

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.
Alfredo Sauce	Heavy Cream (Cream, Milk), Water, Parmigiano Reggiano Cheese (Cow's Milk, Salt, Rennet), Onions, Pecorino Romano Cheese (Cultured Sheep's Milk, Salt, Rennet), 2% or less of Spice, Modified Food Starch, Garlic, Natural Flavors, Salt, Autolyzed Yeast Extract.
Applesauce	Apple Puree, Apple Puree Concentrate.
Artichoke Hearts	Artichoke Pieces, Water, Salt, Citric Acid.
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.
Bacon	Pork, Water, Sea Salt, Cultured Celery Extract, Sugar, Smoked Sugar, Spice Extract.
Baguette (Varies By Market)*	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	Cream, Water, Basil, Canola Oil, Parmesan Cheese (Pasteurized Part-Skim Cow's Milk, Cheese Cultures, Salt, Enzymes), Salt, Gum Acacia, Xanthan Gum, Dehydrated Garlic, Cultured Dextrose, Maltodextrin, Spices.
BBQ Sauce	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	Soybean Oil, Water, Parmesan Cheese (Pasteurized Part-Skim Milk, Cheese Cultures, Salt, Enzymes), Distilled Vinegar, Red Wine Vinegar, Egg Yolk, Salt, Anchovies, Dijon Mustard (Vinegar, Mustard Seed, Water, Salt, White Wine, Spice), contains less than 2% of Garlic, Lemon Juice Concentrate, Sugar, Spice, Molasses, Corn Syrup, Caramel Color, Natural Flavor, Tamarind, Celery Seed.
Cajun Alfredo Sauce	ALFREDO: Heavy Cream (Cream, Milk), Water, Parmigiano Reggiano Cheese (Cow's Milk, Salt, Rennet), Onions, Pecorino Romano Cheese (Cultured Sheep's Milk, Salt, Rennet), 2% or less of Spice, Modified Food Starch, Garlic, Natural Flavors, Salt, Autolyzed Yeast Extract. ROASTED RED PEPPER PESTO: Roasted Red Bell Peppers, Canola Oil, Parmesan Cheese (Pasteurized Part-Skim Cow's Milk, Cheese Cultures, Salt, Enzymes), Balsamic Vinegar, Basil, Gum Acacia, Xanthan Gum, Dehydrated Garlic, Salt, Spices. CAJUN SEASONING: Spices, Paprika, Salt, Chopped Onion, Garlic, Sugar, Canola Oil. SMOLDER FROM BOULDER: Spices, Capsicum Oleoresin.

Cavatappi Noodle	Durum Wheat Flour (enriched with Iron [Ferrous Sulfate] and B Vitamins [Niacin, Thiamine 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	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, Creamy Garlic Sauce (Garlic, Canola Oil, Water, Salt, Parsley, Citric Acid, Spices, Nisin, Xanthan Gum, Butter, Water, Vegetable Broth), Butter, 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.
Chipotle Alfredo Sauce	ALFREDO: Heavy Cream (Cream, Milk), Water, Parmigiano Reggiano Cheese (Cow's Milk, Salt, Rennet), Onions, Pecorino Romano Cheese (Cultured Sheep's Milk, Salt, Rennet), 2% or less of Spice, Modified Food Starch, Garlic, Natural Flavors, Salt, Autolyzed Yeast Extract. CHIPOTLE: Roasted Red Bell Peppers, Canola and/or Sunflower Oil, Chilaca Chile Paste (Water, Chilaca Chiles), Jalapeños, Smoked Paprika, Balsamic Vinegar, Champagne Vinegar, Smoked Sea Salt, Water, Ancho Chiles, Salt, Cumin, Granulated Garlic.
Chipotle Powder	Chipotle Peppers.
Chocolate Chunk Cookie	Enriched 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, Semi-Sweet Chocolate Chunks (Sugar, Unsweetened Chocolate, Cocoa Butter, Butter Oil, Soy Lecithin, Vanilla Extract), 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, Baking Soda, Fructose, Salt.
Crispy Onions	Onions, Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Sunflower and/or Safflower Oil, Sea Salt.
Egg Noodle <i>(Varies By Market)*</i>	Durum Wheat Semolina, Durum Wheat Flour (enriched with Iron [Ferrous Sulfate] and B Vitamins [Niacin, Thiamine Mononitrate, Riboflavin, Folic Acid]), Eggs, Water, Soybean Oil. -OR- Durum Flour (Wheat), Egg Yolks or Eggs, Niacin, Iron (Ferrous Sulfate), Thiamine Mononitrate, Riboflavin, Folic Acid, Water, Soybean Oil.
Egg, Hard-Boiled	Egg.
Elbow Noodle	Durum Wheat Flour (enriched with Iron [Ferrous Sulfate] and B Vitamins [Niacin, Thiamine Mononitrate, Riboflavin, Folic Acid]), Water, Soybean Oil.
Feta Cheese <i>Made with Hormone-Free Milk</i>	Pasteurized Part-Skim Milk, Cheese Cultures, Salt, Enzymes.
Fettuccine Noodle	Semolina (Wheat), Durum Wheat Flour, Niacin (Vitamin B3), Ferrous Sulfate (Iron), Thiamine Mononitrate (Vitamin B1), Riboflavin (Vitamin B2), Folic Acid.

