### Zoodles

**Zucchini Roasted Garlic Cream**

| 380 · 190 Cal | Zucchini noodles in light roasted garlic & onion cream sauce with mushrooms, spinach, roasted zucchini, MontAmoré® cheese, and parsley.  
**Zucchini Pesto with Grilled Chicken**

| 500 · 520 Cal | Zucchini noodles with basil pesto cream sauce, garlic, grilled chicken, mushrooms, and parmesan.

### Spicy

**Spicy Zucchini Noodles**

| 810 · 290 Cal | LEANguini® noodles, balsamic vinaigrette, olive oil, roasted garlic, red onion, tomato, spinach, and parmesan.

### Lower Carb

**LEANguini® Rosa**

| 690 · 340 Cal | LEANguini® noodles in spicy tomato cream sauce, mushrooms, Roma tomato, spinach, and parmesan.

**LEANguini® Fresca**

| 810 · 290 Cal | LEANguini® noodles, balsamic vinaigrette, olive oil, roasted garlic, red onion, tomato, spinach, and parmesan.

### World Famous Macs

**Wisconsin Mac & Cheese**

| 1050 · 530 Cal | A classic blend of cheddar and jack cheeses, cream and elbow macaroni.

**Side of Wisconsin Mac & Cheese**

| 320 Cal | A classic blend of cheddar and jack cheeses, cream and elbow macaroni.

**Gluten-Sensitive Pipette Mac**

| 910 · 460 Cal | A classic blend of cheddar and jack cheeses, cream and pipette shells.

### Asian Noodles

**Japanese Pan Noodles**

| 640 · 320 Cal | Caramelized udon noodles in a sweet soy sauce, broccoli, mushrooms, carrots, black sesame seeds, and cilantro.

**Pad Thai**

| 1040 · 520 Cal | Rice noodle stir-fry with scrambled egg, napa and red cabbage, citrus, peanuts, green onions, and cilantro.

**Spicy Korean Beef Noodles**

| 890 · 510 Cal | Lo mein noodles tossed with a sweet and spicy Korean-style Gochujang® sauce, marinated steak, napa and red cabbage, spinach, cucumber, green onions, and cilantro.

### Grill

**Grilled Chicken**

| 980 · 670 Cal | Five meatballs on spaghetti, crushed tomato marinara, parmesan, red onion, tomato, spinach, parmesan.

**Spaghetti & Meatballs**

| 860 · 450 Cal | Spaghetti noodles, four-cheese blend alfredo, roasted mushrooms, spinach, parmesan, cheese, garlic, red onion, tomato, spinach, and parmesan.

**Alfredo MontAmoré® with Parmesan-Crusted Chicken**

| 1340 · 750 Cal | Spaghetti noodles, four-cheese blend alfredo, roasted mushrooms, spinach, parmesan, cheese, garlic, red onion, tomato, spinach, parmesan.

### leanGuini

**Chicken Parmesan**

| 960 Cal | Penne noodles topped with crushed tomato marinara, parmesan-crusted chicken, and oven-baked mozzarella, garnished with parsley.

**Penne Rosa**

| 700 · 350 Cal | Penne noodles in spicy tomato cream sauce, mushrooms, Roma tomato, spinach, and parmesan.

**Alfredo MontAmoré® with Parmesan-Crusted Chicken**

| 1340 · 750 Cal | Spaghetti noodles, four-cheese blend alfredo, roasted mushrooms, spinach, parmesan, cheese, garlic, red onion, tomato, spinach, parmesan.

**Roasted Garlic Cream Tortelloni**

| 810 · 400 Cal | Cheese-filled tortelloni in light roasted garlic & onion cream sauce with zucchini, mushrooms, spinach, MontAmoré® cheese, and parsley.

**Pasta Fresca with Shrimp**

| 860 · 450 Cal | Penne noodles with shrimp, balsamic vinaigrette, olive oil, roasted garlic, red onion, tomato, spinach, and parmesan.

**BBQ Chicken Mac**

| 1260 · 710 Cal | Wisconsin Mac & Cheese with grilled chicken, crispy jalapeños, and tangy barbeque sauce.

**Spicy Korean Beef Noodles**

| 890 · 510 Cal | Lo mein noodles tossed with a sweet and spicy Korean-style Gochujang® sauce, marinated steak, napa and red cabbage, spinach, cucumber, green onions, and cilantro.

