Skim Cows' Milk, Cheese Culture, Salt, Enzymes) Salt, Granulated Garlic, Spices
Black Sesame Seeds	Black Sesame Seeds
Blue Cheese Crumble	Blue Cheese
Butter	Cream, Salt
Cage Free Scrambled Eggs	Whole Eggs, Citric Acid (Added To Preserve Color), Soybean Oil, Salt, Black Pepper
Cajun Chicken <i>(select markets only)</i>	GRILLED CHICKEN (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), CAJUN SEASONING (Paprika (Color), Salt, Spices (Red Pepper, White Pepper, Black Pepper, Oregano, Thyme), Dehydrated Garlic, and Dehydrated Onion).
Cajun Seasoning <i>(select markets only)</i>	Paprika (Color), Salt, Spices (Red Pepper, White Pepper, Black Pepper, Oregano, Thyme), Dehydrated Garlic, and Dehydrated Onion
Carrot Cake	Enriched Bleached Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Sugar, Soybean Oil, Carrots, Cream Cheese (Pasteurized Cultured Milk And Cream ,Salt, Xanthan Gum, Carob Bean Gum, Guar Gum), Powdered Sugar (Sugar, Cornstarch), Sliced Carrots (Carrots, Water, Salt, Calcium Chloride [As A Preservative]), Eggs, Crushed Pineapple (Pineapple, Pineapple Juice), Orange Confectionary Curls (Sugar, Cocoa Butter, Whole Milk Powder, Skimmed Milk Powder, Whey Powder, Lactose, Soy Lecithin, Natural Vanilla, Paprika Extract [For Color]), Butter, Palm Oil, Raisins, Sugar And Invert Sugar, Baking Soda, Spice, Molasses, Salt, Modified Food Starch, Natural Flavor (Maltodextrin, Natural Flavor, Colored With Annatto And Turmeric), Xanthan Gum, Guar Gum, Gum Blend (Gum Arabic, Cellulose Gum)
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	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>(varies by market)</i>	Pasteurized Process Cheese Spread (American Cheese [Milk, Salt, Cheese Cultures, Enzymes], Buttermilk, Water, Semisoft Part-Skim Cheese ([Partially Skimmed Milk, Salt, Cheese Cultures, Enzymes], Whey, Sodium Phosphate, Cream, Salt, Guar Gum, Xanthan Gum, Annatto Extract Colour, Apocarotenal Colour, Lactic Acid), Milk, Whipping Cream (Heavy Cream, Milk Powder, Carrageenan), Modified Food Starch, Unsalted Butter (Cream, Natural Flavouring), And Salt. <i>-OR-</i> Processed Cheese Spread [Cheddar And Colby Cheeses (Milk, Bacterial Culture, Salt, Microbial Enzyme), Water, Whey, Sodium Phosphate, Whey Protein Concentrate, Skim Milk, Milk Ingredient, Salt, Carrageenan, Cellulose Gum], Cream, Water, Whole Milk, Salted Butter, Skim Milk Powder, Modified Cornstarch, Salt, Annatto

Chicken Broth with Vegetables

Water, Carrot, Celery, Onion, Chicken Base (Chicken, Salt, Chicken Fat, Sugar, Hydrolyzed Wheat Gluten Protein, Chicken Fat, Sugar, Whey Powder, Maltodextrin, Natural Flavours, Yeast Extract, Extractives Of Turmeric And Annatto [Colour]), Rich Chicken Stock (Chicken, Water, White Wine, Onion, Carrots, Leeks, Spices, Parsley), Leeks, Extra Virgin Olive Oil, Unsalted Butter (Cream, Natural Flavouring), Thyme, Parsley, Black Pepper, And Turmeric

Chili Lime Chicken

(select markets only)

GRILLED CHICKEN (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

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

Ciabatta Roll

Flour (Wheat, Malted Barley), Water, Yeast, Salt, Palm Oil, Sugar, Potato Flour, Contains Less Than 2% Of Each Of The Following: Cultured Wheat, Vinegar, Wheat Gluten, Monoglycerides, Ascorbic Acid, Dextrose, Soybean Oil, Corn Starch And Enzymes

Cole Slaw Dressing

Soybean Oil, Sugar, Water, White Wine Vinegar, Egg Yolk, Salt, Contains Less Than 2% Of: Spice, Lemon Juice Concentrate, Xanthan Gum, Onion, Garlic, Paprika (Color), Mustard Oil

Crispy Jalapeños

(select markets only)