Fresca Sauce	Water, Balsamic Vinegar (Wine Vinegar, Concentrated Grape Must), Soybean Oil, Lemon Juice (Water, Lemon Juice Concentrate, Lemon Oil), White Wine, Vegetable Base (Vegetables and Concentrated Vegetables [Carrots, Celery, Onion, Tomato], Yeast Extract, Salt, Sugar, Maltodextrin, Onion Powder, Dried Potato, Organic Garlic Powder, Natural Flavor), Salt, Modified Food Starch, Roasted Garlic, Sriracha (Red Peppers, Distilled Vinegar, Water, Sugar, Salt, Garlic, contains 2% or less of Natural Flavor, Maltodextrin, Xanthan Gum, Citric Acid), Garlic, Green Onion, Onion, Seasoning Blend (Salt, Spices, Dehydrated Garlic, Lavender), Basil, Black Pepper, Sugar.
Garlic Cheddar Sauce	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, Salt, Enzymes}], Powdered Cellulose [to prevent caking]), Cream (Cream, Milk), Modified Food Starch, Unsalted Butter (Pasteurized Cream, Natural Flavorings), Salt, Sodium Phosphates. CREAMY GARLIC SAUCE: Garlic, Canola Oil, Water, Salt, Parsley, Citric Acid, Spices, Nisin, Xanthan Gum, Butter, Water, Vegetable Broth.
Garlic Croutons	Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Canola and/or Sunflower Oil (with Rosemary Extract and Ascorbic Acid [to preserve freshness]), Salt, Yeast, Sugar, 2% or less of Corn Syrup Solids, Dehydrated Garlic, Wheat Gluten, Onion Powder, Whey, Romano Cheese Solids from cow's milk (Part-Skim Milk, Cheese Cultures, Salt, Enzymes), Dehydrated Parsley, Maltodextrin, Dillweed, Spices, Citric Acid, Disodium Inosinate, Disodium Guanylate, Enzymes.
Gouda Cheese	Natural Smoked Gouda Cheese (Cultured Pasteurized Milk, Salt, Enzymes, Annatto [color]), Powdered Cellulose (to prevent caking).
Granulated Peanuts	Dry Roasted Granulated Peanuts.
Green Goddess Ranch Dressing	Soybean Oil, Cultured Buttermilk, Water, Distilled Vinegar, Egg Yolk, Sugar, contains less than 2% of Salt, Fruit Juice Color and Turmeric Color, Lemon Juice Concentrate, Dried Garlic, Spice, Dried Onion, Modified Corn Starch, Xanthan Gum, Lactic Acid, Dried Green Onion, Oleoresin Turmeric (color).
Grilled Chicken Breast	Boneless Skinless Chicken Breast Fillets with Rib Meat contains up to 12% of a solution of Water, Soybean Oil, Salt, Sodium Phosphates, Garlic Powder, Black Pepper.
Italian Seasoning	Salt, Spices (Black Pepper, Parsley, Basil, Rosemary, Savory, Oregano, Thyme), Dehydrated Garlic, Lavender.
Japanese Pan Sauce	Water, Soy Sauce (Water, Salt, Sugar, Soybeans, Wheat, Molasses), Molasses, Rice Vinegar Dressing (Rice Vinegar, Water, Sugar, Salt [Diluted with Water to 4.1 Acidity]), Lemon Juice (Water, Lemon Juice Concentrate, Lemon Oil), Sesame Oil, Sriracha (Red Peppers, Distilled Vinegar, Water, Sugar, Salt, Garlic, contains 2% or less of 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], Canola Oil, Barley Malt Extract [gluten], contains 2% or less of Dried Onion, Dried Potatoes, Dried Garlic, Natural Flavor), Modified Food Starch, Garlic, Citric Acid as a preservative.
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, Dried Garlic, Xanthan Gum, Chili Powder (Chili Pepper, Spice, Salt, Garlic), Propylene Glycol Alginate, Salt, Caramel Color, Dried Green Onion, Natural Flavor (including Celery).
