

# 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 Penne Rosa
- Small Japanese Pan Noodles
- Small Pesto Cavatappi
- Small Spaghetti
- Spicy Chipotle Adobo (with chicken)
- Small Mushroom Stroganoff
- Small Spicy Korean Beef Noodles
- Small Buttered Noodles
- Small or Regular Med Salad with Chicken
- Small Thai Chicken Soup with baguette
- Small Tomato Basil Bisque with baguette
- Small or Regular Grilled Chicken Caesar

## 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
- Small Med Salad
- Small Penne Rosa (with feta)

## 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:

- Mushroom Stroganoff
- Caesar Salad
- Buttered Noodles
- Spaghetti

## Looking for Something Vegetarian?

We love vegetarians. In fact, 11 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)
- Tossed Green Side Salad (with balsamic vinaigrette)
- Spaghetti with Marinara (without cheese)
- Spicy Chipotle Adobo (without pork, chicken, sour cream or cream)
- Japanese Pan Noodles
- 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](http://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 gluten-free fusilli:

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

Other options with modifications:

- Thai Green Curry with Shrimp (no 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)
- 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](http://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
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

ALLERGENS							
Pea-nuts	Tree Nuts	Soy	Milk	Eggs	Fish	Shell-fish	Wheat & Gluten
			•				•
			•	•			•
			•				•

## 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
Broccoli*	20	0	0	0	0	0	20	4	1	1	2
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
Pineapple*	25	0	0	0	0	0	5	7	1	5	1

ALLERGENS							
Pea-nuts	Tree Nuts	Soy	Milk	Eggs	Fish	Shell-fish	Wheat & Gluten
			•				•



\* 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.



# List of Ingredients

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<b>Applesauce</b> <i>gluten-free</i>	Apple, Apple Juice Concentrate -OR- Apples, Ascorbic Acid (To Protect Color)
<b>Asian Seasoning</b>	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
<b>Avocado</b> <i>diced</i>	Avocado, Soybean Oil
<b>Bacon</b> <i>naturally raised</i>	ABF Pork, Water, Sea Salt, Natural Cane Sugar, Celery Powder, Cherry Powder
<b>Baguette</b>	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
<b>Balsamic Vinaigrette</b> <i>gluten-free</i>	Soybean Oil, Balsamic Vinegar, Water, Sugar, Contains Less Than 2% of Salt, Garlic, Caramel Color, Xanthan Gum, Spice, Paprika, Natural Flavor
<b>Barbeque Sauce</b> <i>gluten-free</i>	Vinegar, Sugar, Tomato Paste, Water, Molasses, Modified Food Starch, Salt, Contains Less Than 2% Of: Natural Smoke Flavor, Spice (Including Mustard Seed), Paprika, Onion, Garlic, Caramel Color, Maltodextrin, Yeast Extract, Natural Flavor
<b>Basil Pesto Sauce</b> <i>gluten-free</i>	Canola Oil, Basil and Spinach Blend, Water, Romano Cheese, Parmesan Cheese, Parsley, Water, Salt, Garlic, Black Pepper, Lemon Juice -OR- Basil, Canola Oil, Water, Parmesan Cheese (Pasteurized Part-Skim Cows' Milk, Cheese Culture, Salt, Enzymes) Salt, Granulated Garlic, Spices
<b>Black Sesame Seeds</b>	Black Sesame Seeds
<b>Blue Cheese Crumble</b>	Blue Cheese (Pasteurized Milk, Cheese Cultures, Salt, Enzymes), Powdered Cellulose to prevent caking, Natamycin (A Natural Mold Inhibitor).
<b>Buffalo Sauce</b>	Distilled Vinegar, Aged Cayenne Red Peppers, Salt, Water, Canola Oil, Paprika, Xanthan Gum, Natural Butter Type Flavor And Garlic Powder
<b>Butter</b>	Cream, Salt
<b>Caesar Dressing</b> <i>gluten-free</i>	Soybean Oil, Water, Parmesan Cheese (Cultured Milk, Salt, Enzymes), Distilled Vinegar, Anchovy Paste (Fish), Egg Yolk, Red Wine Vinegar, Contains Less Than 2% Of Garlic, Lemon Juice Concentrate, Sugar, Spices (Including Mustard Seed), Salt, Molasses, Corn Syrup, White Wine, Caramel Color, Citric Acid, Tartaric Acid, Tamarind, Natural Flavor
<b>Cavatappi Noodle</b>	Durum Wheat Flour (Enriched With Iron (Ferrous Sulfate) And B Vitamins (Niacin, Thiamin Monitrate, Riboflavin, Folic Acid), Water, Soybean Oil
<b>Cheddar Jack Cheese</b> <i>never given hormones</i>	Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, Color Added), Monterey Jack Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes), Contains 2 Percent Or Less Of Potato Starch And Powdered Cellulose Added To Prevent Caking, Natamycin (A Natural Mold Inhibitor)
<b>Cheese Sauce</b> <i>gluten-free</i> <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. -OR- 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
<b>Chicken Broth with Vegetables</b>	Water, Celery, Carrot, Onion, Chicken Base (Chicken, Salt, 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
<b>Chili Lime Chicken</b>	Grilled Chicken (See Marinated Chicken Ingredient Statement), 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)

