

List of Ingredients



3-Cheese Tortelloni	Enriched Extra Fancy Durum Flour and Semolina (Durum Wheat Flour, Semolina, Niacin, Iron [Ferrous Sulfate], Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Ricotta Cheese (Whey, Milk, Vinegar, Carrageenan [stabilizer]), Parmesan Cheese (Pasteurized Part-Skim Milk, Cheese Cultures, Salt, Enzymes), Whole Eggs, Bread Crumbs (Wheat Flour, Sugar, Yeast, Salt), Cooked Onions, Shredded Mozzarella Cheese (Low-Moisture Part-Skim Mozzarella Cheese [Cultured Pasteurized Part-Skim Milk, Salt, Enzymes], Powdered Cellulose [to prevent caking], Natamycin [a natural mold inhibitor]), Salt, Cooked Garlic, Spices, Beta Carotene.
Applesauce <i>Gluten-Free</i>	Apple Puree, Apple Puree 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, Extractives of Black Pepper.
Baguette	Flour (Wheat, Malted Barley), Water, Yeast, Potato Flour, Sugar, Palm Oil, Salt, contains less than 2% of Cultured Wheat, Vinegar, Wheat Gluten, Ascorbic Acid, Soybean Oil, Corn Starch, Enzymes. -OR- Flour (Wheat, Malted Barley), Water, Potato Flour (Potatoes, Mono and Diglycerides, Sodium Acid Pyrophosphate, Citric Acid), contains less than 2% of each of Yeast, Sugar, Palm Oil, Salt, Cultured Wheat Flour, Vinegar, Guar Gum, Ascorbic Acid, Enzymes.
Basil Pesto Cream Sauce <i>Gluten-Free</i>	Cream, Water, Basil, Canola Oil, Parmesan Cheese (Pasteurized Part-Skim Cows' Milk, Cheese Cultures, Salt, Enzymes), Salt, Gum Acacia, Xanthan Gum, Dehydrated Garlic, Cultured Dextrose, Maltodextrin, Spices.
BBQ Coleslaw Dressing	Soybean Oil, Sugar, Water, Distilled Vinegar, White Wine Vinegar, Tomato Paste, Egg Yolk, Molasses, Salt, Contains Less than 20% of Modified Corn Starch, Spice, Natural Smoke Flavor, Lemon Juice Concentrate, Onion*, Mustard Flour, Garlic*, Paprika, Xanthan Gum, Caramel Color, Mustard Oil, Chili Powder (Chili Pepper, Spice, Salt, Garlic), Maltodextrin, Oleoresin Paprika (Color), Natural Flavor, Autolyzed Yeast Extract. *Dried Contains: Egg
BBQ Sauce <i>Gluten-Free</i>	Water, Sugar, Tomato Paste, Vinegar, Refiners' Molasses, Modified Potato Starch, Salt, Natural Smoke Flavor, Mustard Flour, Spice, Paprika, Onion Powder, Garlic Powder, Caramel Color, Maltodextrin, Chili Powder (Chili Pepper, Spice, Salt, Garlic), Autolyzed Yeast Extract, Natural Flavor.
Black Sesame Seeds	Black Sesame Seeds.
Broccoli	Broccoli.
Buffalo Sauce	Distilled Vinegar, Aged Cayenne Red Peppers, Salt, Water, Canola Oil, Paprika, Xanthan Gum, Natural Butter Type Flavor, Garlic Powder.
Butter	Cream (Milk), Salt.
Caesar Dressing <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.
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 <i>Made with Hormone-Free Milk</i>	Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, color added), Monterey Jack Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes), contains 2% or less of Potato Starch and Powdered Cellulose (to prevent caking), Natamycin (a natural mold inhibitor).