**Buffalo Chicken Mac**

| 1220 · 710 Cal | Wisconsin Mac & Cheese with parmesan chicken, Frank’s RedHot® Buffalo Wings Sauce, parmesan, and green onions.

**Low Carb**

**LEANguini® Rosa**

| 690 · 340 Cal | LEANguini® noodles in spicy tomato cream sauce, mushrooms, Roma tomato, spinach, and parmesan.

**LEANguini® Fresca**

| 810 · 290 Cal | LEANguini® noodles, balsamic vinaigrette, olive oil, roasted garlic, red onion, tomato, spinach, and parmesan.

### Ask us for our Nutrition and Allergen Guide. Before placing your order, please inform a team member if a person in your party has a food allergy. 2,000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutrition information available upon request. *Contains lower carbs than traditional wheat pasta.

- **Gluten Sensitive**: Made without gluten-containing ingredients but potential for cross-contact exists.
- **Vegetarian**: Excludes meat & fish.

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**Notes:**

- The term “lower carb” refers to a product with 44% lower carbohydrates than traditional wheat pasta. 
- **LEANguini** is a brand of pasta that is lower in carbohydrates than traditional pasta.
- **Impossible™ Chicken** is made with Impossible Foods Inc.; used under license.
## Drinks

<table>
<thead>
<tr>
<th>Type</th>
<th>Reg</th>
<th>Lg</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fountain Drink</td>
<td>0–300 Cal</td>
<td>0–450 Cal</td>
</tr>
<tr>
<td>Fresh-Brewed Iced Tea</td>
<td>0–120 Cal</td>
<td>0–180 Cal</td>
</tr>
</tbody>
</table>

### Fountain Drink
- **Reg**: 0–300 Cal
- **Lg**: 0–450 Cal

### Fresh-Brewed Iced Tea
- **Reg**: 0–120 Cal
- **Lg**: 0–180 Cal

## Salad & Soup

<table>
<thead>
<tr>
<th>Item</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Grilled Chicken Caesar</strong></td>
<td>610 Cal</td>
</tr>
<tr>
<td>Romaine tossed in a Caesar dressing with grilled chicken, garlic croutons and parmesan</td>
<td></td>
</tr>
<tr>
<td><strong>Side Caesar no chicken</strong></td>
<td>210 Cal</td>
</tr>
<tr>
<td><strong>Backyard BBQ Chicken Salad</strong></td>
<td>470 Cal</td>
</tr>
<tr>
<td>Mixed greens tossed in tangy barbeque coleslaw dressing with grilled chicken, tomato and red onion, topped with roasted corn and cheddar jack cheese</td>
<td></td>
</tr>
<tr>
<td><strong>The Med Salad with Chicken</strong></td>
<td>430 Cal</td>
</tr>
<tr>
<td>Grilled chicken, mixed greens, tomato, cucumber, red onion, Kalamata olives, cavatappi pasta, spicy yogurt dressing and feta</td>
<td></td>
</tr>
<tr>
<td><strong>Chicken Noodle Soup</strong></td>
<td>360 Cal</td>
</tr>
<tr>
<td>Our signature soup with chicken breast, celery, carrots, onion and wavy egg noodles</td>
<td></td>
</tr>
<tr>
<td><strong>Side Chicken Noodle Soup</strong></td>
<td>120 Cal</td>
</tr>
<tr>
<td><strong>Baguette</strong></td>
<td>170 Cal</td>
</tr>
</tbody>
</table>

## Make It a Meal

### Add a Reg Drink & Side or Dessert
- **120–840 Cal**

### Sides
- Wisconsin Mac & Cheese
- Caesar Salad
- Chicken Noodle Soup
- Baguette

### Desserts
- Rice Crispy
- Cookie

## Kids Meals

### Choose An Entrée
- Wisconsin Mac & Cheese: 530 Cal
- Grilled Chicken Breast with Marinara: 170 Cal
- Buttered Noodles: 380 Cal
- Spaghetti & Meatballs: 450 Cal

### Choose Two Sides
- **Broccoli**: 15 Cal
- **Applesauce**: 70 Cal
- **Kids Crispy**: 130 Cal

### Choose A Drink
- **Lowfat Milk**: 110–150 Cal
- **Organic Juice**: 40 Cal

### Gluten sensitive?
- Substitute Gluten-Free Pipette Shells.

1,200 to 1,400 calories a day is used for general nutrition advice for children ages 4-8 years, but calorie needs vary.