<b>Chocolate Chunk Cookie</b>	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
<b>Crispy Jalapeños</b>	Jalapeño Peppers, Enriched Flour (Wheat flour, Niacin, Reduced Iron, Thiamine Monitrate, Riboflavin, Folic Acid), Sunflower and/or Canola Oil, Salt
<b>Egg Noodle</b>	Durum Wheat Flour ((Enriched With Iron (Ferrous Sulfate) And B Vitamins (Niacin, Thiamin Monitrate, Riboflavin, Folic Acid), Eggs), Water, Soybean Oil
<b>Elbow Noodle</b>	Durum Wheat Flour (Enriched With Iron (Ferrous Sulfate) And B Vitamins (Niacin, Thiamin Monitrate, Riboflavin, Folic Acid), Water, Soybean Oil
<b>Feta Cheese</b>	Pasteurized Part-Skim Milk, Cheese Cultures, Salt, Enzymes
<b>Focaccia Croutons</b>	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)
<b>Four Cheese Alfredo Sauce</b>	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 Flavours), 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
<b>Fresca Sauce</b> <i>gluten-free</i>	Soybean Oil, Balsamic Vinegar, Garlic, Lemon Juice (Water, Lemon Juice Concentrate and Lemon Oil), Extra Virgin Olive Oil, White Wine, Salt, Roasted Garlic, Natural Vegetable Base (Vegetables and Concentrated Vegetables [Carrots, Celery, Onion, Tomato], Yeast Extract, Salt, Sugar, Maltodextrin [from corn], Natural Flavor, Canola Oil, Dried Onion, Dried Potatoes, Dried Garlic), Sriracha (Chile, Distilled Vinegar, Water, Sugar, Salt, Garlic, Natural Flavor, Maltodextrin, Xanthan Gum and Citric Acid), Onion, Black Pepper, Torula Yeast, Oregano, Saladizer (Guar Gum, Xanthan Gum, Propylene Glycol Alginate), Garlic Powder, Basil, Onion Powder and Mustard Flour
<b>Fusilli Noodle</b> <i>gluten-free</i>	Gluten Free Fusilli (Rice Flour, Corn Flour, Mono And Diglycerides Of Fatty Acids), Water, Soybean Oil
<b>Granulated Peanuts</b>	Dry Roasted Granulated Peanuts
<b>Green Curry Sauce</b> <i>gluten-free</i>	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 Flavouring), 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)
<b>Grilled Chicken Breast</b>	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
<b>Italian Seasoning</b>	Salt, Spices (Black Pepper, Parsley, Basil, Rosemary, Savory, Oregano, Thyme), Dehydrated Garlic, and Lavender
<b>Jalapeño Ranch</b> <i>gluten-free</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
<b>Japanese Pan Sauce</b>	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.
<b>Kalamata Olives</b>	Olives, Water, Salt, Vinegar, Spices (Thyme, Rosemary, Bay Leaf), Olive Oil