Cheese Sauce <i>Gluten-Free</i>	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, Salt, Enzymes]], Powdered Cellulose [to prevent caking]), Cream (Cream, Milk), Modified Food Starch, Unsalted Butter (Pasteurized Cream, Natural Flavorings), Salt, Sodium Phosphates.
Cheesy Garlic Bread	Baguette, Marinara Sauce, Parmesan Cheese, Garlic (Garlic, Water), Italian Seasoning.
Chicken Broth <i>with Vegetables</i>	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, Turmeric.
Chocolate Chunk Cookie	Bleached Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, 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 Chunks (Sugar, Unsweetened Chocolate, Cocoa Butter, Butteroil, Soy Lecithin [emulsifier], Vanilla), Oats, Sugar, Whole Egg, contains 2% or less of Vanilla Pudding (Sugar, Nonfat Milk, Food Starch-Modified, Salt, Titanium Dioxide [color], Cornstarch, Tetrasodium Pyrophosphate, Monocalcium Phosphate, Disodium Phosphate, Potassium Sorbate [preservative], Wheat Starch, Artificial Flavor, Yellow #5, Yellow #6), Water, Invert Syrup, Dextrose, Fructose, Baking Soda, Salt.
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 Semolina, Durum Wheat Flour (enriched with Iron [Ferrous Sulfate] and B Vitamins [Niacin, Thiamin Mononitrate, Riboflavin, Folic Acid]), Eggs, Water, Soybean Oil. -OR- Durum Flour (Wheat), Egg Yolks or Eggs, Niacin, Iron (Ferrous Sulfate), Thiamin Mononitrate, Riboflavin, Folic Acid, 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 <i>Made with Hormone-Free Milk</i>	Pasteurized Part-Skim Milk, Cheese Cultures, Salt, Enzymes.
Fire-Roasted Corn	Super Sweet Yellow Corn, Canola Oil, Extra Virgin Olive Oil.
Four Cheese Alfredo Sauce	Whipping Cream (Cream, Grade A Milk Powder, Carrageenan), Cheese Blend (Parmesan, Asiago and Romano Cheese [Pasteurized Milk, Cheese Cultures, Salt, Enzymes]), Powdered Cellulose (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, Cellulose [anti-caking agent]), Garlic, Black Pepper.
Fresca Sauce <i>Gluten-Free</i>	Soybean Oil, Balsamic Vinegar (Wine Vinegar, Concentrated Grape Must, Caramel E 150d [color]), Lemon Juice (Water, Lemon Juice Concentrate, Lemon Oil), Extra Virgin Olive Oil, White Wine, Salt, Natural Vegetable Base (Vegetables and Concentrated Vegetables [Carrot, Celery, Onion, Tomato], Yeast Extract, Salt, Sugar, Maltodextrin, Onion Powder, Dried Potato, Organic Garlic Powder, Natural Flavor), Boiled Garlic, Sriracha (Red Peppers, Distilled Vinegar, Water, Sugar, Salt, Garlic, contains 2% or less of Natural Flavor, Maltodextrin, Xanthan Gum, Citric Acid), Roasted Garlic, Green Onion, Black Pepper, Torula Yeast, Saladizer (Guar Gum, Xanthan Gum, Propylene Glycol Alginate), Oregano, Garlic Powder, Basil, Onion Powder, Mustard Flour.
Garlic Croutons	Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Ferrous Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid), Canola Oil, Dehydrated Garlic, Salt, Water, Yeast, Maltodextrin, Natural Butter Flavor (a milk ingredient), Ascorbic Acid (Vitamin C).
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, Black Pepper.