Crispy Jalapenos (Only in selected markets!)
Jalapeño Peppers, Enriched Flour (Wheat flour, Niacin, Reduced Iron, Thiamine Monitrate, Riboflavin, Folic Acid), Sunflower and/or Canola Oil, Salt

Curry Soup Broth

(varies by market)

Water, Coconut Milk (Coconut Extract, Water, Citric Acid), Creme Of Coconut (Coconut, Sugar, Water, Polysorbate 60, Sorbitan Monostearate, Salt, Propylene Glycol Alginate, Mono And Diglycerides, Citric Acid, Guar Gum And Locust Bean Gum), Yellow Curry Paste (Lemon Grass, Garlic, Shallot, Salt, Galangal, Dried Red Chilli, Coriander Seed, Kaffir Lime Peel, Cumin, Cinnamon, Mace, Turmeric, Cardamom), Vegetarian Base Dark (Salt, Lactose, Sugar, Maltodextrin, Hydrolyzed Corn Soy Protein, Onion Powder, Autolyzed Yeast Extract, Caramel Color, Silicon Dioxide [A Free Flow Agent], Spices, Natural Flavorings), Ginger Juice, Hot And Sour Vegetarian Paste (Lemon Grass, Soy Bean Oil, Cane Sugar, Soy Sauce, Red Chili, Galangal, Water, Citric Acid, Hydrolyzed Soy Protein, Salt, Shallot, Garlic, Tamarind And Kaffir Lime Peel) And Turmeric (Polysorbate 80, Turmeric Oleoresin And Propylene Glycol)

-OR-

Water, Coconut Milk (Coconut Milk, Water, Citric Acid), Coconut Cream (Coconut Meat Juice, Sugar, Polyoxyethylene Stearate, Carboxymethyl Cellulose, Xanthan Gum, Citric Acid, Sorbitan Monostearate, Salt), Curry Paste (Lemon Grass, Garlic, Shallot, Salt, Galangal, Dried Red Chili, Coriander Seed, Kaffir Lime Peel, Cumin, Cinnamon, Mace, Turmeric, Cardamom), Vegetarian Base (Salt, Lactose, Sugar, Maltodextrin, Hydrolyzed Corn, Soy Protein, Onion Powder, Autolyzed Yeast Extract, Caramel Color, Silicon Dioxide, Spices, Natural Flavorings), Ginger Juice, Seasoning (Lemon Grass, Soybean Oil, Sugar, Fermented Soy Sauce [Soybeans, Wheat Flour, Salt, Water], Dried Red Chili, Galangal, Water, Citric Acid, Fermented Soybean, Salted Fried Shallot, Fried Garlic, Tamarind, Kaffir Lime Peel), Turmeric Color (Polysorbate 80, Turmeric Oleoresin, Propylene Glycol)

Curry Sauce

Coconut Milk (Coconut Extract, Water, Citric Acid), Water, Creme Of Coconut (Coconut, Sugar, Water, Polysorbate 60, Sorbitan Monostearate, Salt, Propylene Glycol Alginate, Mono And Diglycerides, Citric Acid, Guar Gum, Locust Bean Gum), Coconut Flavored Curry Sauce (Water, Sugar, Coconut Powder [Coconut Extract, Maltodextrin, Sodium Caseinate], Salt, Soybean Oil, Onion Powder, Garlic Powder, Turmeric Powder, Modified Corn Starch, Spices, Xanthan Gum), Fruit Concentrate (Tamarind, Water), Yellow Curry Paste (Lemon Grass, Garlic, Shallot, Salt, Galangal, Dried Red Chili, Coriander Seed, Kaffir Lime Peel, Cumin, Cinnamon, Mace, Turmeric, Cardamom), Vegetarian Stir Fry Sauce (Water, Sugar, Soy Sauce [Water, Salt, Soybeans, Wheat Flour], Salt, Modified Corn Starch, Yeast Extract, Caramel Color, Natural Mushroom Flavor), Sweet Chili Sauce (Sugar, Water, Pickled Red Chilli, Distilled Vinegar, Garlic, Salt, Stabilizer: Xanthan Gum), Modified Food Starch, Hot And Sour Vegetarian Paste (Lemon Grass, Soybean Oil, Cane Sugar, Soy Sauce, Dried Red Chili, Galangal, Water, Citric Acid, Hydrolyzed Soy Protein, Salt, Shallot, Garlic, Tamarind And Kaffir Lime Peel), And Ginger Juice

