**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.

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### 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 Pasta Fresca
- Small Thai Green Curry with Shrimp
- Small Wisconsin Mac & Cheese
- Small Spaghetti
- Small Mushroom Stroganoff
- Small Buttered Noodles
- Small or Regular Med Salad with Chicken
- Small or Regular Grilled Chicken Caesar Salad
- Small Chicken Veracruz Salad
- Small or Regular Thai Chicken Soup with Baguette
- Small or Regular Chicken 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 Med Salad with Chicken
- Chicken Noodle 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:

- Penne Rosa
- Mushroom Stroganoff
- Caesar Salad

### 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
- 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)
- 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.

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*For more information please visit noodles.com*
Here’s what you are eating:

### NOODLES & PASTA

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* Varies by location | v = Vegetarian (defined by us as dishes excluding meat and fish) | w = Contains wine in sauce or dressing | a = Contains alcohol in sauce | Please see the "Of Interest" section on left.
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.

Below are the nutritional values FOR OUR KIDS MEALS.

**KIDS ENTRÉES**

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* 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.

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<td>Grilled Chicken Breast with Dipping Marinara*</td>
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</table>

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.
<table>
<thead>
<tr>
<th><strong>List of Ingredients</strong></th>
</tr>
</thead>
</table>

**Applesauce**  
*Gluten-Free*  
Apple, Apple Juice 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 Braised Pork, Water, Salt, Turbinado sugar, Celery Powder.

**Baguette**  
*(Varies by Market)*  
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.  
*OR*  
Enriched Flour (Wheat Barley, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Sourdough (Water, Fermented Wheat Flour, Fermented Rye Flour), Salt, Contains less than 2% of each of the following: Yeast, Malt, Dextrose, Ascorbic Acid, 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 Mononitrate, 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*  
*(Varies By Market)*  
Cheese spread (pasteurized process cheese spread (milk, water, skim milk, cream, sodium phosphate, salt, contains 2% or less of cheese culture, color added (apo carotenol, 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.

*OR*  
Pasteurized Process Cheese Spread (Milk, Water, Skim Milk, Cream, Sodium Phosphate, Contains 2% or Less of Cheese Culture, Color Added, Enzymes, Lactic Acid, Salt), Milk (Milk, Vitamin D), Water, Cheddar Cheese (Pasteurized Milk, Cheese Cultures, Salt, Enzymes, Powdered Cellulose [to prevent caking]), Modified Food Starch, Dried Cream Extract (Maltodextrin, Natural Cream Flavor), Unsalted Butter (Pasteurized rBST- Free Cream, Natural Flavorings [Lactic Acid, Starter Distillate]) and 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, cocoa butter, soy lecithin [emulsifier]), Oats, Whole Egg, Sugar, Invert Syrup, Vanilla Pudding (sugar, nonfat milk, food starch-modified, contains 2% or less of: artificial flavor, cornstarch, disodium phosphate, monocalcium phosphate, potassium sorbate [preservative], salt, tetrasodium pyrophosphate, titanium dioxide [color], wheat starch, Yellow #5 [color], Yellow #6 [color]), Dextrose, Fructose, Baking Soda, and Salt. Processed in a facility with wheat, eggs, dairy, soy, nuts and peanuts.

### Crispy Jalapeños

Jalapeño Peppers, Enriched Flour (Wheat flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Sunflower and/or Canola Oil, Salt.

### Egg Noodle

Durum Wheat Flour (Enriched With Iron (Ferrous Sulfate) And B Vitamins (Niacin, Thiamin Mononitrate, Riboflavin, Folic Acid), Eggs), Water, Soybean Oil.

### Elbow Noodle

Durum Wheat Flour (Enriched With Iron (Ferrous Sulfate) And B Vitamins (Niacin, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Soybean Oil.

### Feta Cheese Made with Hormone-Free Milk

Pasteurized Part-Skim Milk, Cheese Cultures, Salt, Enzymes.

