

Here's what
You Are Eating

	Calories		Calories from Fat		Fat Total		Saturated Fat		Trans Fatty Acids		Choles-terol		Sodium		Total Carbs		Net Carbs		Dietary Fiber		Sugars		Protein	
	REG	SM	REG	SM	REG	SM	REG	SM	REG	SM	REG	SM	REG	SM	REG	SM	REG	SM	REG	SM	REG	SM	REG	SM
Culinary Classics																								
Roasted Garlic Cream Tortelloni 	770	380	346	173	38	19	19	10	0.5	0	140	70	2400	1200	72	36	67	34	5	3	7	4	36	18
Basil Pesto Cavatappi 	860	430	366	183	41	20	13	7	0.5	0	55	25	1140	570	103	51	93	46	10	5	8	4	24	12
Pad Thai 	1040	520	380	190	42	21	8	4	0	0	340	170	2020	1010	143	72	139	70	4	2	44	22	20	10
Buttery Parmesan Noodles 	760	370	301	150	34	17	14	7	1	0	210	105	330	160	98	49	94	47	4	2	6	3	22	11
Japanese Pan Noodles 	640	320	110	50	12	6	4	2	0	0	0	0	2010	1000	114	57	109	55	5	2	22	11	20	10
Pasta Fresca 	660	330	180	90	20	10	4	2	0	0	5	5	1240	620	103	52	93	47	10	5	10	5	21	10

Allergens								
Pea-nuts	Tree Nuts	Soy	Milk	Egg	Fish	Shell-fish	Wheat & Gluten	Sesame
		•	•	•			•	
			•				•	
•				•	•			
			•	•			•	
		•					•	•
			•				•	

	REG	SM	REG	SM	REG	SM	REG	SM	REG	SM	REG	SM	REG	SM	REG	SM	REG	SM	REG	SM	REG	SM	REG	SM
Chef-Curated with Protein																								
Steak Stroganoff 	1220	680	612	339	68	38	27	15	1.5	0.5	275	160	1610	1000	118	60	110	56	7	4	13	7	44	29
Rigatoni Rosa with Parmesan Chicken	890	540	272	172	30	19	10	6	0.5	0	90	70	1640	1280	113	60	99	53	13	7	12	6	45	34
Crispy Chicken Bacon Alfredo	1150	680	532	311	59	35	30	16	0	0	220	135	1840	1380	105	57	95	51	10	5	7	4	50	36
Spicy Korean Steak Noodles 	960	550	221	143	25	16	4	3	0	0	40	40	3400	1890	150	76	144	73	3	1	43	22	31	23
Chicken Parmesan	940		292		32		12		1		90		1840		115		107		8		15		51	
Spaghetti & Meatballs	980	670	430	350	48	39	18	16	3	2.5	90	85	1580	1180	102	53	98	51	4	2	16	8	35	25
Lemon Garlic Shrimp Scampi	1070	560	539	272	60	30	27	13	1	0.5	215	155	1400	860	104	52	93	46	11	5	8	4	33	21
Cajun Shrimp Fettuccine	1050	550	515	269	57	30	28	14	0	0	255	175	1770	1200	98	49	90	45	8	4	9	4	36	23
Chipotle Chicken Cavatappi	1170	670	520	288	58	32	29	15	0	0	260	185	1870	1210	108	54	101	51	7	4	13	6	53	40

		•	•	•			•	
		•	•				•	
		•	•				•	
		•		•			•	•
		•	•				•	
			•				•	
			•				•	
			•				•	

	REG	SM	REG	SM	REG	SM	REG	SM	REG	SM	REG	SM	REG	SM	REG	SM	REG	SM	REG	SM	REG	SM	REG	SM
Mac & Cheese																								
Creamy Cheddar Mac 	1050	520	389	195	43	22	23	11	1.5	0.5	115	55	1910	950	120	60	115	57	5	3	10	5	46	23
Buffalo Chicken Ranch Mac	1380	790	545	292	61	32	24	13	1.5	0.5	215	160	3450	2000	128	64	121	61	6	3	12	6	70	49
Pulled Pork BBQ Mac	1240	690	439	241	49	27	22	12	1	0.5	165	115	2580	1530	137	69	131	66	6	3	21	11	63	41
Garlic Bacon Crunch Mac	1290	640	564	282	63	31	28	14	1.5	0.5	140	70	2310	1160	128	64	122	61	6	3	10	5	55	28