IMPOSSIBLE™ Panko Chicken	Water, Wheat Flour, Soy Protein Concentrate, Soybean Oil, Sunflower Oil, 2% or less of Potato Starch, Methylcellulose, Salt, Natural Flavors, Yellow Corn Flour, Cultured Dextrose, Wheat Gluten, Yeast Extract, Dried Onion, Dried Garlic, Dextrose, Spices, Food Starch Modified, Paprika and Turmeric Extract (for color), Leavening (Cream of Tartar, Sodium Bicarbonate), Garlic Powder, Onion Powder, Corn Starch, Dried Yeast, Wheat Starch, Dextrin, Mixed Tocopherols (Antioxidant), Guar Gum, Vitamins and Minerals: Zinc Gluconate, Niacin (Vitamin B3), Calcium Pantothenate (Vitamin B5), Thiamine Hydrochloride (Vitamin B1), Pyridoxine Hydrochloride (Vitamin B6), Riboflavin (Vitamin B2), Vitamin B12.
Italian Seasoning	Salt, Spices (Black Pepper, Parsley, Basil, Rosemary, Savory, Oregano, Thyme), Dehydrated Garlic, Lavender.
Japanese Pan Sauce	Water, Wheat Flour, Soy Protein Concentrate, Soybean Oil, Sunflower Oil, 2% or Less Of: Potato Starch, Methylcellulose, Salt, Natural Flavors, Yellow Corn Flour, Cultured Dextrose, Wheat Gluten, Yeast Extract, Dried Onion, Dried Garlic, Dextrose, Spices, Food Starch Modified, Paprika and Turmeric Extract (for color), Leavening (Cream of Tartar, Sodium Bicarbonate), Garlic Powder, Onion Powder, Corn Starch, Dried Yeast, Wheat Starch, Dextrin, Mixed Tocopherols (Antioxidant), Guar Gum, Vitamins and Minerals (Zinc Gluconate, Niacin (Vitamin B3), Calcium Pantothenate (Vitamin B5), Thiamine Hydrochloride (Vitamin B1), Pyridoxine Hydrochloride (Vitamin B6), Riboflavin (Vitamin B2), Vitamin B12)
Kalamata Olives	Kalamata Olives, Water, Salt, Lactic Acid, Vinegar, Sunflower Oil.
Korean BBQ Sauce	Soy Sauce (Water, Wheat, Soybeans, Salt), Sugar, Water, Distilled Vinegar, Brown Sugar, Rice Vinegar, 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, contains less than 2% of Chili Garlic Sauce (Salted Chili Peppers [Chili Peppers, Salt], Garlic, Sugar, Rice Vinegar, Water, Modified Corn Starch, Acetic Acid), Modified Corn Starch, Spice, Garlic,** Xanthan Gum, Chili Powder (Chili Pepper, Spice, Salt, Garlic), Propylene Glycol Alginate, Salt, Caramel Color, Green Onion,** Natural Flavor (including Celery). **Dried
LEANguini	Water, Health Sense Flour, Whole Egg, Vital Wheat Gluten, Durum Flour (Milled Wheat, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Salt.
Lo Mein	Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Soybean Oil, Natural Yellow Color (Turmeric and Annatto Color), Salt, Potassium Carbonate, Sodium Carbonate.
Marinara Sauce <i>Gluten-Free</i>	Tomatoes (Tomatoes, Tomato Puree, Calcium Chloride, Citric Acid), Diced Tomatoes (Tomatoes, Tomato Juice, Citric Acid, Calcium Chloride), Onions, Water, Tomato Paste, Seasoning (Sugar, Modified Cornstarch, Salt, Spices), Canola and Extra Virgin Olive Oil Blend, Garlic (Garlic, Water), Spices.
Marinated Steak	Beef, Water, Seasoning (Savory Flavor [Natural Flavor, Maltodextrin], Caramelized Sugar [Caramelized Sugar, Maltodextrin], Salt, Soy Sauce [Soy Sauce {Fermented Soybeans, Salt}, Tapioca Maltodextrin, Salt], Beef Stock, Corn Starch, Beef Fat, Sugar, Onion Powder, Flavor [Yeast Extract, Modified Corn Starch, Natural Flavor, Maltodextrin], Spice, Garlic Powder, Yeast Extract, Spice Extractive), Seasoning (Caramelized Sugar [Caramelized Sugar, Maltodextrin], Savory Flavor [Natural Flavor, Maltodextrin], Salt, Soy Sauce [Soy Sauce {Fermented Soybeans, Salt}, Tapioca Maltodextrin, Salt], Beef Stock, Corn Starch, Beef Fat, Sugar, Onion Powder, Flavor [Yeast Extract, Modified Corn Starch, Natural Flavor, Maltodextrin], Spice, Garlic Powder, Yeast Extract, Spice Extractive), Beef Fat Rice Starch, Soybean Oil, Dextrose, Salt, Garlic Powder, Black Pepper.
Med Dressing <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, Lemon Oil), Salt, Sriracha (Chile, Distilled Vinegar, Water, Sugar, Salt, Garlic, Natural Flavor, Maltodextrin, Xanthan Gum, Citric Acid), Garlic, Soybean Oil.
MontAmoré® Cheese <i>Made with Hormone-Free Milk</i>	MontAmoré Cheese (Pasteurized Milk, Cheese Cultures, Salt, Enzymes, Powdered Cellulose [to prevent caking]).

