<table>
<thead>
<tr>
<th>MEAT OR TOFU</th>
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<tbody>
<tr>
<td>GRILLED CHICKEN BREAST</td>
<td>150 CAL</td>
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<tr>
<td>OVEN-ROASTED MEATBALLS</td>
<td>360 CAL</td>
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<tr>
<td>SEASONED TOFU</td>
<td>210 CAL</td>
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<tr>
<td>PARMESAN-CRUSTED CHICKEN BREAST</td>
<td>190 CAL</td>
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<tr>
<td>NATURALLY RAISED PORK</td>
<td>160 CAL</td>
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<tr>
<td>MARINATED STEAK</td>
<td>120 CAL</td>
<td></td>
<td></td>
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<tr>
<td>SAUTÉED SHRIMP</td>
<td>70 CAL</td>
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<tr>
<th>CHOICE YOUR</th>
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<tbody>
<tr>
<td>MEAT OR TOFU</td>
<td>RES</td>
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| ADD YOUR             |             |             |             |
| SIDE OR EXTRA VEGGIE | WISCONSIN MAC & CHEESE | 270 CAL     |             |
|                      | TOMATO BASIL BISQUE | 140 CAL     |             |
|                      | THAI CHICKEN SOUP | 120 CAL     |             |
|                      | CHICKEN NOODLE SOUP | 120 CAL     |             |
|                      | TOSSED GREEN SALAD | 30–110 CAL  |             |
|                      | CAESAR SALAD     | 80 CAL      |             |

| SIDE OR EXTRA VEGGIE | DOUBLE THE MEAT OR TOFU | SUBSTITUTE GLUTEN-FREE PASTA | RES | REG | SM |

| NEW ZOODLES | ZUCCHINI ROMESCO | 280 | 570 cal | 0 | 0 | 0 |
|            | ZUCCHINI NOODLES AVAILABLE WITH ANY DISH | 0 | 0 | 0 | 0 | 0 |

2,000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutrition information available upon request.
**SOUPS**

- **TOMATO BASIL BISQUE**
  Rich and zesty tomato soup with cream, sherry, basil and garlic
  430 • 290 CAL

- **THAI CHICKEN**
  Coconut curry chicken soup with onion, cabbage, red bell pepper, lemongrass, lime, galangal, turmeric, shiitake mushrooms, carrots and shallots
  370 • 250 CAL

- **CHICKEN NOODLE**
  Our signature soup with chicken breast, celery, carrots, onion and wavy egg noodles
  360 • 190 CAL

**SHAREABLES**

- **POTSTICKERS**
  380 • 220 CAL
  6 OR 3

- **KOREAN BBQ MEATBALLS**
  870 • 430 CAL
  10 OR 5

- **CHEESY GARLIC BREAD**
  700 • 350 CAL
  6 OR 3

**DESSERTS**

- **RICE CRISPY**
  540 CAL

- **COOKIES**
  450 CAL

**DRINKS**

- **FOUNTAIN DRINKS**
  REG 0-300 CAL • LG 0-450 CAL

- **FRESH-BREWED ICED TEA**
  REG 0-120 CAL • LG 0-180 CAL

**KIDS MENU**

**CHOOSE AN ENTREE**

- Wisconsin Mac & Cheese 490 CAL
- Grilled Chicken Breast with Marinara 130 CAL
- Buttered Noodles 380 CAL
- Spaghetti & Meatballs 450 CAL

**CHOOSE TWO SIDES**

- Broccoli 15 CAL
- Applesauce 70 CAL
- Pineapple 45 CAL
- Kids Crispy 130 CAL

**CHOOSE A DRINK**

- Kids Fountain Drink 0–180 CAL
- Organic Lowfat Milk 110–150 CAL
- Organic Juice 40 CAL

**EXPLORE AWAY**

- **THE MED SALAD WITH CHICKEN**
  Grilled chicken, romaine, mixed greens, tomato, cucumber, red onion, Kalamata olives, cavatappi pasta, spicy yogurt dressing and feta
  390 • 250 CAL

- **CHICKEN VERACRUZ SALAD**
  Mixed greens topped with Roma tomato, red onion, chili-lime chicken, bacon crumbles from naturally raised pork, fresh-cut corn, tossed with jalapeño ranch dressing and crispy jalapeños, fresh avocados and cilantro
  650 • 380 CAL

- **GRILLED CHICKEN CAESAR**
  Grilled chicken, romaine, focaccia croutons, traditional Caesar dressing and parmesan
  410 • 260 CAL

**NO ARTIFICIAL* FLAVORS, COLORS, SWEETENERS AND PRESERVATIVES**

- **SPICY**
- **GLUTEN-FREE**
- **LOW CALORIE AVAILABLE (<500)**
- **VEGETARIAN**
  Excludes meat & fish

**VEGETARIAN? GLUTEN-FREE? ALLERGIES?**

Ask for our Allergen Guide or visit noodles.com/nutrition for more information.

Before placing your order, please inform your ambassador if a person in your party has a food allergy.

*Excludes select beverages, cookies and rice crispies.

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