Doppio Chocolate Espresso Cake

Cake (Brown Sugar [Sugar, Invert Sugar, Molasses], Enriched Wheat Flour [Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Eggs, Soybean Oil, Cocoa [Processed With Alkali], Nonfat Milk, Pudding [Modified Food Starch, Cocoa (Processed With Alkali), Sugar, Salt, Monoglycerides, Citric Acid Preservative], Salt, Coffee, Natural Flavor, Baking Soda, Baking Powder [Sodium Acid Pyrophosphate, Sodium Bicarbonate, Corn Starch, Monocalcium Phosphate], Soy Lecithin, Xanthan Gum, Guar Gum), Topping (Semisweet Chocolate [Sugar, Unsweetened Chocolate, Cocoa Butter, Soy Lecithin, Vanilla Flavor], Heavy Cream [Milk, Cream, Carrageenan], Butter, Corn Syrup, Dextrose, Modified Food Starch), Powdered Sugar

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
Fat Free Vinaigrette	Mirin (Water, Rice, Rice Vinegar, Sugar, Salt), Rice Vinegar (Water, Rice), Sugar, Salt
Feta Cheese	Pasteurized Part-Skim Milk, Cheese Cultures, Salt, Enzymes
Focaccia Croutons	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)
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	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
Gluten Free Fusilli	Gluten Free Fusilli (Rice Flour, Corn Flour, Mono And Diglycerides Of Fatty Acids), Water, Soybean Oil
Granulated Peanuts	Dry Roasted Granulated Peanuts
Indo Peanut Sauce <i>(varies by market)</i>	Crunchy Peanut Butter (Peanuts, Dextrose, Palm Oil, Salt, Molasses), Hoisin Sauce (Sugar, Soya Bean Paste [Water, Soya Bean, Salt & Wheat Flour {Cereals Containing Gluten}], Rice Vinegar, Salted Garlic [Garlic, Salt], Sesame Seed Oil, Salted Chili [Chili, Water, Salt] & Spices), Sweet Cooking Rice Wine (Glucose Syrup, Water, Alcohol, Rice, Corn Syrup, Salt), Rice Vinegar Dressing (Rice Vinegar, Water, Sugar, Salt), Sweet Chile Sauce (Sugar, Water, Pickled Red Chilli, Distilled Vinegar, Garlic, Salt, Stabilizer [Xanthan Gum]), Ginger Juice, Molasses, Sriracha (Chili, Distilled Vinegar, Water, Sugar, Salt, Garlic, Natural Flavor, Maltodextrin, Xanthan Gum, Citric Acid), Soy Sauce (Water, Salt, Sugar, Soybeans, Wheat, Molasses), Apple Juice (Filtered Water, Apple Juice From Concentrate), Garlic, Lemon Juice (Water, Lemon Juice Concentrate And Lemon Oil) And Boiled Garlic -OR- Crunchy Peanut Butter ([Peanuts, Sugar, Hydrogenated Vegetable Oils [Rapeseed, Cottonseed, and Soybean Oil], Salt], Crunchy Peanut Butter [Peanuts, Dextrose, Molasses, Palm Oil, Salt]), Hoisin Sauce (Sugar, Soya Bean Paste [Water, Soya Bean, Salt & Wheat Flour {Cereals Containing Gluten}], Rice Vinegar, Salted Garlic [Garlic, Salt], Sesame Seed Oil, Salted Chili [Chili, Water, Salt] and Spices), Sweet Cooking Rice Wine (Glucose Syrup, Water, Alcohol, Rice, Corn Syrup, Salt), Rice Vinegar Dressing (Rice Vinegar, Water, Sugar, Salt), Sweet Chile Sauce (Sugar, Water, Pickled Red Chilli, Distilled Vinegar, Garlic, Salt, Stabilizer [Xanthan Gum]), Ginger Juice, Molasses, Sriracha (Chile, Distilled Vinegar, Water, Sugar, Salt, Garlic, Natural Flavour, Maltodextrin, Xanthan Gum and Citric Acid), Soy Sauce (Water, Salt, Sugar, Soybeans, Wheat, Molasses), Apple Juice (Filtered Water, Apple Juice from Concentrate), Garlic, Lemon Juice (Water, Lemon Juice Concentrate and Lemon Oil) and Boiled Garlic
Italian Seasoning	Salt, Spices, Dehydrated Garlic, Lavender
Jalapeño Ranch <i>(select markets only)</i>	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
Jambalaya Sauce <i>(select markets only)</i>	Chopped Tomatoes (Tomatoes, Salt, Calcium Chloride, and Naturally Derived Citric Acid), Water, Onion, Celery, Green Peppers, Poblano Peppers, Tomato Paste, Agave Nectar (Organic Agave Nectar), Garlic, Beef Flavor (Beef Stock, Gum Arabic [Process Aid]), Soybean Oil, Unsalted Butter (Cream, Natural Flavouring), Natural Vegetable Base (Vegetables and Concentrated Vegetables [Carrots, Celery, Onion, Tomato], Yeast Extract, Salt, Organic Cane Sugar, Maltodextrin [from corn], Natural Flavour, Canola Oil, Barley Malt Extract [Gluten], Dried Onion, Dried Potatoes, Dried Garlic), Cayenne Pepper Sauce (Aged Cayenne Red Peppers, Vinegar, Water, Salt, and Garlic Powder), Salt, Blackened Seasoning (Salt, Dehydrated Garlic, Paprika [Colour], Spices, Dehydrated Onion, and Extractives of Paprika [Colour]), Thyme, Chili Powder (Chile Pepper and Ethoxyquin), Parsley, Black Pepper, Cayenne Pepper, Oregano, and Bay Leaves