Oven-Roasted Meatballs	Beef, 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, Dried Parsley), Water, Seasoning (Salt, Dried Garlic, Spices, Dried Onion, Brown Sugar, Yeast Extract, Caramel Color, Dried Parsley, Dried Tomato, Maltodextrin, Natural Flavor), Natural Flavor.
Oyster Crackers	Unbleached Wheat Flour, Water, Canola Oil, Cane Sugar, Salt, Yeast, Baking Soda.
Pad Thai Sauce <i>Gluten-Free</i>	Brown Sugar, Soybean Oil, Organic Blue Agave, Fish Sauce (Anchovy, Sea Salt, Sugar, Syrup), Tamarind Concentrate (Tamarind, Water), Water, Lemon Juice (Water, Lemon Juice Concentrate, Lemon Oil), Lime Juice (Water, Lime Juice Concentrate, Lime Oil), Sriracha (Red Peppers, Distilled Vinegar, Water, Sugar, Salt, Garlic, contains 2% or less of Natural Flavor, Maltodextrin, Xanthan Gum, Citric Acid), Garlic, Salt, Modified Food Starch.
Parmesan Cheese <i>Made with Hormone-Free Milk</i>	High-Moisture Parmesan Cheese (Pasteurized Milk, Cheese Cultures, Salt, Enzymes), Powdered Cellulose (to prevent caking).
Parmesan-Crusted Chicken <i>(Varies By Market)*</i>	<p>Boneless, Skinless Parmesan-Breaded Chicken Breast Fillets containing up to 10% of a solution of Water, Seasoning (Salt, Soy Protein Concentrate, Sodium Phosphates, Garlic Powder, Spices, Natural Flavors, Cheddar Cheese [Cultured Pasteurized Milk, Salt, Enzymes], Maltodextrin, Autolyzed Yeast Extract). Breaded with Bleached Wheat Flour, Parmesan, Cheddar and Blue Cheese (Pasteurized Part-Skim Milk, Cheese Culture, Salt, Enzymes), Modified Wheat Starch, Salt, Yeast Extract, Natural Flavors, Garlic Powder, Maltodextrin, Nonfat Milk, Spices, Sugar, Yeast, Dehydrated Parsley, not more than 2% Calcium Silicate (to prevent caking). Battered with Water, Bleached Wheat Flour, Modified Wheat Starch, Yellow Corn Flour, Salt, Yeast Extract, Cheddar and Blue Cheese (Pasteurized Milk, Cultures, Salt, Enzymes), Natural Flavors, Nonfat Milk, Sugar, Maltodextrin, Leavening (Sodium Bicarbonate, Sodium Acid Pyrophosphate), Garlic Powder, Spices, Soybean Oil (processing aid). Prebrowned in Vegetable Oil.