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	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, Salt, Garlic Powder, Dextrose, Black Pepper, Soybean Oil.
Med Dressing	Sour Cream (Cultured Grade A Milk, Cream, Enzymes), Yogurt (Cultured Pasteurized Grade A Whole Milk, Modified Food Starch, Carrageenan, Pectin, contains Live Active Cultures [L. Bulgaricus, S. Thermophilus]), Lemon Juice (Water, Lemon Juice Concentrate, Lemon Oil), Salt, Sriracha (Red Peppers, Distilled Vinegar, Water, Sugar, Salt, Garlic, contains 2% or less of Natural Flavor, Maltodextrin, Xanthan Gum, Citric Acid), Water, Soybean Oil, Roasted Garlic, Garlic Powder, Modified Food Starch.
Mozzarella Cheese (Varies By Market)*	Low-Moisture Mozzarella Cheese (Pasteurized Milk, Cheese Cultures, Salt, Enzymes), Potato Starch, Corn Starch and Powdered Cellulose (to prevent caking), Natamycin (a natural mold inhibitor). -OR- Low-Moisture Whole Milk Mozzarella(Pasturized Milk, Cheese Cultures, Salt, Enzymes), Powdered Cellulose(to prevent caking), Natamycin(a natural mold inhibitor). -OR- Pasteurized Milk, Cheese Culture, Salt, Enzymes.
Oven-Roasted Meatballs	Beef, 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, 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	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, Grated <i>Made with Hormone-Free Milk</i>	Pasteurized Milk, Cheese Cultures, Salt, Enzymes, Powdered Cellulose (to prevent caking).
Parmesan Cheese, Shaved	Pasteurized Part-Skim Cow's Milk, Cheese Cultures, Sea Salt, Enzymes.
Parmesan Cheese, Shredded	High-Moisture Parmesan Cheese (Pasteurized Milk, Cheese Cultures, Salt, Enzymes), Powdered Cellulose (to prevent caking).
Parmesan-Crusted Chicken	Uncooked Chicken Breast Strips containing up to 12% of a solution of Water, Seasoning (Salt, Soy Protein Concentrate, Sodium Phosphates [18.4%], Garlic Powder, Spices, Natural Flavors, Cheddar Cheese [Cultured Pasteurized Milk, Salt, Enzymes], Maltodextrin, Autolyzed Yeast Extract, not more than 2% Silicon Dioxide added to prevent caking). Battered with Bleached Wheat Flour, Leavening (Sodium Acid Pyrophosphate, Sodium Bicarbonate, Monocalcium Phosphate), Salt, Corn Starch, Spice, Soybean Oil (as a processing aid). Breaded with Bleached Wheat Flour, Parmesan and Romano Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes), Modified Wheat Starch, Salt, Yeast Extract, Natural Flavors, Garlic Powder, Cheddar Cheese (Cultured Pasteurized Milk, Salt, Enzymes), Spices, Sugar, Blue Cheese (Pasteurized Milk, Salt, Cheese Culture, Rennet, Penicillium Roquefortii), Nonfat Milk, Yeast, Gum Arabic, Maltodextrin, Dehydrated Parsley, Citric Acid, not more than 2% Calcium Silicate added to prevent caking. Parfried in Vegetable Oil.
Pickled Onions	Red Onion, Water, White Wine Vinegar, Sugar, White Distilled Vinegar, Sea Salt, Calcium Chloride (a natural occurring mineral to promote crispness).
Pipette Noodle	Corn Flour, Rice Flour, Emulsifier (E471).