<b>Korean BBQ Sauce</b>	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. <span style="float: right;">*Dried</span>
<b>Light Cream</b> <i>never given hormones, varies by market</i>	Milk, Cream, Sodium Citrate, Sodium Phosphate -OR- Milk, Cream, Disodium Phosphate, Sodium Citrate, Carrageenan
<b>Marinara Sauce</b> <i>gluten-free, 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), Water, Tomato Paste (Tomatoes), Onion, Seasoning (Sugar, Modified Corn Starch, Salt, And Spices), Soybean Oil, Garlic In Water (Garlic, Water), Basil And Extra Virgin Olive Oil. -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
<b>Marinated Chicken</b>	(Colorado Market) ABF Boneless Skinless Chicken Breast with Rib Meat Containing Up To 12% 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% Solution Of Water, Soybean Oil, Salt, Garlic Powder, Black Pepper and Sodium Phosphates. -OR- Boneless, Skinless, Chicken Breast Fillet. Containing Up To 12% Solution of Water, Soybean Oil, Salt, Rice Starch, Black Pepper, Garlic Powder and Sodium Phosphates
<b>Marinated Steak</b> <i>naturally raised</i>	Beef, Water, Salt, Rice Starch, Spice, Sodium Phosphates, Seasoning (Dextrose, Bromelain (Natural Enzyme), Soybean Oil (As A Processing Aid), Garlic Powder
<b>Med Dressing</b> <i>gluten-free</i>	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.Bulgarius, S.Thermophilus]), Lemon Juice (Water, Lemon Juice Concentrate, and Lemon Oil), Salt, Sriracha (Chile, Distilled Vinegar, Water, Sugar, Salt, Garlic, Natural Flavour, Maltodextrin, Xanthan Gum and Citric Acid)), Garlic, and Soybean Oil
<b>MontAmore® Cheese</b> <i>never given hormones</i>	Montamoré Cheese (Pasteurized Milk, Cheese Cultures, Salt, Enzymes, Powdered Cellulose (To Prevent Caking)
<b>Marinated Steak</b>	Beef, Water, Salt, Rice Starch, Spice, Sodium Phosphates, Seasoning (Dextrose, Bromelain (Natural Enzyme), Soybean Oil (As A Processing Aid), Garlic Powder
<b>Oven-Roasted Meatballs</b>	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
<b>Oyster Crackers</b>	Unbleached Wheat flour, Water, Canola Oil, Cane Sugar, Salt, Yeast, Baking Soda
<b>Pad Thai Sauce</b> <i>gluten-free</i>	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
<b>Parmesan Cheese</b>	High Moisture Parmesan Cheese (Pasteurized Milk, Cheese Cultures, Salt, Enzymes), Powdered Cellulose (To Prevent Caking)
<b>Parmesan Chicken</b>	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

<b>Penne Rigate Noodle</b>	Durum Wheat Flour (Enriched With Iron (Ferrous Sulfate) And B Vitamins (Niacin, Thiamin Monitrate, Riboflavin, Folic Acid), Water, Soybean Oil
<b>Penne Rosa Sauce</b> <i>gluten-free, 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
<b>Pomegranate Vinaigrette</b> <i>gluten-free</i>	Soybean Oil, Red Wine Vinegar (Red Wine Vinegar, Naturally occurring Sulfites), 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
<b>Pork</b> <i>naturally raised, 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
<b>Potstickers</b>	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)
<b>Potsticker Sauce</b>	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
<b>Ramen Noodle</b>	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
<b>Rice Crispy</b>	Mini Marshmallow (Corn Syrup, Sugar, Modified Corn Starch, Water, Gelatin. Contains 2% or less of each of the following: Natural And Artificial Flavor, Tetrasodium Pyrophosphate), 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
<b>Rice Noodle</b> <i>gluten-free</i>	Rice Flour, Water, Soybean Oil
<b>Roasted Mushrooms</b>	White Mushrooms, Soybean Oil, Garlic, Salt, Black Pepper
<b>Roasted Vegetables</b>	White Mushrooms, Red Bell Pepper, Red Onions, Soybean Oil, Italian Seasoning (Salt, Spices (Black Pepper, Parsley, Basil, Rosemary, Savory, Oregano, Thyme), Dehydrated Garlic, and Lavender)
<b>Sautéed Shrimp</b>	Shrimp, Salt, Sodium tripolyphosphate (to retain moisture)
<b>Shiitake Mushrooms</b>	Water, Shiitake Mushrooms
<b>Smolder From Boulder</b>	Spices, Capsicum Oleoresin
<b>Snoodledoodle Cookie</b>	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
<b>Sour Cream</b>	Cultured Cream
<b>Soybean Oil</b>	Refined Soybean Oil (no soy allergen)
<b>Soy Sauce</b>	Water, Soybeans, Wheat, Salt, Sugar

