

# 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, 14 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](http://noodles.com/made-different).

For more information please visit [noodles.com](http://noodles.com)

**NOODLES & COMPANY**

World Kitchen





# List of Ingredients

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Made. Different.

<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>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> <i>varies by market</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, <i>Spices</i>
<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>Butter</b>	Cream, Salt
<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, <i>Enzymes</i> , Color Added), Monterey Jack Cheese (Pasteurized Milk, Cheese Culture, Salt, <i>Enzymes</i> ), 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, <i>Natural Flavours</i> , 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 ( <i>See Marinated Chicken Ingredient Statement</i> ), 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, <i>Artificial Flavor</i> , 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, <i>Natural Flavor</i> , Monoglycerides, Whey, Citric Acid Preservative, <i>Caramel Color</i> ), Baking Soda, <i>Natural Flavor</i>
<b>Cole Slaw Dressing</b> <i>gluten-free</i>	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
<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>Curry Soup Broth</b> <i>varies by market</i>	Water, Coconut Milk (Coconut Extract, Water, Citric Acid), Sugar, Yellow Curry Paste (Lemon Grass, Garlic, Shallot, Salt, Galangal, Dried Red Chili, Coriander Seed, Kaffir Lime Peel, Cumin, Cinnamon, Mace, Turmeric, Cardamom), Vegetarian Base Dark (Salt, Dextrose, Hydrolyzed Corn Protein, Sugar, Maltodextrin, Onion Powder, Soybean Oil, Contains 2 percent or less of Autolyzed Yeast Extract, Caramel Color, Spices, Natural Flavouring), Ginger Juice, Hot and Sour Vegetarian Paste (Lemon Grass, Soybean Oil, Cane Sugar, Soy Sauce, Red Chili, Galangal, Water, Citric Acid, Hydrolyzed Soy Protein, Salt, Shallot, Garlic, Tamarind and Kaffir Lime Peel), Modified Food Starch and Turmeric. -OR- Water, Coconut Milk (Coconut Milk, Water, Citric Acid), Sugar, Curry Paste (Lemon Grass, Garlic, Shallot, Salt, Galangal, Dried Red Chili, Coriander Seed, Kaffir Lime Peel, Cumin, Cinnamon, Mace, Turmeric, Cardamom), Vegetable Base (Salt, Lactose, Sugar, Maltodextrin, Hydrolyzed Corn Soy Wheat Gluten Protein, Hydrolyzed Corn Soy Protein, Onion Powder, Autolyzed Yeast Extract, Caramel Color, Spices, Natural Flavorings), Vegetable Paste [Lemon Grass, Soybean Oil, Sugar, Fermented Soy Sauce (Water, Soybean, Salt, Wheat Flour), Dried Red Chili, Galangal, Water, Citric Acid, Fermented Soy Bean, Salted Fried Shallot, Fried Garlic, Tamarind, Kaffir Lime Peel], Ginger, Turmeric Powder [Maltodextrin And Turmeric Oleoresin (Color)]
<b>Curry Sauce</b>	Coconut Milk (Coconut Extract, Water, Citric Acid), Water, 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), Granulated Sugar, Coconut Sugar, 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 Flavor), Sweet Chili Sauce (Sugar, Water, Pickled Red Chili, Distilled Vinegar, Garlic, Salt, Stabilizer: Xanthan Gum), Brown Sugar, Modified Food Starch, Hot and Sour Vegetarian Paste (Lemon Grass, Soybean Oil, Sugar, Fermented Soy Sauce, Dried Red Chili, Galangal, Water, Citric Acid, Hydrolyzed Soy Protein, Salt, Fried Shallot, Fried Garlic, Tamarind, Kaffir Lime Peel), Ginger Juice and Citric Acid
<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, <i>Enzymes</i>
<b>Croutons Focaccia</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, <i>Enzymes</i> ], Powdered Cellulose {Added To Prevent Caking}), Salt), Unsalted Butter (Cream, <i>Natural Flavorings</i> ), 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, <i>Enzymes</i> , 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], <i>Natural Flavor</i> , Canola Oil, Dried Onion, Dried Potatoes, Dried Garlic), Sriracha (Chile, Distilled Vinegar, Water, Sugar, Salt, Garlic, <i>Natural Flavor</i> , 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>Gluten-Free Fusilli</b>	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>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, <i>Natural Flavour</i> , 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], <i>Natural Flavour</i> , Canola Oil, Barley Malt Extract [Gluten], Dried Onion, Dried Potatoes, Dried Garlic), <i>Modified</i> 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 *Dried
<b>Light Cream</b> <i>never given hormones</i>	Milk, Cream, Sodium Citrate, Sodium Phosphate -OR- Milk, Cream, Disodium Phosphate, Sodium Citrate, Carrageenan
<b>Eggs, Liquid</b>	Whole Eggs, Citric Acid (added to preserve color)
<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>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.Bulgaricus, 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>	Montamóré Cheese (Pasteurized Milk, Cheese Cultures, Salt, <i>Enzymes</i> , Powdered Cellulose (To Prevent Caking)
<b>Naturally Raised Pork</b> <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
<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>Oval Flatbread</b>	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)
<b>Oven-Roasted Meatballs</b>	Antibiotic-Free Beef, Antibiotic-Free 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, <i>Enzymes</i> ), 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</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, <i>Spice</i> ), Onions, Water, Tomato Paste (Tomatoes), Canola Oil And Extra Virgin Olive Oil Blend, Garlic (Garlic, Water), <i>Spice</i> .
<b>Petite 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>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>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>Caesar Dressing</b> <i>gluten-free</i>	Soybean Oil, Water, Parmesan Cheese (Cultured Milk, Salt, <i>Enzymes</i> ), Distilled Vinegar, Anchovy Paste (Fish), Egg Yolk, Red Wine Vinegar, Contains Less Than 2% Of Garlic, Lemon Juice Concentrate, Sugar, <i>Spices</i> (Including Mustard Seed), Salt, Molasses, Corn Syrup, White Wine, Caramel Color, Citric Acid, Tartaric Acid, Tamarind, <i>Natural Flavor</i>
<b>Sautéed Shrimp</b>	Shrimp (Shrimp, Salt, Sodium Tripolyphosphate), Vegetable Broth (Salt, Sugar (Beet), Maltodextrin, Natural Flavors, Onion, Caramel Color, Garlic)