</p> <p>-OR-</p> <p>Uncooked Chicken Breast Fillets containing up to 12% of a solution of Water, Seasoning (Salt, Soy Protein Concentrate, Sodium Phosphates, Garlic Powder, Spices, Natural Flavors, Cheddar Cheese [Cultured Pasteurized Milk, Salt, Enzymes], Maltodextrin, Autolyzed Yeast Extract). Battered with: Water, Bleached Wheat Flour, Modified Wheat Starch, Yellow Corn Flour, Salt, Yeast Extract, Cheddar and Blue Cheese (Pasteurized Milk, Cultures, Salt, Enzymes), Natural Flavors, Nonfat Milk, Sugar, Maltodextrin, Leavening (Sodium Bicarbonate, Sodium Acid Pyrophosphate), Garlic Powder, Spices, Soybean Oil (processing aid). Breaded with: Bleached Wheat Flour, Parmesan, Cheddar and Blue Cheese (Pasteurized Part-Skim Milk, Cheese Culture, Salt, Enzymes), Modified Wheat Starch, Salt, Yeast Extract, Natural Flavors, Garlic Powder, Maltodextrin, Nonfat Milk, Spices, Sugar, Yeast, Dehydrated Parsley, not more than 2% of Calcium Silicate (to prevent caking). Product is parfried in Vegetable Oil.</p> <p>-OR-</p> <p>Boneless, Skinless Parmesan-Breaded Chicken Breast Fillets containing up to 11.1% of a solution of Water, Seasoning (Salt, Soy Protein Concentrate, Sodium Phosphates, Garlic Powder, Spices, Natural Flavors, Cheddar Cheese [Cultured Pasteurized Milk, Salt, Enzymes], Maltodextrin, Autolyzed Yeast Extract). Breaded with Bleached Wheat Flour, Parmesan, Cheddar and Blue Cheese (Pasteurized Part-Skim Milk, Cheese Culture, Salt, Enzymes), Modified Wheat Starch, Salt, Yeast Extract, Natural Flavors, Garlic Powder, Maltodextrin, Nonfat Milk, Spices, Sugar, Yeast, Dehydrated Parsley, not more than 2% Calcium Silicate (to prevent caking). Battered with Water, Bleached Wheat Flour, Modified Wheat Starch, Yellow Corn Flour, Salt, Yeast Extract, Cheddar and Blue Cheese (Pasteurized Milk, Cultures, Salt, Enzymes), Natural Flavors, Nonfat Milk, Sugar, Maltodextrin, Leavening (Sodium Bicarbonate, Sodium Acid Pyrophosphate), Garlic Powder, Spices, Soybean Oil (processing aid). Prebrowned in Vegetable Oil.</p>
Penne Rigate Noodle	Durum Wheat Semolina (enriched with Iron [Ferrous Sulfate] and B Vitamins [Niacin, Thiamin Mononitrate, Riboflavin, Folic Acid]), Water, Soybean Oil.
Pipette Noodle <i>Gluten-Free</i>	Organic Corn Flour, Organic Rice Flour, Water, Soybean Oil.
Potstickers	Chicken, Enriched Bleached Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Cabbage, Bok Choy, Mushroom (Mushrooms, Water, Salt, Citric Acid, Ascorbic Acid), Carrot, Onion, Sesame Seed Oil, contains less than 2% of Ginger, Cilantro, Garlic, Spice, Chili Sauce (Salted Chili Peppers [Chili Peppers, Salt], Water, Sugar, Rice Vinegar, Dehydrated Garlic, Modified Corn Starch, Acetic Acid), Soy Sauce (Water, Wheat, Soybeans, Salt), Rice Flour, Modified Food Starch, Canola Oil, Salt.