<b>Spaghetti Noodle</b>	Durum Wheat Flour (Enriched With Iron (Ferrous Sulfate) And B Vitamins (Niacin, Thiamin Monitrate, Riboflavin, Folic Acid), Water, Soybean Oil
<b>Sriracha</b> <i>gluten-free</i>	Chili, Garlic, Sugar, Salt, Vinegar
<b>Stroganoff Sauce</b> <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 Flavours), Salt, Soybean Oil, Italian Herb (Spices), and Black Pepper
<b>Thai Chicken Soup</b> <i>gluten-free</i>	Water, Coconut Cream (Coconut Extract, Water, With Natural Stabilizers (Xanthan Gum, Carrageenan And Guar Gum)), Milk, Chicken (White Chicken Meat, Water, Modified Food Starch, Salt, Sodium Phosphate), Brown Sugar, Onions, Cabbage, Red Bell Peppers, Carrots, Mushrooms, Spices, Yellow Curry Paste (Lemongrass, Garlic, Shallot, Salt, Galangal, Dried Red Chili, Coriander Seed, Kaffir Lime Peel, Cumin, Cinnamon, Mace, Turmeric, Cardamom), Fish Sauce (Anchovy Extract, Salt, Water), Modified Corn Starch, Ginger Puree (Ginger, Citric Acid), Butter (Sweet Cream, Natural Flavor (Lactic Acid, Starter Distillate)), 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
<b>Tofu, Seasoned</b>	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), 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.)
<b>Tomato Adobo</b>	Fire Roasted Diced Tomatoes In Juice (Tomatoes, Tomato Juice, Salt, Calcium Chloride and Citric Acid), Chopped Tomatoes (Tomatoes, Salt, Calcium Chloride and Naturally Derived Citric Acid), Water, Red Bell Peppers, Soybean Oil, Onion, Modified Food Starch, Salt, Jalapeño Peppers, Jalapeño, Natural Vegetable Base (Vegetables and Concentrated Vegetables [Carrots, Celery, Onion, Tomato], Yeast Extract, Salt, Organic Cane Sugar, Maltodextrin [From Corn], Natural Flavour, Canola Oil, Barley Malt Extract [Gluten], Dried Onion, Dried Potato, Dried Garlic), Cumin, Morita Chile, Black Pepper, Spanish Paprika, Coriander, White Wine Vinegar, Cinnamon, Ground Cloves and Garlic Powder
<b>Tomato Basil Bisque</b> <i>gluten-free</i>	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
<b>Udon Noodle</b> <i>varies by market</i>	Bleached Wheat Flour, Water, Salt, Corn Starch, Soybean Oil -OR- Wheat Flour, Water, Corn Starch, Vegetable Oil (Canola/Soybean Oil), Salt, Fumaric Acid and Lactic Acid. -OR- Enriched Unbleached Wheat Flour (Wheat Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin And Folic Acid), Water, Salt, Wheat Gluten, Citric Acid And Soybean Oil
<b>Vegetable Broth</b>	Salt, Sugar, Maltodextrin, Natural Flavors, Onion, Caramel Color, Garlic

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

\*\*For specific ingredients in your market, please email [thecavalry@noodles.com](mailto:thecavalry@noodles.com)