<b>Seasoned Tofu</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, <i>Natural Flavour</i> , 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], <i>Natural Flavour</i> , Canola Oil, Barley Malt Extract [gluten], Dried Onion, Dried Potatoes, Dried Garlic), <i>Modified Corn Starch</i> , 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>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, <i>Artificial Flavor</i> , 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, <i>Artificial Flavor</i> ], Milk, Salt), Eggs, Invert Sugar, Pudding (Modified Food Starch, Sugar, Salt, <i>Natural Flavor</i> , Monoglycerides, Whey, Citric Acid Preservative, <i>Caramel Color</i> ), Baking Soda, Cinnamon, <i>Natural Flavor</i>
<b>Soybean Oil</b>	Refined Soybean Oil ( <i>no soy allergen</i> )
<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>Sriracha Caesar Dressing</b> <i>gluten-free</i>	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)
<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>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], <i>Natural Flavour</i> , Canola Oil, Dried Onion, Dried Potato, Dried Garlic), Sugar, Soybean Oil, Garlic, Seasoning (Salt, <i>Spices</i> , 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- Enriched Unbleached Wheat Flour (Wheat Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin And Folic Acid), Water, Salt, Corn Starch, Citric Acid And Soybean Oil
<b>Vegetable Broth</b>	Salt, Sugar, Maltodextrin, Natural Flavors, Onion, Caramel Color, Garlic
<b>Whole Grain Linguine</b>	Water, Whole Wheat Durum Flour, Soybean Oil
<b>Wonton Strips</b>	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 [thecavalry@noodles.com](mailto:thecavalry@noodles.com)

**NOODLES & COMPANY**

World Kitchen

Made. Different.



# Dish Reference Chart

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<p><b>Penne Rosa</b></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><b>Alfredo MontAmore®</b></p>	<p>Spaghetti Noodle Four Cheese Alfredo Sauce Parmesan Chicken Roma Tomatoes Roasted Mushrooms Montamore Cheese Spinach Black Pepper Fresh Parsley</p>
<p><b>Japanese Pan Noodles</b></p>	<p>Udon Noodle Japanese Pan Sauce Broccoli Carrots Mung Bean Sprouts Shiitake Mushrooms Soybean Oil Black Sesame Seeds Cilantro</p>	<p><b>Bangkok Curry</b></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><b>Wisconsin Mac &amp; Cheese</b></p>	<p>Elbow Noodle Cheese Sauce Cheddar Jack</p>	<p><b>Steak Stroganoff</b></p>	<p>Egg Noodle Stroganoff Sauce Naturally Raised Steak Roasted Mushrooms Parmesan Cheese Fresh Parsley</p>
<p><b>Pesto Cavatappi</b></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><b>Mushroom Stroganoff</b></p>	<p>Egg Noodle Stroganoff Sauce Roasted Mushroom Parmesan Cheese Fresh Parsley</p>
<p><b>Pad Thai</b></p>	<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>	<p><b>Whole Grain Tuscan Fresca</b></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><b>Spaghetti &amp; Meatballs</b></p>	<p>Spaghetti Noodle Marinara Sauce Chicken and Beef Meatballs Parmesan Cheese Fresh Parsley</p>	<p><b>Spicy Korean Beef Noodles</b></p>	<p>Ramen Noodles Korean BBQ Sauce Naturally Raised Steak Napa/Red Cabbage Blend Cucumbers Mung Bean Sprouts Green Onions Spinach Soybean Oil Cilantro</p>
<p><b>Spaghetti</b></p>	<p>Spaghetti Noodle Marinara Sauce Parmesan Cheese Fresh Parsley</p>	<p><b>Buttered Noodles</b></p>	<p>Egg Noodle Parmesan Cheese Butter Italian Seasoning</p>