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 Flavour, 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 Flavour, 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, 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	Milk, Cream, Sodium Citrate, Sodium Phosphate
Liquid Eggs	Whole Eggs, Citric Acid (Added To Preserve Color)
Marinara Sauce <i>(varies by market)</i>	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
Marinated Beef Strips <i>(select markets only)</i>	Beef, Water, Salt, Rice Starch, Black Pepper, Sodium Phosphate, Dextrose, Bromelain, Soybean Oil (as a processing aid), Garlic Powder
Marinated Chicken	(Colorado Market) ABF Boneless Skinless Chicken Breast with Rib Meat Containing: Up To 12% Of A Solution Of Water, Soybean Oil, Salt, Garlic Powder, Black Pepper And Sodium Phosphates -OR- Boneless Skinless Chicken Breast with Rib Meat Containing: Up To 12% Of A Solution Of Water, Soybean Oil, Salt, Garlic Powder, Black Pepper And Sodium Phosphates
Marinated Steak	Seasoned Beef Strips (Beef, Water, Seasoning (Salt, Sugar, Autolyzed Yeast Extract, Beef Stock, Onion Powder, Garlic Powder, Spice Extracts, Maltodextrin, Modified Corn Starch, Natural Flavors, Extractives Of Black Pepper, Soybean Oil), Modified Corn Starch, Salt, Sodium Phosphate, Soybean Oil, Spice), Soybean Oil -OR- Diced Beef Steaks (Beef, Water, Seasoning [Salt, Sugar, Autolyzed Yeast Extract, Dehydrated Beef Stock, Onion Powder, Garlic Powder, Maltodextrin, Modified Corn Starch, Natural Flavors, Partially Hydrogenated Sunflower Oil], Modified Food Starch, Sodium Phosphate, Salt, Soybean Oil, Spice), Soybean Oil
Med Dressing	Sour Cream (Cultured Grade A Skim Milk, Cream, Whey, Food Starch, Sodium Phosphate, Guar Gum, Carrageenan, Calcium Sulfate, Locust Bean Gum), Yogurt (Cultured Pasteurized Grade A Whole Milk, Modified Food Starch, Carrageenan, Pectin, 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
Mirin	Water, Rice, Rice Vinegar, Sugar, Salt
MontAmore® Cheese	Montamoré Cheese (Pasteurized Milk, Cheese Cultures, Salt, Enzymes, Powdered Cellulose (To Prevent Caking)
Naturally Raised Pork <i>(varies by market)</i>	ABF Pork, Lard, Salt, Pepper, Oregano, Thyme -OR- ABF Pork, Salt, Spices, And Less Than 2% Olive Oil Added As A Processing Aid
Oval Flatbread	Enriched Wheat Flour [Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate (B1), Riboflavin (B2), Folic Acid], Water, Soybean Oil And/Or Canola Oil, Contains 2% Or Less Of: Yeast, Sugar, Vinegar, Salt, Dough Conditioner (Calcium Sulfate, Acacia Gum, Mono- And Diglycerides, Enzymes), Nonfat Dry Milk, Yeast Nutrients (Calcium Sulfate, Ammonium Sulfate, Ascorbic Acid)