		•					•	
		•	•	•			•	
		•					•	
		•					•	

	REG	REG	REG	REG	REG	REG	REG	REG	REG	REG	REG	REG
Salad & Soup												
Chicken Caesar Salad 	670	444	49	12	0.5	150	1510	18	15	3	5	42
Mediterranean Chicken Salad	430	153	17	6	0	125	1700	34	31	3	7	36
Chicken Noodle Soup 	360	90	10	2.5	0	140	2320	41	39	2	9	30

		•	•	•			•	
		•					•	
		•	•				•	

	REG	REG	REG	REG	REG	REG	REG	REG	REG	REG	REG	REG
Proteins												
Parmesan-Crusted Chicken	190	70	8	2	0	55	920	8	7	1	0	22
Grilled Chicken 	150	40	4	1	0	105	540	0	0	1	0	27
Sautéed Shrimp 	40	0	0	0	0	95	310	0	0	0	0	10
Marinated Steak 	140	60	7	2	0	40	390	3	3	0	1	14
Pulled Pork 	130	43	5	1.5	0	65	480	1	1	0	1	20
Oven-Roasted Meatballs	360	280	31	14	1.5	80	780	5	5	0	1	16
Seasoned Tofu 	230	130	15	2	0	0	500	6	5	1	4	20

		•	•				•	
						•		
					•			
		•						
			•				•	
			•				•	
		•					•	•

	REG	REG	REG	REG	REG	REG	REG	REG	REG	REG	REG	REG
Sides												
Potstickers with dipping sauce	330	80	8	1	0	30	1690	47	45	2	13	14
Cheesy Garlic Bread with marinara 	610	220	25	14	1	55	1610	78	78	0	10	21
Korean BBQ Meatballs 	440	300	34	14	1.5	80	1340	16	15	1	11	16
Garden Salad 	70	50	6	1	0	0	125	5	4	1	3	1
Caesar Salad 	230	186	21	4	0	20	470	8	7	1	2	4
Creamy Cheddar Mac 	260	97	11	6	0	30	480	30	29	1	2	11
Lemon Parmesan Broccoli 	140	113	13	8	0	35	350	4	2	2	1	3
Chicken Noodle Soup 	120	30	3.5	1	0	55	840	11	10	1	3	13
Baguette 	170	15	1.5	0.5	0	0	410	33	33	0	2	7

		•					•	•
		•					•	
		•	•				•	•
		•	•	•			•	
		•					•	
		•					•	
			•				•	

	REG	REG	REG	REG	REG	REG	REG	REG	REG	REG	REG	REG
Desserts												
Rice Crispy	540	170	19	12	1	50	460	87	87	0	39	6
Chocolate Chunk Cookie 	450	190	21	9	0	25	290	64	61	3	36	6
Snoodle Doodle Cookie 	450	180	20	8	0	25	290	64	61	3	36	6

		•					•	
	•	•	•	•			•	
	•	•	•	•			•	

	Calories	Fat Total	Saturated Fat	Trans Fatty Acids	Choles-terol	Sodium	Total Carbs	Net Carbs	Dietary Fiber	Sugars	Protein
		g	g	g	mg	mg	g	g	g	g	g
Buttery Parmesan Noodles 	370	17	7	0	105	210	49	47	2	3	11
Creamy Cheddar Mac 	520	22	11	0.5	55	950	60	57	3	5	23
Spaghetti & Meatballs	520	26	10	1	60	760	51	49	2	8	19
Grilled Chicken Breast with Dipping Marinara* 	170	5	1.5	0	105	640	3	2	1	2	27
Broccoli* 	15	0	0	0	0	15	3	2	1	1	2
Applesauce 	70	0	0	0	0	0	16	13	3	13	0
Rice Crispy	130	5	3	0	10	115	22	22	0	10	1

			•	•			•	
			•				•	
			•				•	
			•				•	



*These items plus organic lowfat milk meet the Kids LiveWell nutrition criteria. The Kids LiveWell logo is a registered service mark of the National Restaurant Association.