### Croutons, Focaccia

Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine 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 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.
<table>
<thead>
<tr>
<th>Product</th>
<th>Ingredients</th>
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<tbody>
<tr>
<td>Japanese Pan Sauce</td>
<td>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 Canoe 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.</td>
</tr>
<tr>
<td>Kalamata Olives</td>
<td>Olives, Water, Salt, Vinegar, Spices (Thyme, Rosemary, Bay Leaf), Olive Oil.</td>
</tr>
<tr>
<td>Korean BBQ Sauce</td>
<td>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 Canoe 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.</td>
</tr>
<tr>
<td>Light Cream</td>
<td>Milk, Cream, Sodium Citrate, Sodium Phosphate.</td>
</tr>
<tr>
<td>Marinara Sauce</td>
<td>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.</td>
</tr>
<tr>
<td>Marinated Steak</td>
<td>Beef, Water, Salt, Rice Starch, Spice, Sodium Phosphates, Seasoning (Dextrose, Bromelain (Natural Enzyme), Soybean Oil (As A Processing Aid), Garlic Powder.</td>
</tr>
<tr>
<td>Med Dressing</td>
<td>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.</td>
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<tr>
<td>Montamore Cheese</td>
<td>Montamoré Cheese (Pasteurized Milk, Cheese Cultures, Salt, Enzymes, Powdered Cellulose (To Prevent Caking).</td>
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<tr>
<td>Oven Roasted Meatballs</td>
<td>AFB Beef, AFB Chicken, Bread Crumbs [Bread Crumbs (Bleached Wheat Flour, Yeast, Sugar, Salt), Cheddar/Parmesan/Blue Cheeses (Pasteurized Milk, Cheese Cultures, Salt, Enzymes), Whey 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.</td>
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<tr>
<td>Oyster Crackers</td>
<td>Unbleached Wheat flour, Water, Canola Oil, Cane Sugar, Salt, Yeast, Baking Soda</td>
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<tr>
<td>Pad Thai Sauce</td>
<td>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.</td>
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<tr>
<td>Parmesan Cheese</td>
<td>High Moisture Parmesan Cheese (Pasteurized Milk, Cheese Cultures, Salt, Enzymes), Powdered Cellulose (To Prevent Caking).</td>
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<tr>
<td>Product</td>
<td>Description</td>
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<tr>
<td>Penne Rigate Noodle</td>
<td>Durum Wheat Flour (Enriched With Iron (Ferrous Sulfate) And B Vitamins (Niacin, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Soybean Oil</td>
</tr>
<tr>
<td>Penne Rosa Sauce</td>
<td>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, Spices), Onions, Water, Tomato Paste (Tomatoes), Canola Oil And Extra Virgin Olive Oil Blend, Garlic (Garlic, Water), Spice.</td>
</tr>
<tr>
<td>Pork</td>
<td>AFB Braised Pork, Lard, Salt, Pepper, Oregano, Thyme OR AFB Braised Pork, Salt, Spices, And Less Than 2% Olive Oil Added As A Processing Aid</td>
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<tr>
<td>Potstickers</td>
<td>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).</td>
</tr>
<tr>
<td>Potsticker Sauce</td>
<td>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.</td>
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<tr>
<td>Rice Crispy</td>
<td>MINI MARSHMALLOWS (Corn Syrup, Sugar, Modified Corn Starch, Water, Gelatin. Contains 2% or less of each of the following: Natural and Artificial Flavor, Tetrasodium Pyrophosphate), CRISP RICE CEREAL (Rice, Sugar, Salt, Malt Extract, Preservative [Tocopherol], Vitamins and Minerals: Iron [Ferric Orthophosphate], Vitamin B [Sodium Ascorbate], Vitamin A [Palmitate], Nicacinamide, 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).</td>
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<tr>
<td>Rice Noodle</td>
<td>Rice Flour, Water, Soybean Oil</td>
</tr>
<tr>
<td>Rigatoni Noodle</td>
<td>(in select markets only) Semolina [wheat], Niacin, Iron [Ferrous Sulfate], Thiamin Mononitrate, Riboflavin, and Folic Acid), Water, Soybean Oil.</td>
</tr>
<tr>
<td>Rigatoni Rosa Sauce</td>
<td>(in select markets only) Diced Tomatoes [Italian Chopped Tomatoes, Tomato Pure], Onion, Seasoning [Salt, Sugar, Modified Corn Starch, and Spices], Water, Tomato Paste [Tomatoes], Soybean Oil, Garlic, Basil and Extra Virgin Olive Oil.</td>
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<tr>
<td>Roasted Mushrooms</td>
<td>White Mushrooms, Soybean Oil, Garlic, Salt, Black Pepper</td>
</tr>
<tr>
<td>Roasted Tomatoes</td>
<td>(in select markets only) Roasted Tomatoes, Canola oil, White Balsamic Vinegar, Garlic, Sea Salt, Oregano.</td>
</tr>
<tr>
<td>Sautéed Shrimp</td>
<td>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).</td>
</tr>
</tbody>
</table>
Shiitake Mushrooms
Water, Shiitake Mushrooms