Oven-Roasted Meatballs	Beef, 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
Pad Thai Sauce	Brown Sugar, Soybean Oil, Agave Nectar, Lemon-Lime Juice (Lime and Lemon Juices), Fish Sauce (Anchovy, Sea Salt), Garlic, Fruit Concentrate (Tamarind, Water), Water, Sriracha (Red Peppers, Distilled Vinegar, Water, Sugar, Salt, Garlic, Contains 2% or less of the following: Natural Flavor, Maltodextrin, Xanthan Gum, and Citric Acid), Salt, and Modified Food Starch
Parmesan Cheese	High Moisture Parmesan Cheese (Pasteurized Milk, Cheese Cultures, Salt, Enzymes), Powdered Cellulose (To Prevent Caking)
Parmesan Chicken	Boneless, Skinless Parmesan Breaded Chicken Breast Fillets With Rib Meat Containing: Up To 10% Of A Solution Of Water, Salt, Soy Protein Concentrate, Sodium Phosphates, Garlic Powder, Spice, Seasoning [Salt, Garlic Powder, Spice,, Natural Flavor, Dehydrated Cheddar Cheese (Cultured Pasteurized Milk, Salt, Enzymes), Maltodextrin, Yeast Extract, Soy Lecithin]. Breaded With: Bleached Wheat Flour, Dehydrated Parmesan, Cheddar, And Blue Cheese (Pasteurized Cultured Milk, Salt, Enzymes), Water, Modified Wheat Starch, Salt, Yeast Extract, Yellow Corn Flour, Garlic Powder, Natural Flavor, Sugar, Nonfat Milk, Spices, Maltodextrin, Yeast, Leavening (Sodium Bicarbonate, Sodium Acid Pyrophosphate), Parsley, Soy Lecithin. Breeding set in vegetable oil
Pecans	Pecans
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	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.
Pomegranate Vinaigrette <i>(select markets only)</i>	Soybean Oil, Pomegranate Juice Concentrate, Water, Vinegar, Extra Virgin Olive Oil, Contains less than 2% of Red Wine Vinegar, Molasses, Sugar, Mustard Seed, Sea Salt, Citric Acid, Salt, Caramelized Sugar, Spice, Arabic Gum, White Wine, Xanthan Gum, Tartaric Acid. -OR- Soybean Oil, Red Wine Vinegar (Red Wine Vinegar, Potassium Metabisulfite [added to protect color]), Pomegranate Juice, Honey, Water, Extra Virgin Olive Oil, Balsamic Vinegar, Mustard (Water, Vinegar, Mustard Seed, Salt, White Wine, Fruit Pectin, Citric Acid, Tartaric Acid, Sugar, Spice), Salt, Guar Gum, and Black Pepper.
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	Garlic Water (Water, Garlic), 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, Water, 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 Broth <i>(select markets only)</i>	Water, Pork Base (Roasted Pork Meat and Natural Juices, Salt, Corn Syrup, Autolyzed Yeast Extract, Whey, Chicken Fat, Corn Oil, Sugar, Natural Flavor, Wine, and Caramel Color), All Natural Bacon (Pork, Water, Sea Salt, Turbinado Sugar, Natural Flavoring, and Lactic Acid Starter Culture), Mushroom Base (Sautéed Mushrooms [Mushrooms, Water, Salt], Salt, Maltodextrin, Palm Oil, Hydrolyzed Corn Gluten and Soy Protein, Sugar, 2% or less of Onion Powder, Corn Oil, Mushroom Juice Concentrate, and Natural Flavors), Onion, Ginger Juice, Soy Sauce (Water, Salt, Sugar, Soybeans, Wheat, and Molasses), Seasoning (Salt, Yeast Extract, Dehydrated Vegetables [Mushroom, Garlic, Onion, Tomato], Maltodextrin, and Spice), Organic Miso Powder (Organic Soybeans, Organic Rice, Salt, and Organic Aspergillus Oryzae), Lemongrass, and Allspice
Ramen Noodle <i>(select markets only)</i>	Enriched Unbleached Wheat Flour (Wheat Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin and Folic Acid), Water, Modified Food Starch, Soybean Oil, Egg White Powder, Salt, Sodium Carbonate, Potassium Carbonate