 **Gluten Sensitive**
Made without gluten-containing ingredients but potential for cross-contact exists.

 **Vegetarian**
Excludes meat & fish.

 **Contains wine or alcohol in sauce.**





	Calories	Calories from Fat	Fat Total g	Saturated Fat g	Trans Fatty Acids g	Cholesterol mg	Sodium mg	Total Carbs g	Net Carbs g	Dietary Fiber g	Sugars g	Protein g	Allergens									
													Pea-nuts	Tree Nuts	Soy	Milk	Egg	Fish	Shell-fish	Wheat & Gluten	Sesame	
Duos Bowls																						
Stroganoff w/a	540	273	30	13	0.5	120	610	57	54	4	6	15					•	•			•	
Creamy Cheddar Mac 🥵	520	195	22	11	0.5	55	950	60	57	3	5	23					•				•	
Rigatoni Rosa 🥵	350	100	11	4	0	15	360	52	46	6	6	11					•				•	
Pad Thai 🥵🥵	520	190	21	4	0	170	1010	72	70	2	22	10	•					•	•			
Crispy Bacon Alfredo	490	245	27	15	0	85	460	48	44	4	3	14					•				•	
Buffalo Ranch Mac 🥵	590	253	28	11	0.5	55	1450	64	61	3	6	22					•	•			•	
Buttery Parmesan Noodles 🥵	370	150	17	7	0	105	160	49	47	2	3	11					•	•			•	
BBQ Mac 🥵	550	197	22	10	0.5	50	1050	68	65	3	10	21					•				•	
Japanese Pan Noodles 🥵	320	50	6	2	0	0	1000	57	55	2	11	10				•					•	•
Basil Pesto Cavatappi 🥵	430	183	20	7	0	25	570	51	46	5	4	12					•				•	
Spaghetti 🥵	310	77	9	2	0.5	5	400	49	47	2	8	10					•				•	
Spicy Korean Noodles 🥵 w/a	410	78	9	1	0	0	1510	74	71	1	21	9				•		•			•	•
Garlic Bacon Crunch Mac	640	282	31	14	0.5	70	1160	64	61	3	5	28					•				•	
Cajun Fettuccine	490	247	27	14	0	80	750	49	45	4	4	13					•				•	
Pasta Fresca 🥵 w/a	330	90	10	2	0	5	620	52	47	5	5	10					•				•	
Lemon Garlic Scampi 🥵	510	268	30	13	0.5	60	550	52	46	5	4	11					•				•	
Roasted Garlic Cream Tortelloni 🥵 w/a	380	173	19	10	0	70	1200	36	34	3	4	18				•	•	•			•	
Chipotle Cavatappi 🥵	520	250	28	14	0	75	660	54	51	3	6	13					•				•	
Sides																						
Caesar Salad w	230	186	21	4	0	20	470	8	7	1	2	4					•	•	•		•	
Garden Salad 🥵🥵	70	50	6	1	0	0	125	5	4	1	3	1										
Lemon Parmesan Broccoli 🥵🥵	140	113	13	8	0	35	350	4	2	2	1	3					•					
Chicken Noodle Soup w	120	30	3.5	1	0	55	840	11	10	1	3	13					•	•			•	
Duos Proteins																						
Parmesan-Crusted Chicken	100	36	4	1	0	30	460	4	4	0	0	11				•	•				•	
Grilled Chicken 🥵	70	19	2	0.5	0	55	270	0	0	0	0	13										
Sautéed Shrimp 🥵	20	2	0	0	0	50	160	0	0	0	0	5							•			
Marinated Steak 🥵	70	33	3.5	1	0	20	190	1	1	0	0	7				•						
Pulled Pork 🥵	70	22	2.5	1	0	30	240	1	1	0	0	10										
Oven-Roasted Meatballs	220	166	18	8	0.5	55	440	2	2	0	0	10					•				•	
Seasoned Tofu 🥵	130	73	8	1	0	0	320	4	3	1	3	11				•					•	•