Potsticker Sauce	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, Citric Acid), Ginger Juice, Garlic, 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 Food Starch, Citric Acid (preservative).
Rice Crispy/Kids Crispy	MINI MARSHMALLOWS: Corn Syrup, Sugar, Modified Cornstarch, Dextrose, Water, contains less than 2% of Gelatin, Tetrasodium Pyrophosphate (whipping aid), Natural and Artificial Flavor, Blue 1. OR MINI MARSHMALLOWS: Corn Syrup, Sugar, Modified Corn Starch, Water, Gelatin. Contains 2% or less of Natural and Artificial Flavor, Tetrasodium Pyrophosphate. CRISP RICE CEREAL: Rice, Sugar, Salt, Malt Extract, Tocopherols (preservative). 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). OR RICE CRISPY CEREAL: Rice, Sugar, contains 2% or less of Salt, Malt Flavor. Vitamins and Minerals: Iron (Ferric Phosphate), Niacinamide, Vitamin B6 (Pyridoxine Hydrochloride), Vitamin B1 (Thiamine Hydrochloride), Vitamin B2 (Riboflavin), Folic Acid, Vitamin B12, Vitamin D3. BUTTER: Cream (Milk), Salt.
Rice Noodle <i>Gluten-Free</i>	Rice Flour, Water, Soybean Oil.
Roasted Garlic Cream Sauce <i>Gluten-Free</i>	Heavy Whipping Cream (Heavy Cream, Grade A Nonfat Milk Powder, Carrageenan), Milk (Grade A Whole Milk, Vitamin A Palmitate, Vitamin D3), Water, Onion, White Wine, Unsalted Butter (Pasteurized Cream, Natural Flavorings), Vegetarian Chicken Flavor Base (Water, Salt, Hydrolyzed Soy and Corn Protein, Soy Protein Concentrate, Corn Oil, Onion Powder, Autolyzed Yeast Extract, Natural Flavoring, Soy Protein Isolate, Sugar, Garlic Powder, Turmeric), Roasted Garlic, Modified Food Starch, Garlic, Salt, Soybean Oil, Seasoning Blend (Salt, Yeast Extract, Dehydrated Vegetables [Mushroom, Garlic, Onion, Tomato], Maltodextrin, Spice), Black Pepper.
Roasted Mushrooms	White Mushrooms, Soybean Oil, Garlic, Salt, Black Pepper.
Roasted Zucchini	Zucchini, Soybean Oil, Salt, Black Pepper.
Rosa Cream Sauce <i>Gluten-Free</i>	Tomatoes in Tomato Puree, Cream, Onions, contains 2% or less of Canola and/or Olive Oil, Modified Food Starch, Salt, Spices, Sugar, Xanthan Gum.
Sautéed Shrimp	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).
Smolder From Boulder	Spices, Capsicum Oleoresin.
Snoodle Doodle Cookie	Enriched Bleached Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, 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, Sunflower Oil, Butter [Cream, Salt], Almonds, Sweetened Condensed Milk [Milk, Sugar], Milk Chocolate [Sugar, Cocoa Butter, Chocolate, Nonfat Milk, Milk Fat, Lactose, Salt, Soy Lecithin, Natural Flavor], Corn Syrup, Salt, Soy Lecithin), Whole Egg, Invert Syrup, Cinnamon Sugar (Sugar, Cinnamon, Cornstarch), contains 2% or less of Vanilla Pudding (Sugar, Nonfat Milk, Food Starch-Modified, Salt, Titanium Dioxide [color], Cornstarch, Tetrasodium Pyrophosphate, Monocalcium Phosphate, Disodium Phosphate, Potassium Sorbate [preservative], Wheat Starch, Artificial Flavor, Yellow #5, Yellow #6), Baking Soda, Natural Flavor.
Soybean Oil	Refined Soybean Oil (no soy allergen).
Spaghetti Noodle	Durum Wheat Semolina (enriched with Iron [Ferrous Sulfate] and B Vitamins [Niacin, Thiamin Mononitrate, Riboflavin, Folic Acid]), Water, Soybean Oil.