Smolder From Boulder
Spices, Capsicum Oleoresin

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, Monoglycerides, 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 Mononitrate, Riboflavin, Folic Acid), Water, Soybean Oil

Sriracha
Chili, Garlic, Sugar, Salt, Vinegar

Stroganoff Sauce
Gluten-Free
Sour Cream (Cultured Milk, Cream, Whey, Modified Corn Starch, Sodium Phosphate, Guar Gum, Carrageenan, Calcium Sulfate, Locust Bean Gum), Whipping Cream (Cream, Grade A Milk Powder, Carrageenan), Onion, Sherry, Cream Replacer (Milk, Cream, Soy-Lecithin, Guar Gum, Xanthan Gum, Carrageenan), Garlic, Pickapeppa Sauce (Cane Vinegar, Sugar, Tomatoes, Onions, Raisins, Sea Salt, Ginger, Peppers, Garlic, Cloves, Black Pepper, Thyme, Mangoes, Orange Peel), Mushroom Base (Sautéed Mushrooms [Mushrooms, Water, Salt], Salt, Maltodextrin, Palm Oil, Hydrolyzed Corn Gluten and Soy Protein, Sugar, Less than 2% of Onion Powder, Corn Oil, Mushroom Juice Concentrate, Natural Flavors), Salt, Soybean Oil, Italian Herb (Spices), and Black Pepper.

Thai Chicken Soup
Gluten Free
Water, Coconut Cream (Coconut Extract, Water, Xanthan Gum, Carrageenan and Guar), Thai Style Base (Brown Sugar, Fish Sauce [Anchovy Extract, Salt Water], Yellow Curry Paste [Lemongrass, Garlic, Shallot, Salt, Galangal, Dried Red Chili, Coriander Seed, Kaffir Lime Peel, Cumin, Cinnamon, Mace, Turmeric, Cardamom], Modified Corn Starch, Ginger Puree [Ginger, Citric Acid], Butter [Sweet Cream, Natural Flavor [Lactic Acid, Starter Distillate]], Spice, Cilantro, Garlic, Green Onions, Soybean Oil, Lemongrass Puree [Lemongrass and Water], Sea Salt, Lime Juice, Yeast Extract, Soy Lecithin, Lemon Juice Concentrate, Xanthan Gum, Chili Peppers, Annatto (Color), Turmeric), Milk, Chicken (White Chicken Meat, Water, Modified Food Starch, Salt, Sodium Phosphate), Onions, Cabbage, Red Bell Peppers, Carrots, Mushrooms.