Potstickers	Chicken, Enriched Bleached Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine 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).
Pulled Pork	Pork, Water, Cultured Corn Sugar and Vinegar, Brown Sugar, Olive Oil, Salt, Sea Salt, Sodium Phosphate.
Ranch Dressing	Vegetable Oil(Canola and/or Soybean Oil), Nonfat Buttermilk(Whey, Water, Skim Milk Powder, Corn Starch, Tapioca Starch, Carrageenan, Locust Bean Gum, Culture), Sugar, Water, Egg Yolk, Apple Cider Vinegar, Onion Juice, less than 2% of Distilled Vinegar, Salt, Onion, Sweet Onion (Sweet Onion, Vinegar, Salt), Green Onion, Xanthan Gum, Dried Onion, Spice, Ground Mustard, Guar Gum.
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	Rice Flour, Water, Soybean Oil.
Rigatoni Noodle	Semolina (Wheat), Durum Wheat Flour, Niacin (Vitamin B3), Ferrous Sulfate or Ferrous Lactate (Iron), Thiamine Mononitrate (Vitamin B1), Riboflavin(Vitamin B2), Folic Acid.
Roasted Cherry Tomatoes	Cherry Tomatoes, Canola Oil, Garlic, Oregano, Salt.
Roasted Garlic Cream Sauce	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 Red Peppers	Red Sweet Pepper, Water, Sea Salt, Citric Acid.
Roasted Zucchini	Zucchini, Soybean Oil, Salt, Black Pepper.
Rosa Cream Sauce	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).
Scampi Sauce	ALFREDO: Heavy Cream (Cream, Milk), Water, Parmigiano Reggiano Cheese (Cow's Milk, Salt, Rennet), Onions, Pecorino Romano Cheese (Cultured Sheep's Milk, Salt, Rennet), 2% or less of Spice, Modified Food Starch, Garlic, Natural Flavors, Salt, Autolyzed Yeast Extract. CREAMY GARLIC SAUCE: Garlic, Canola Oil, Water, Salt, Parsley, Citric Acid, Spices, Nisin, Xanthan Gum, Butter, Water, Vegetable Broth.