Rice Crispy	Mini Marshmallow (Corn Syrup, Sugar, Modified Corn Starch, Water, Gelatin, Natural And Artificial Flavor, Tetrasodium Pyrophosphate, Color (Blue 1)), Rice Crispy 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). **BHT Added To Packaging To Help Preserve Freshness), Butter (Cream, Salt), Soybean Oil
Rice Noodle	Rice Flour, Water, Soybean Oil
Roasted Mushrooms	White Mushrooms, Soybean Oil, Garlic, Salt, Black Pepper
Roman Caesar Dressing	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
Sauteed Shrimp	Shrimp (Shrimp, Salt, Sodium Tripolyphosphate), Vegetable Broth (Salt, Sugar (Beet), Maltodextrin, Natural Flavors, Onion, Caramel Color, Garlic)
Seasoned Organic Tofu	Organic Tofu (Water, Organic Soybean, Calcium Sulfate, Calcium Chloride), 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 Flavour, 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 Flavour, Canola Oil, Barley Malt Extract [Gluten], Dried Onion, Dried Potatoes, Dried Garlic), Modified Corn Starch, Garlic And Citric Acid As A Preservative), Soybean Oil, Asian Seasoning (White Sesame Seeds, Salt, Spices, Dehydrated Garlic, Black Sesame Seeds, Sugar, Chili Pepper, Hydrolyzed Soy Protein, Maltodextrin, Dehydrated Onion, Caramel Color, Extractives Of Paprika, Natural Flavours, And No More Than 2% Calcium Silicate Added To Prevent Caking.)
Sesame Soy Vinaigrette	Soybean Oil, Rice Vinegar Dressing (Rice Vinegar, Water, Sugar, Salt), Sweet Chili Sauce (Sugar, Water, Pickled Red Chilli, Distilled Vinegar, Garlic, Salt, Stabilizer [Xanthan Gum]), Sweet Cooking Rice Wine (Glucose Syrup, Water, Alcohol, Rice, Corn Syrup, Salt), Molasses, Orange Juice (Concentrated Orange Juice), Sesame Oil, Soy Sauce (Water, Salt, Sugar, Soybeans, Wheat, Molasses), Garlic, Lemon Juice (Water, Lemon Juice Concentrate And Lemon Oil), Sriracha (Chili, Distilled Vinegar, Water, Sugar, Salt, Garlic, Natural Flavor, Maltodextrin, Xanthan Gum And Citric Acid), Ginger Juice, Saladizer (Guar Gum, Xanthan Gum, Propylene Glycol Alginate) And Citric Acid As A Preservative
Smolder From Boulder	Spices, Capsicum Oleoresin
Snoodledoodle Cookie	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
Soybean Oil	Refined Soybean Oil (<i>no soy allergen</i>)
Soy Sauce	Water, Soybeans, Wheat, Salt, Sugar -OR- (Packets) Water, Wheat, Soybeans, Salt
Spaghetti Noodle	Durum Wheat Flour (Enriched With Iron (Ferrous Sulfate) And B Vitamins (Niacin, Thiamin Monitrate, Riboflavin, Folic Acid), Water, Soybean Oil
Sriracha	Chili, Garlic, Sugar, Salt, Vinegar
Sriracha Caesar Dressing	Caesar Dressing (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, Spice (Including Mustard Seeds), Salt, Molasses, Corn Syrup, White Wine, Caramel Color, Citric Acid, Tartaric Acid, Tamarind, Natural Flavor), Sriracha Sauce (Chili, Garlic, Sugar, Salt, Vinegar)
Stroganoff Sauce	Sour Cream (Cultured Grade A Skim Milk, Cream, Whey, Food 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, 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

Sweet Balsamic Vinaigrette	Balsamic Vinaigrette (Soybean Oil, Balsamic Vinegar, Water, Sugar, Contains Less Than 2% of Salt, Garlic, Caramel Color, Xanthan Gum, Spice, Paprika, Natural Flavor), Sugar
Tomato Basil Bisque	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 Flavour, 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
Tres Leches Cake	Heavy Cream (Milk, Cream, Carrageenan), Sweetened Condensed Milk, Evaporated Milk Vitamin D Added, Sugar, Enriched Bleached Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Egg Whites (With Guar Gum), Water, Sugared Egg Yolks (Egg Yolks, Sugar), Vanilla Extract (Water, Ethyl Alcohol, Sugar, Vanilla Bean Extract), Baking Powder (Sodium Acid Pyrophosphate, Sodium Bicarbonate, Corn Starch, Monocalcium Phosphate), Lime Slice
Udon Noodle <i>(varies by market)</i>	Bleached Wheat Flour, Water, Salt, Corn Starch, Soybean Oil -OR- Enriched Unbleached Wheat Flour (Wheat Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin And Folic Acid), Water, Salt, Corn Starch, Citric Acid And Soybean Oil
Umami Bomb <i>(select markets only)</i>	Mushrooms, Bacon (Pork, Water, Sea Salt, Turbinado Sugar, Natural Flavoring, and Lactic Acid Starter Culture), Water, Sriracha (Chile, Distilled Vinegar, Water, Sugar, Salt, Garlic, Natural Flavor, Maltodextrin, Xanthan Gum, and Citric Acid), Unsalted Butter (Cream, Natural Flavorings), Pork Base (Roasted Pork Meat and Natural Juices, Salt, Corn Syrup, Autolyzed Yeast Extract, Whey, Chicken Fat, Corn Oil, Sugar, Natural Flavor, Wine, and Caramel Color), Garlic, Soybean Oil, Modified Food Starch, and Mushroom Powder
Vegetable Broth	Salt, Sugar, Maltodextrin, Natural Flavors, Onion, Caramel Color, Garlic
Whole Egg <i>(select markets only)</i>	Egg, Vegalene (Canola Oil, Phosphated Mono and Diglycerides, Natural Flavor and Propellant)
Whole Grain Linguine	Water, Whole Wheat Durum Flour, Soybean Oil
Wonton Strips	Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid, Enzymes), Soybean Oil, Water, Cornstarch, Salt