Thai Green Curry Sauce
Coconut Milk (Coconut Extract, Water, Citric Acid), Water, Sugar, Spice Blend (Chili Pepper, Salt, Dehydrated Garlic, Spices, Lemongrass, Maltodextrin, Yeast Extract, Turmeric [Color], and Natural Flavoring), Ginger, Tamarind Concentrate (Tamarind, Water), Modified Food Starch, Salt, Lemongrass, Seasoned Rice Vinegar (Rice Vinegar, Water, Sugar, Salt), Thai Basil and Seasoning Blend (Salt, Yeast Extract, Dehydrated Vegetables [Mushroom, Garlic, Onion, Tomato], Maltodextrin, and Spice)
<table>
<thead>
<tr>
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</tr>
</thead>
<tbody>
<tr>
<td>Tofu, Seasoned</td>
<td>ORGANIC TOFU (Water, Organic Soybean [Non-GMO], Calcium Sulfate, Calcium Chloride), Water, JAPANESE PAN SAUCE (Water, Soy Sauce [Water, Salt, Sugar, Soybeans, Wheat, Molasses], Molasses, Rice Vinegar Dressing [Rice Vinegar, Water, Sugar, Salt], Lemon Juice [Water, Lemon Juice Concentrate and Lemon Oil], Sesame Oil, Sriracha [Chile, Distilled Vinegar, Water, Sugar, Salt, Garlic, Natural Flavor, Maltodextrin, Xanthan Gum and Citric Acid], Ginger, Natural Vegetable Base [Vegetables and Concentrated Vegetables (Carrot, Celery, Onion, Tomato), Yeast Extract, Salt, Organic Cane Sugar, Maltodextrin [from corn], Natural Flavor, Canola Oil, Barley Malt Extract [gluten], Dried Onion, Dried Potatoes, Dried Garlic], Modified Corn Starch, Garlic and Citric Acid as a Preservative), SOYBEAN OIL (Soybean Oil), ASIAN SEASONING (Salt, White Sesame Seed, Dehydrated Garlic, Sugar, Spices [Black Pepper, Ginger], Black Sesame Seed, Paprika [Color], Chili Pepper, Dehydrated Onion, Torula Yeast, Extractives of Celery Seed, and Extractives of Black Pepper), VEGETABLE BROTH (Salt, Sugar [Beet], Maltodextrin, Natural Flavors, Onion, Caramel Color, Garlic).</td>
</tr>
<tr>
<td>Tomato Adobo Sauce</td>
<td>Fire Roasted Diced Tomatoes In Juice (Tomatoes, Tomato Juice, Salt, Calcium Chloride and Citric Acid), Chopped Tomatoes (Tomatoes, Salt, Calcium Chloride and Naturally Derived Citric Acid), Water, Red Bell Peppers, Soybean Oil, Onion, Modified Food Starch, Salt, Jalapeño Peppers, Jalapeño, Natural Vegetable Base (Vegetables and Concentrated Vegetables [Carrots, Celery, Onion, Tomato], Yeast Extract, Salt, Organic Cane Sugar, Maltodextrin [From Corn], Natural Flavor, Canola Oil, Barley Malt Extract [Gluten], Dried Onion, Dried Potato, Dried Garlic), Cumin, Morita Chile, Black Pepper, Spanish Paprika, Coriander, White Wine Vinegar, Cinnamon, Ground Cloves and Garlic Powder</td>
</tr>
<tr>
<td>Tomato Basil Bisque</td>
<td>Water, Heavy Whipping Cream (Cream, Milk Powder, Carrageenan), Tomato Paste (Tomatoes), Crushed Tomatoes (Tomatoes, Tomato Puree, Citric Acid), Onion, Diced Tomatoes (Tomatoes, Tomato Juice, Calcium Chloride, and Naturally Derived Citric Acid), Natural Vegetable Base (Vegetables and Concentrated Vegetables [Carrots, Celery, Onion, Tomato], Yeast Extract, Salt, Sugar, Maltodextrin [from corn], Natural Flavor, Canola Oil, Dried Onion, Dried Potato, Dried Garlic), Sugar, Soybean Oil, Garlic, Seasoning (Salt, Spices, Dehydrated Garlic, Lavender), Sherry Wine, Crushed Basil, Extra Virgin Olive Oil, Salt, Basil, Annatto Extract (Propylene Glycol, Water, Polysorbate 80, Annatto [color] Potassium Hydroxide) and Parsley.</td>
</tr>
<tr>
<td>Truffle Cheese Sauce</td>
<td>CHEESE SAUCE (Cheese Spread [Pasteurized Process Cheese Spread [Milk, Water, Skim Milk, Cream, Sodium Phosphate, Salt, Contains 2% or Less of Cheese Culture, Color Added (apo carotenal, beta carotene), Enzymes, Lactic Acid, Natural Flavor]], Milk [Milk, Vitamin D3], Water, Cheddar Blend [Shredded Cheddar Cheese (Cheddar Cheese [Pasteurized Milk, Cheese Cultures, Enzymes, Powdered Cellulose (to prevent caking)], Cream [Cream, Milk], Modified Food Starch, Unsalted Butter [Pasteurized Cream, Natural Flavorings]], Salt), TRUFFLE ZEST (Natural Flavor, Carob Powder, Salt, Black Summer Truffle [Tuber Aestivum Vitt.])).</td>
</tr>
<tr>
<td>Udon Noodle (Varies By Market)*</td>
<td>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</td>
</tr>
<tr>
<td>Vegetable Broth</td>
<td>Salt, Sugar, Maltodextrin, Natural Flavors, Onion, Caramel Color, Garlic.</td>
</tr>
</tbody>
</table>