# Dish Reference Chart

**NOODLES & COMPANY**

World Kitchen

<b>Penne Rosa</b>	<p>Penne Rigate Noodle Penne Rosa Sauce Light Cream Roma Tomatoes White Mushrooms Parmesan Or Feta Cheese Spinach Soybean Oil</p>	<b>Alfredo MontAmore®</b>	<p>Spaghetti Noodle Four Cheese Alfredo Sauce Parmesan Chicken Roma Tomatoes Roasted Mushrooms Montamore Cheese Spinach Black Pepper</p>
<b>Japanese Pan Noodles</b>	<p>Udon Noodle Japanese Pan Sauce Broccoli Carrots Mung Bean Sprouts Shiitake Mushrooms Soybean Oil Black Sesame Seeds Cilantro</p>	<b>Steak Stroganoff</b>	<p>Egg Noodle Stroganoff Sauce Marinated Steak Roasted Mushrooms Parmesan Cheese</p>
<b>Wisconsin Mac &amp; Cheese</b>	<p>Elbow Noodle Cheese Sauce Cheddar Jack</p>	<b>Mushroom Stroganoff</b>	<p>Egg Noodle Stroganoff Sauce Roasted Mushroom Parmesan Cheese</p>
<b>Pesto Cavatappi</b>	<p>Cavatappi Noodle Roma Tomatoes Light Cream White Mushrooms Pesto Sauce Vegetable Broth Parmesan Cheese Soybean oil</p>	<b>Pasta Fresca</b>	<p>Penne Noodle Fresca Sauce Roma Tomatoes Vegetable Broth Parmesan Cheese Red Onions Spinach Soybean oil</p>
<b>Pad Thai</b>	<p>Rice Noodle Pad Thai Sauce Vegetable Broth Carrots Mung Bean Sprouts Cage Free Scrambled Eggs Napa/Red Cabbage Blend Soybean Oil Granulated Peanuts Lime</p>	<b>Spicy Korean Beef Noodles</b>	<p>Ramen Noodles Korean BBQ Sauce Marinated Steak Napa/Red Cabbage Blend Cucumbers Mung Bean Sprouts Green Onions Spinach Soybean Oil Cilantro</p>
<b>Spaghetti &amp; Meatballs</b>	<p>Spaghetti Noodle Marinara Sauce Chicken and Beef Meatballs Parmesan Cheese</p>	<b>Thai Green Curry</b>	<p>Rice Noodle Green Curry Sauce Sautéed Shrimp Broccoli Pineapple Snap peas Vegetable Broth Red Onions Soybean Oil Black Sesame Seeds Cilantro</p>
<b>Spaghetti</b>	<p>Spaghetti Noodle Marinara Sauce Parmesan Cheese</p>		
<b>Buttered Noodles</b>	<p>Egg Noodle Parmesan Cheese Butter Italian Seasoning</p>		

<b>Pork Adobo</b>	Cavatappi Noodle Tomato Adobo Light Cream Pork Roasted Mushrooms Vegetable Broth Red Onions Sour Cream Soybean Oil Cilantro	<b>The Med Salad with Chicken</b>	Cavatappi Noodle Mixed Greens Grilled Chicken Breast Cucumbers Roma Tomatoes Med Dressing Kalamata Olives Red Onions Feta Cheese
<b>Chicken Adobo</b>	Cavatappi Noodle Tomato Adobo Light Cream Marinated Chicken Roasted Mushrooms Red Onions Sour Cream Soybean Oil Cilantro	<b>Grilled Chicken Caesar</b>	Romaine Grilled Chicken Breast Parmesan Cheese Roman Caesar Dressing Focaccia Croutons
<b>Thai Chicken Soup</b>	Thai Chicken Soup Served With: Oyster Crackers	<b>Caesar Salad</b>	Romaine Parmesan Cheese Caesar Dressing Focaccia Croutons
<b>Chicken Noodle Soup</b>	Chicken Broth with Vegetables Egg Noodle Grilled Chicken Breast Served With: Oyster Crackers	<b>Potstickers</b>	Chicken Potstickers Potsticker Sauce Red Pepper
<b>Tomato Basil Bisque</b>	Tomato Basil Bisque Served With: Oyster Crackers	<b>Cheesy Garlic Bread</b>	Baguette Marinara Sauce Parmesan Cheese Butter Italian Seasoning
<b>Napa Valley Salad</b>	Grilled Chicken Mixed Greens Pomegranate Vinaigrette Roma Tomatoes Apples Blue Cheese Red Bell Pepper ABF Bacon	<b>Korean Meatballs</b>	Oven-Roasted Meatballs Korean BBQ Sauce Asian Seasoning
<b>Chicken Veracruz Salad</b>	Grilled Chicken Breast Mixed Greens Jalapeño Ranch Roma Tomatoes Shucked Corn Diced Avocado Red Onions Crispy Jalapeños ABF Bacon Chili Lime Seasoning Cilantro Soybean Oil	<b>Tossed Green Salad</b>	Mixed Greens Dressing of Your Choice • Balsamic Vinaigrette • Caesar Dressing • Med Dressing • Jalapeño Ranch • Pomegranate Vinaigrette Cucumbers Roma Tomatoes
		<b>Baguette Cookies Rice Crispy Proteins</b>	See Ingredient Statement

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