Seasoned Tofu	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).
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, Corn Syrup, Sweetened Condensed Milk [Milk, Sugar], Milk Chocolate [Sugar, Cocoa Butter, Chocolate, Nonfat Milk, Milk Fat, Lactose, Salt, Soy Lecithin, Natural Flavor], 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, Thiamine Mononitrate, Riboflavin, Folic Acid]), Water, Soybean Oil.
Udon Noodle (Varies By Market)*	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.
White Cheddar Cheese	MontAmoré® Cheese (Pasteurized Milk, Cheese Cultures, Salt, Enzymes, Powdered Cellulose [to prevent caking]).

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

Culinary Classics	
Rigatoni Rosa	Rigatoni Noodle Rosa Cream Sauce Roasted Cherry Tomatoes Spinach Mushrooms Parmesan Cheese Parsley
Japanese Pan Noodles	Udon Noodle Japanese Pan Sauce Broccoli Mushrooms Carrots Black Sesame Seeds Cilantro
Pad Thai	Rice Noodle Pad Thai Sauce Scrambled Egg Napa and Red Cabbage Lime Granulated Peanuts Green Onions Cilantro
Basil Pesto Cavatappi	Cavatappi Noodle Basil Pesto Cream Sauce Roasted Cherry Tomatoes Mushrooms Parmesan Cheese Fresh Herbs
Pasta Fresca	Rigatoni Noodle Fresca Sauce Roasted Garlic Red Onion Roasted Cherry Tomatoes Spinach Parmesan Cheese
Roasted Garlic Cream Tortelloni	3-Cheese Tortelloni Roasted Garlic Cream Sauce Roasted Zucchini Mushrooms Spinach Parmesan Cheese Parsley
Buttery Parmesan Noodles	Egg Noodle Butter Italian Seasoning Parmesan Cheese

Chef-Curated with Protein	
Cajun Shrimp Fettuccine	Fettuccine Noodle Cajun Alfredo Sauce Sautéed Shrimp Bacon Roasted Red Peppers Parmesan Cheese Green Onions
Crispy Chicken Bacon Alfredo	Fettuccine Noodle Alfredo Sauce Parmesan-Crusted Chicken Bacon Spinach Broccoli Fresh Herbs Parmesan Cheese
Chicken Parmesan	Rigatoni Noodle Marinara Sauce Parmesan-Crusted Chicken Mozzarella Cheese Parsley
Chipotle Chicken Cavatappi	Cavatappi Noodle Chipotle Alfredo Sauce Grilled Chicken Breast Roasted Red Peppers Corn Spinach Gouda Cheese Parsley Chipotle Powder Lime
Lemon Garlic Shrimp Scampi	Fettuccine Noodle Scampi Sauce Sautéed Shrimp Artichoke Hearts Roasted Cherry Tomatoes Spinach Parmesan Cheese Fresh Herbs Lemon
Spicy Korean Steak Noodles	Lo Mein Korean BBQ Sauce Marinated Steak Napa and Red Cabbage Spinach Cucumber Green Onion Cilantro
Spaghetti & Meatballs	Spaghetti Noodle Marinara Sauce Oven-Roasted Meatballs Parmesan Cheese

Mac & Cheese	
Creamy Cheddar Mac	Elbow Noodle Cheese Sauce Cheddar Jack Cheese
Buffalo Chicken Ranch Mac	Elbow Noodle Cheese Sauce Parmesan-Crusted Chicken Buffalo Sauce Green Onions Crispy Onions Ranch Dressing
Garlic Bacon Crunch Mac	Elbow Noodle Garlic Cheddar Sauce Bacon White Cheddar Cheese Crispy Onions Parmesan Cheese Fresh Herbs
Pulled Pork BBQ Mac	Elbow Noodle Cheese Sauce Pulled Pork BBQ Sauce Green Onions Crispy Onions

Salad & Soup	
Green Goddess Cobb Salad	Mixed Greens Green Goddess Ranch Dressing Grilled Chicken Breast Bacon Hard-Boiled Egg Avocado Feta Cheese Grape Tomatoes Persian Cucumber Pickled Onions Garlic Croutons
Med Salad with Chicken	Mixed Greens Med Dressing Grilled Chicken Breast Grape Tomatoes Persian Cucumber Pickled Onions Kalamata Olives Cavatappi Noodle Feta Cheese
Grilled Chicken Caesar Salad	Romaine Caesar Dressing Grilled Chicken Breast Garlic Croutons Parmesan Cheese
Chicken Noodle Soup	Egg Noodle Grilled Chicken Breast Chicken Broth with Vegetables Served with Oyster Crackers

Sides	
Potstickers	Potstickers Potsticker Sauce Red Pepper
Korean BBQ Meatballs	Oven-Roasted Meatballs Korean BBQ Sauce Asian Seasoning
Cheesy Garlic Bread	Baguette Marinara Sauce Parmesan Cheese Garlic Butter Italian Seasoning
Lemon Parmesan Broccoli	Broccoli Lemon Italian Seasoning Parsley Parmesan Cheese
Caesar Salad	Romaine Caesar Dressing Garlic Croutons Parmesan Cheese

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

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