As we continually strive to evolve and improve, our ingredient list is subject to change. *For specific ingredients in your market, please email guestrelations@noodles.com
<table>
<thead>
<tr>
<th>Dish Reference Chart</th>
<th></th>
</tr>
</thead>
</table>
| **Penne Rosa**       | Penne Rigate Noodle  
Penne Rosa Sauce  
Light Cream  
Roma Tomatoes  
Vegetable Broth  
White Mushrooms  
Parmesan or Feta Cheese  
Spinach  
Soybean Oil  |
| **Pad Thai**         | Rice Noodle  
Pad Thai Sauce  
Cage-Free Scrambled Eggs  
Mung Bean Sprouts  
Napa/Red Cabbage Blend  
Lime  
Granulated Peanuts  
Soybean Oil  
Green Onions  
Cilantro  |
| **Japanese Pan Noodles** | Udon Noodle  
Japanese Pan Sauce  
Broccoli  
Carrots  
Mung Bean Sprouts  
Shiitake Mushrooms  
Soybean Oil  
Cilantro  
Black Sesame Seeds  |
| **Spaghetti & Meatballs** | Spaghetti Noodle  
Marinara Sauce  
Oven Roasted Meatballs  
Parmesan Cheese  |
| **Wisconsin Mac & Cheese** | Elbow Noodle  
Cheese Sauce  
Cheddar Jack  |
| **Spaghetti**        | Spaghetti Noodle  
Marinara Sauce  
Parmesan Cheese  |
| **Pesto Cavatappi**  | Cavatappi Noodle  
Roma Tomatoes  
Vegetable Broth  
Basil Pesto Sauce  
Light Cream  
White Mushrooms  
Parmesan Cheese  
Soybean oil  |
| **Alfredo MontAmoré** | Spaghetti Noodle  
Four Cheese Alfredo Sauce  
Parmesan Chicken  
Roma Tomatoes  
Roasted Mushrooms  
MontAmoré Cheese Spinach  
Black Pepper  |
| **Thai Green Curry** | Rice Noodle  
Thai Green Curry Sauce  
Sautéed Shrimp  
Broccoli  
Vegetable Broth  
Pineapple  
Snap peas  
Red Onions  
Soybean Oil  
Cilantro  
Black Sesame Seeds  |
| **Pork Adobo**       | Cavatappi Noodle  
Tomato Adobo Sauce  
Braised Pork  
Light Cream  
Mushrooms  
Vegetable Broth  
Sour Cream  
Red Onions  
Lime  
Soybean Oil  
Cilantro  |
| **Thai Chicken Soup** | Thai Chicken Soup  
Served With: Oyster Crackers  |
| **Buttered Noodles** | Egg Noodle  
Butter  
Parmesan Cheese  
Italian Seasoning  |
| **Tossed Green Salad** | Mixed Greens  
Dressing of Your Choice  
(Balsamic Vinaigrette, Caesar Dressing, Med Dressing, Jalapeño Ranch)  
Roma Tomatoes  
Cucumbers  |
| **Mushroom Stroganoff** | Egg Noodle  