<p><b>Thai Curry Soup</b></p>	<p>Thai Curry Broth Rice Noodle Roma Tomatoes White Mushrooms Napa/ Red Cabbage Blend Red Onions Spinach Cilantro</p>	<p><b>Napa Market Salad with Chicken</b></p>	<p>Grilled Chicken Mixed Greens Pomegranate Vinaigrette Roma Tomatoes Apples Blue Cheese Red Bell Pepper Antibiotic-Free Bacon</p>
<p><b>Chicken Noodle Soup</b></p>	<p>Chicken Broth with Vegetables Egg Noodle Grilled Chicken Breast Fresh Parsley Served with Oyster Crackers</p>	<p><b>Grilled Chicken Caesar</b></p>	<p>Romaine Grilled Chicken Breast Parmesan Cheese Roman Caesar Dressing Focaccia Crouton</p>
<p><b>Tomato Basil Bisque</b></p>	<p>Tomato Basil Bisque Ciabatta Roll Fresh Parsley Served with Oyster Crackers</p>	<p><b>Chicken Veracruz Salad</b></p>	<p>Grilled Chicken Mixed Greens Jalapeno Ranch Roma Tomatoes Shucked Corn Diced Avocados Red Onions Crispy Jalapenos Antibiotic-Free Bacon Chili Lime Seasoning Cilantro Soybean Oil</p>
<p><b>BBQ Pork Sandwich</b></p>	<p>Naturally Raised Pork Petite Baguette Barbeque Sauce Napa/Red Cabbage Blend Cole Slaw Dressing</p>	<p><b>The Med Salad with Chicken</b></p>	<p>Cavatappi Noodle Mixed Greens Grilled Chicken Breast Cucumbers Roma Tomatoes Med Dressing Kalamata Olives Red Onions Feta Cheese</p>
<p><b>The Med Sandwich</b></p>	<p>Grilled Chicken Breast Flatbread Med Dressing Roasted Vegetables Feta Cheese Spinach Cilantro</p>	<p><b>Potstickers</b></p>	<p>Chicken Potstickers Napa/Red Cabbage Blend Potsticker Sauce Red Pepper</p>
<p><b>Spicy Chicken Caesar</b></p>	<p>Flatbread Grilled Chicken Breast Sriracha Caesar Dressing Romaine Wonton Strips Parmesan Cheese</p>	<p><b>Cheesy Garlic Bread</b></p>	<p>Petite Baguette Marinara Sauce Parmesan Cheese Butter Italian Seasoning</p>
<p><b>Wisconsin Cheesesteak</b></p>	<p>Naturally Raised Steak Petite Baguette Cheese Sauce Red Bell Pepper White Mushroom Red Onions Cheddar Jack Soybean Oil Italian Seasoning</p>	<p><b>Korean Meatballs</b></p>	<p>Chicken and Beef Meatballs Korean BBQ Sauce Asian Seasoning</p>

<p><b>Buff Bangkok Curry</b></p>	<p>Seasoned Organic Tofu Broccoli Red Bell Pepper Carrots White Mushrooms Spinach Curry Sauce Red Onions Vegetable Broth Asian Seasoning Black Sesame Seeds</p>	<p><b>Buff Japanese Pan</b></p>	<p>Marinated Steak Broccoli Carrots Spinach Japanese Pan Sauce Shitake Mushrooms Mung Bean Sprouts Black Sesame Seeds Cilantro</p>
<p><b>Buff Pesto</b></p>	<p>Naturally Raised Pork Roma Tomatoes White Mushrooms Spinach White Cooking Wine Pesto Sauce Vegetable Broth Parmesan Cheese Fresh Parsley</p>	<p><b>Tossed Green Salad</b></p>	<p>Mixed Greens Dressing of Your Choice (Balsamic Vinaigrette, Caesar Dressing, Med Dressing, Jalapeño Ranch, Pomegranate Vinaigrette) Cucumbers Roma Tomatoes</p>
<p><b>Buff Tuscan Fresca</b></p>	<p>Roma Tomatoes Grilled Chicken Breast Fresca Sauce White Cooking Wine Red Onions Vegetable Broth Feta Cheese Fresh Parsley</p>	<p><b>Caesar Salad</b></p>	<p>Romaine Parmesan Cheese Caesar Dressing Focaccia Croutons</p>
		<p><b>Petite Baguette Flatbread Cookies Rice Crispy Proteins</b></p>	<p>See Ingredient Statement</p>

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