Tofu, Seasoned	TOFU (Water, Soybeans, Coagulants [Calcium Sulfate and/or Nigari {Magnesium Chloride} and/or Glucono Delta-Lactone]), 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, Lemon Oil], Sesame Oil, Sriracha [Chile, Distilled Vinegar, Water, Sugar, Salt, Garlic, Natural Flavor, Maltodextrin, Xanthan Gum, 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, Citric Acid [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, Extractives of Black Pepper), VEGETABLE BROTH (Salt, Sugar [Beet], Maltodextrin, Natural Flavors, Onion, Caramel Color, Garlic).
Udon Noodle <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, Lactic Acid.
Vegetable Broth	Salt, Sugar (Beet), Maltodextrin, Natural Flavors, Onion, Caramel Color, Garlic.
Zucchini Noodle	Zucchini, Salt.

Although we can prepare dishes with ingredients that do not contain allergen ingredients, please keep in mind, we do have peanuts, tree nuts, soy, milk, eggs, fish, shellfish and wheat gluten in our restaurants, and unfortunately we cannot eliminate all risk of cross-contamination (or cross-contact) with your food.

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



Dish Reference Chart



Classic Noodles	
3-Cheese Tortelloni Pesto	3-Cheese Tortelloni Roma Tomatoes White Mushrooms Vegetable Broth Basil Pesto Cream Sauce Parmesan Cheese Soybean Oil
3-Cheese Tortelloni Rosa	3-Cheese Tortelloni Roma Tomatoes White Mushrooms Vegetable Broth Rosa Cream Sauce Spinach Parmesan or Feta Cheese Soybean Oil
Alfredo MontAmoré® <i>with Parmesan-Crusted Chicken</i>	Spaghetti Noodle Four Cheese Alfredo Sauce Parmesan-Crusted Chicken Roma Tomatoes Roasted Mushrooms MontAmoré Cheese Spinach Black Pepper
Buttered Noodles	Egg Noodle Butter Parmesan Cheese Italian Seasoning
Pasta Fresca <i>with Shrimp</i>	Penne Rigate Noodle Fresca Sauce Red Onions Roma Tomatoes Spinach Soybean Oil Vegetable Broth Parmesan Cheese Sautéed Shrimp
Penne Rosa	Penne Rigate Noodle Rosa Cream Sauce Roma Tomatoes Vegetable Broth White Mushrooms Parmesan or Feta Cheese Spinach Soybean Oil
Penne Rosa <i>with Parmesan-Crusted Chicken</i>	Penne Rigate Noodle Parmesan-Crusted Chicken Rosa Cream Sauce Roma Tomatoes Vegetable Broth White Mushrooms Parmesan or Feta Cheese Spinach Soybean Oil
Pesto Cavatappi	Cavatappi Noodle Roma Tomatoes Vegetable Broth Basil Pesto Cream Sauce White Mushrooms Parmesan Cheese Soybean Oil

Pesto Cavatappi <i>with Grilled Chicken</i>	Cavatappi Noodle Grilled Chicken Breast Roma Tomatoes Vegetable Broth Basil Pesto Cream Sauce White Mushrooms Parmesan Cheese Soybean Oil
Roasted Garlic Cream Tortelloni	3-Cheese Tortelloni Roasted Zucchini White Mushrooms Vegetable Broth Roasted Garlic Cream Sauce Spinach MontAmoré Cheese Parsley Soybean Oil
Spaghetti	Spaghetti Noodle Marinara Sauce Parmesan Cheese
Spaghetti & Meatballs	Spaghetti Noodle Marinara Sauce Oven-Roasted Meatballs Parmesan Cheese

World Famous Macs

BBQ Chicken Mac	Elbow Noodle Cheese Sauce Grilled Chicken Breast Cheddar Jack Cheese BBQ Sauce Crispy Jalapeños
Buffalo Chicken Mac	Elbow Noodle Cheese Sauce Parmesan-Crusted Chicken Parmesan Cheese Buffalo Sauce Green Onions
Gluten-Sensitive Pipette Mac	Pipette Noodle Cheese Sauce Cheddar Jack Cheese
Wisconsin Mac & Cheese	Elbow Noodle Cheese Sauce Cheddar Jack Cheese

