

Noodle Bowls

FRESH INGREDIENTS. FRESHLY PREPARED.

Culinary Classics

ROASTED GARLIC CREAM

TORTELLONI ⌘ 770/380 Cal

Cheese-filled tortelloni in light roasted garlic & onion cream sauce with zucchini, mushrooms and spinach, topped with parmesan and parsley

BASIL PESTO CAVATAPPI ⌘ 860/430 Cal

Cavatappi noodles in creamy basil pesto sauce, tomatoes and mushrooms, topped with parmesan and fresh herbs

PAD THAI ✂ 1040/520 Cal

Rice noodle stir-fry with scrambled egg, napa and red cabbage, citrus and peanuts, topped with scallions and cilantro

BUTTERY PARMESAN NOODLES ⌘ 760/370 Cal

Tender wavy egg noodles and butter, topped with Italian seasonings and parmesan

JAPANESE PAN NOODLES ⌘ ⌘ 640/320 Cal

Caramelized udon noodles in sweet soy sauce, broccoli, mushrooms and carrots, topped with black sesame seeds and cilantro

PASTA FRESCA ⌘ 660/330 Cal

Rigatoni noodles in balsamic vinaigrette, roasted garlic, red onion, tomatoes and spinach, topped with parmesan

Chef-Curated with Protein

RIGATONI ROSA

WITH PARMESAN CHICKEN ⌘ 890/540 Cal

Rigatoni noodles in mildly spiced tomato cream sauce with parmesan-crusted chicken, tomatoes, spinach and mushrooms, topped with parmesan and parsley

CRISPY CHICKEN BACON ALFREDO 1150/680 Cal

Fettuccine noodles in 4-cheese alfredo sauce with parmesan-crusted chicken, smoky bacon, spinach and broccoli, topped with fresh herbs and MontAmoré® cheese

SPICY KOREAN STEAK NOODLES ⌘ ⌘ 960/550 Cal

Ramen noodles in a sweet & spicy Korean-style Gochujang barbeque sauce with marinated steak, napa and red cabbage, and spinach, topped with cucumber, scallions and cilantro

CHICKEN PARMESAN 940 Cal

Oven-baked rigatoni noodles in crushed tomato marinara with parmesan-crusted chicken, topped with mozzarella and parsley

SPAGHETTI & MEATBALLS 980/670 Cal

Spaghetti noodles in crushed tomato marinara with oven-roasted meatballs, topped with parmesan

LEMON GARLIC SHRIMP SCAMPI 1070/560 Cal

Fettuccine noodles in garlic butter sauce with sautéed shrimp, artichoke hearts, tomatoes and fresh spinach, topped with parmesan, fresh herbs and lemon

CAJUN SHRIMP FETTUCCINE ⌘ 1050/550 Cal

Fettuccine noodles in Cajun-spiced 4-cheese alfredo sauce with shrimp, bacon and red peppers, topped with parmesan and scallions

CHIPOTLE CHICKEN CAVATAPPI ⌘ 1170/670 Cal

Cavatappi noodles in 4-cheese chipotle alfredo sauce with grilled chicken, red peppers, corn, spinach and gouda, topped with parsley, smoky chipotle shake and lime

Mac & Cheese

CREAMY CHEDDAR MAC ⌘ 1050/520 Cal

Elbow noodles in creamy cheddar & jack cheese sauce, topped with shredded cheese

BUFFALO CHICKEN RANCH MAC ⌘ 1380/790 Cal

Elbow noodles in creamy cheddar & jack cheese sauce with parmesan-crusted chicken, topped with Buffalo sauce, scallions, crispy onions and a drizzle of ranch

PULLED PORK BBQ MAC 1240/690 Cal

Elbow noodles in creamy cheddar & jack cheese sauce with smoky pulled pork, topped with tangy BBQ sauce, scallions and crispy onions

GARLIC BACON CRUNCH MAC 1290/640 Cal

Elbow noodles in creamy garlic cheddar sauce with bacon and white cheddar, topped with crispy onions, parmesan and fresh herbs



BUFFALO CHICKEN RANCH MAC



CHOOSE A BOWL

Any small Noodle or Mac bowl with Duo-sized protein

Select protein if not included



CHOOSE A SIDE

Caesar Salad
Garden Salad
Chicken Noodle Soup
Lemon Parmesan Broccoli



Chicken Parmesan excluded. For calories, ask a team member.

Salad & Soup

CHICKEN CAESAR SALAD 670 Cal
Romaine in Caesar dressing with grilled chicken, garlic croutons and parmesan



MEDITERRANEAN CHICKEN SALAD 430 Cal
Mixed greens in spicy yogurt dressing with grilled chicken, tomatoes, cucumber, red onion, Kalamata olives, cavatappi noodles and feta

CHICKEN NOODLE SOUP 360 Cal
Our signature soup with chicken breast, celery, carrots, onion and wavy egg noodles

Sub ^{or} Add Protein

PARMESAN-CRUSTED CHICKEN	190 Cal
GRILLED CHICKEN	150 Cal
SAUTÉED SHRIMP	40 Cal
MARINATED STEAK	140 Cal
PULLED PORK	130 Cal
OVEN-ROASTED MEATBALLS	360 Cal
SEASONED TOFU	230 Cal

Sides

POTSTICKERS	330 Cal
CHEESY GARLIC BREAD	610 Cal
KOREAN BBQ MEATBALLS	440 Cal
GARDEN SALAD	70 Cal
CAESAR SALAD	230 Cal
CREAMY CHEDDAR MAC	260 Cal
LEMON PARMESAN BROCCOLI	140 Cal
CHICKEN NOODLE SOUP	120 Cal
BAGUETTE	170 Cal

Desserts

RICE CRISPY	540 Cal
CHOCOLATE CHUNK COOKIE	450 Cal
SNOODLE DOODLE COOKIE	450 Cal

Drinks

<i>Coca-Cola</i> freestyle	
Reg	0-300 Cal
Lg	0-450 Cal
FRESH-BREWED ICED TEA	
Reg	0-120 Cal
Lg	0-180 Cal

Kids Meals

- Choose an Entrée**
 - BUTTERY PARMESAN NOODLES 370 Cal
 - CREAMY CHEDDAR MAC 520 Cal
 - SPAGHETTI & MEATBALLS 520 Cal
 - GRILLED CHICKEN BREAST WITH MARINARA 170 Cal
- Choose Two Sides**
 - Broccoli 15 Cal
 - Applesauce 70 Cal
 - Kids Crispy 130 Cal
- Choose a Drink**
 - Dasani Water 0 Cal
 - Milk 110-150 Cal
 - Organic Juice 40 Cal

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

Gluten sensitive?
Sub *Gluten-Free Pipette Shells*

Vegetarian?
Sub *or add Seasoned Tofu*

- 🔥 **Spicy**
- 🌾 **Gluten Sensitive**
Made without gluten-containing ingredients but potential for cross-contact exists
- 🌱 **Vegetarian**
Excludes meat and fish

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