Stroganoff Sauce  
Roasted Mushroom  
Parmesan Cheese  |
| **Chicken Veracruz Salad** | Chili Lime Chicken  
Mixed Greens  
Jalapeño Ranch  
Roma Tomatoes  
Shucked Corn  
Diced Avocado  
Red Onions  
Bacon, naturally raised  
Lime  
Crispy Jalapeños  
Soybean Oil  
Cilantro  |
| **Steak Stroganoff** | Egg Noodle  
Stroganoff Sauce  
Marinated Steak  
Roasted Mushrooms  
Parmesan Cheese |
|---------------------|---------------------------------------------------------------|
| **Spicy Korean Beef** | Ramen Noodles  
Korean BBQ Sauce  
Marinated Steak  
Napa/Red Cabbage Blend  
Cucumbers  
Mung Bean Sprouts  
Green Onions  
Spinach  
Soybean Oil  
Cilantro |
| **Chicken Adobo** | Cavatappi Noodle  
Tomato Adobo Sauce  
Grilled Chicken Breast  
Light Cream  
Mushrooms  
Vegetable Broth  
Sour Cream  
Red Onions  
Lime  
Soybean Oil  
Cilantro |
| **Korean Meatballs** | Oven Roasted Meatballs  
Korean BBQ Sauce  
Asian Seasoning |
| **Chicken Noodle Soup** | Chicken Broth w/ Vegetables  
Grilled Chicken Breast  
Egg Noodle  
Served With: Oyster Crackers |
| **Cheesy Garlic Bread** | Baguette  
Marinara Sauce  
Parmesan Cheese  
Butter  
Italian Seasoning |
| **Tomato Basil Bisque** | Tomato Basil Bisque  
Served With: Oyster Crackers |
| **Pasta Fresca** | Pasta Fresca |
| **Grilled Chicken Caesar** | Romaine  
Grilled Chicken Breast  
Caesar Dressing  
Focaccia Croutons  
Parmesan Cheese |
| **BBQ Pork Mac** | Elbow Noodle  
Cheese Sauce  
Braised Pork  
Cheddar Jack Cheese  
BBQ Sauce  
Crispy Jalapeno Strips |
| **The Med Salad with Chicken** | Mixed Greens  
Grilled Chicken Breast  
Cavatappi Noodle  
Roma Tomatoes  
Cucumbers  
Med Dressing  
Kalamata Olives  
Red Onions  
Feta Cheese |
| **Truffle Mac** | Elbow Noodle  
Truffle Cheese Sauce  
Roasted Mushrooms  
Parmesan Cheese  
Breadcrumbs |
| **Buffalo Chicken Mac** | Elbow Noodle  
Cheese Sauce  
Parmesan Chicken  
Parmesan Cheese  
Buffalo Sauce  
Green Onions |
| **Potstickers** | Chicken Potstickers  
Potsticker Sauce  
Red Pepper Flakes |
| **Baguette Cookies Rice Crispy Meat or Tofu** | See Ingredient Statements |

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