LEANguini

LEANguini Rosa	LEANguini Rosa Cream Sauce Mushrooms Spinach Tomatoes Parm Cheese
LEANguini Fresca	LEANguini Red Onion Tomato Spinach Fresca Sauce Parm Cheese

Zoodles	
Zucchini Roasted Garlic Cream	Zucchini Noodles Roasted Zucchini Mushrooms Spinach Roasted Garlic Cream Sauce MontAmore Cheese Parsley
Zucchini Pesto <i>with Grilled Chicken</i>	Zucchini Noodle Grilled Chicken Breast Roma Tomatoes Vegetable Broth Basil Pesto Cream Sauce White Mushrooms Parmesan Cheese Soybean Oil

Asian Noodles	
Japanese Pan Noodles	Udon Noodle Japanese Pan Sauce Broccoli Carrots White Mushrooms Soybean Oil Cilantro Black Sesame Seeds
Japanese Pan Noodles <i>with Marinated Steak</i>	Udon Noodle Marinated Steak Japanese Pan Sauce Broccoli Carrots White Mushrooms Soybean Oil Cilantro Black Sesame Seeds
Pad Thai	Rice Noodle Pad Thai Sauce Cage-Free Scrambled Eggs Vegetable Broth Napa/Red Cabbage Blend Lime Granulated Peanuts Soybean Oil Green Onions Cilantro
Spicy Korean Beef Noodles	Lo Mein Korean BBQ Sauce Marinated Steak Vegetable Broth Napa/Red Cabbage Blend Cucumbers Green Onions Spinach Soybean Oil Cilantro

Salads and Soups	
Backyard BBQ Salad	Mixed Greens Cheddar Jack Cheese Tomato Red Onion BBQ Coleslaw Dressing Fire-roasted corn Chicken
Caesar Salad	Romaine Caesar Dressing Garlic Croutons Parmesan Cheese
Grilled Chicken Caesar	Tuscan Greens and Kale Grilled Chicken Breast Caesar Dressing Garlic Croutons Parmesan Cheese
The Med Salad <i>with Chicken</i>	Mixed Greens Grilled Chicken Breast Cavatappi Noodle Roma Tomatoes Cucumbers Med Dressing Kalamata Olives Red Onions Feta Cheese
Chicken Noodle Soup	Chicken Broth with Vegetables Egg Noodle Grilled Chicken Breast Served With: Oyster Crackers

Shareables	
Cheesy Garlic Bread	Baguette Marinara Sauce Parmesan Cheese Garlic Butter Italian Seasoning
Korean BBQ Meatballs	Oven-Roasted Meatballs Korean BBQ Sauce Asian Seasoning
Potstickers	Potstickers Potsticker Sauce Red Pepper

Desserts, Bread and Proteins	
Cookies Rice Crispy Flatbread Baguette Proteins	See List of Ingredients

Kids Meals	
Buttered Noodles	Egg Noodle Butter Parmesan Cheese Italian Seasoning
Grilled Chicken Breast with Marinara	Grilled Chicken Breast Marinara Sauce
Spaghetti & Meatballs	Spaghetti Noodle Marinara Sauce Oven-Roasted Meatballs Parmesan Cheese
Wisconsin Mac & Cheese	Elbow Noodle Cheese Sauce Cheddar Jack Cheese

Kids Meals - Sides	
Applesauce Broccoli Kids Crispy	See List of Ingredients

Although we can prepare dishes with ingredients that do not contain allergen ingredients, please keep in mind, we do have peanuts, tree nuts, soy, milk, eggs, fish, shellfish and wheat gluten in our restaurants, and unfortunately we cannot eliminate all risk of cross-contamination (or cross-contact) with your food.

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