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



Dish Reference Chart

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<p>Penne Rosa</p>	<p>Penne Rigate Noodle Penne Rosa Sauce Light Cream Roma Tomatoes White Mushrooms White Cooking Wine Parmesan Or Feta Cheese Spinach Soybean Oil Fresh Parsley</p>	<p>Whole Grain Tuscan Fresca</p>	<p>Whole Grain Linguine Roma Tomatoes Fresca Sauce White Cooking Wine Vegetable Broth Parmesan Cheese Red Onion Spinach Soybean Oil Fresh Parsley</p>
<p>Japanese Pan Noodles</p>	<p>Udon Noodle Japanese Pan Sauce Broccoli Carrots Mung Bean Sprouts Shiitake Mushrooms Soybean Oil Black Sesame Seeds Cilantro</p>	<p>Indonesian Peanut Sauté</p>	<p>Rice Noodle Vegetable Broth Indo Peanut Sauce Broccoli Carrots Napa/Red Cabbage Blend Mung Bean Sprouts Granulated Peanuts Soybean Oil Cilantro Asian Seasoning</p>
<p>Wisconsin Mac & Cheese</p>	<p>Elbow Noodle Cheese Sauce Cheddar Jack</p>	<p>Buttered Noodles</p>	<p>Egg Noodle Parmesan Cheese Butter Italian Seasoning</p>
<p>Pesto Cavatappi</p>	<p>Cavatappi Noodle Roma Tomatoes Light Cream White Mushrooms White Cooking Wine Pesto Sauce Vegetable Broth Parmesan Cheese Soybean Oil Fresh Parsley</p>	<p>Alfredo MontAmore®</p>	<p>Spaghetti Noodle Four Cheese Alfredo Sauce Parmesan Chicken Roma Tomatoes Roasted Mushrooms Montamore Cheese Spinach Black Pepper Fresh Parsley</p>
<p>Pad Thai</p>	<p>Rice Noodle Pad Thai Sauce Liquid Eggs Red/Napa Cabbage Blend Mung Bean Sprouts Green Onions Granulated Peanuts Soybean Oil Cilantro</p>	<p>Bangkok Curry</p>	<p>Rice Noodle Curry Sauce Broccoli Napa/Red Cabbage Blend Red Bell Peppers Carrots White Mushrooms Vegetable Broth Red Onions Soybean Oil Black Sesame Seeds Asian Seasoning</p>
<p>Spaghetti & Meatballs</p>	<p>Spaghetti Noodle Marinara Sauce Oven-Roasted Meatballs Parmesan Cheese Fresh Parsley</p>	<p>Steak Stroganoff</p>	<p>Egg Noodle Stroganoff Sauce Marinated Steak Roasted Mushrooms Parmesan Cheese Fresh Parsley</p>
<p>Spaghetti</p>	<p>Spaghetti Noodle Marinara Sauce Parmesan Cheese Fresh Parsley</p>		

Mushroom Stroganoff	Egg Noodle Stroganoff Sauce Roasted Mushroom Parmesan Cheese Fresh Parsley	Wisconsin Cheesesteak	Marinated Steak Ciabatta Roll Cheese Sauce Red Bell Pepper White Mushroom Red Onions Cheddar Jack Soybean Oil Italian Seasoning
Thai Curry Soup	Thai Curry Soup Rice Noodle Roma Tomatoes White Mushrooms Napa/ Red Cabbage Blend Red Onions Spinach Cilantro	Napa Market Salad with Chicken	Grilled Chicken Mixed Greens Pomegranate Vinaigrette Roma Tomatoes Apples Blue Cheese Red Bell Pepper Bacon
Chicken Noodle Soup	Chicken Broth with Vegetables Egg Noodle Ciabatta Roll Grilled Chicken Breast Fresh Parsley	Grilled Chicken Caesar	Romaine Grilled Chicken Breast Parmesan Cheese Roman Caesar Dressing Focaccia Crouton
Tomato Basil Bisque	Tomato Basil Bisque Ciabatta Roll Fresh Parsley	Chicken Veracruz Salad	Grilled Chicken Mixed Greens Jalapeno Ranch Roma Tomatoes Shucked Corn Diced Avocados Red Onions Crispy Jalapenos Bacon Chili Lime Seasoning Cilantro Soybean Oil
Thai Hot Pot	Thai Curry Soup Asian Flatbread Napa/ Red Cabbage Blend Naturally Raised Pork Grilled Chicken Breast Spinach Mung Bean Sprouts Shiitake Mushrooms Rice Noodle Fresno Peppers Cilantro	The Med Salad with Chicken	Cavatappi Noodle Romaine/Arcadian Harvest Blend Grilled Chicken Breast Cucumbers Roma Tomatoes Med Dressing Kalamata Olives Red Onions Feta Cheese
BBQ Pork Sandwich	Naturally Raised Pork Ciabatta Roll Barbeque Sauce Napa/Red Cabbage Blend Cole Slaw Dressing	Potstickers	Chicken Potstickers Napa/Red Cabbage Blend Potsticker Sauce Red Pepper
The Med Sandwich	Grilled Chicken Breast Flatbread Med Dressing White Mushrooms Red Bell Pepper Feta Cheese Spinach Cilantro Red Onions	Margherita Flatbread	Flatbread Roma Tomatoes Parmesan Cheese Feta Cheese Basil Italian Seasoning
Spicy Chicken Caesar	Flatbread Grilled Chicken Breast Sriracha Caesar Dressing Romaine Wonton Strips Parmesan Cheese		

Cheesy Garlic Bread	Ciabatta Roll Marinara Sauce Parmesan Cheese Butter Italian Seasoning	Jambalaya <i>(select markets only)</i>	Cavatappi Noodle Jambalaya Sauce Cajun Chicken Sauteed Shrimp White Cooking Wine Butter Soybean Oil Green Onions Cajun Seasoning
Buff Bangkok Curry	Seasoned Organic Tofu Broccoli Red Bell Pepper Carrots White Mushrooms Spinach Curry Sauce Red Onions Vegetable Broth Asian Seasoning Black Sesame Seeds	Tossed Green Salad	Romaine/Arcadian Harvest Blend Dressing of Your Choice (Fat Free Vinaigrette, Balsamic Vinaigrette, Caesar Dressing, Med Dressing or Sesame Soy Vinaigrette) Cucumbers Roma Tomatoes
Buff Pesto	Naturally Raised Pork Roma Tomatoes White Mushrooms Spinach White Cooking Wine Pesto Sauce Vegetable Broth Parmesan Cheese Fresh Parsley	Tomato Cucumber Salad	Roma Tomatoes Cucumbers Fat Free Vinaigrette Red Onions Asian Seasoning
Buff Tuscan Fresca	Roma Tomatoes Grilled Chicken Breast Fresca Sauce White Cooking Wine Red Onions Vegetable Broth Feta Cheese Fresh Parsley	Caesar Salad	Romaine Parmesan Cheese Roman Caesar Dressing Focaccia Croutons
Buff Japanese Pan	Marinated Steak Broccoli Carrots Spinach Japanese Pan Sauce Shitake Mushrooms Mung Bean Sprouts Black Sesame Seeds Cilantro	Pork Ramen <i>(select markets only)</i>	Ramen Broth Ramen Noodle Naturally Raised Pork Whole Egg Baby Bok Choy Shiitake Mushrooms Fresno Peppers Green Onions Served With: Umami Bomb
Spicy Korean Beef Noodles <i>(select markets only)</i>	Ramen Noodles Korean BBQ Sauce Beef Strips Napa/Red Cabbage Blend Mung Bean Sprouts Cucumbers Shitake Mushrooms Spinach Green Onions Soybean Oil Cilantro	Korean Meatballs	Oven-Roasted Meatballs Korean BBQ Sauce Asian Seasoning
		Ciabatta Roll Flatbread Cookies Cakes Rice Crispy Proteins	See Ingredient Statement

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