

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		Allergens																
	REG	SM	REG	SM	REG	SM	REG	SM	REG	SM	REG	SM	REG	SM	REG	SM	REG	SM	REG	SM	REG	SM	REG	SM	Pea-nuts	Tree Nuts	Soy	Milk	Egg	Fish	Shell-fish	Wheat & Gluten	Sesame								
Culinary Classics																																									
Chili Garlic Ramen	820	410	279	139	31	15	17	8	0.5	0	70	35	2850	1430	111	55	106	53	1	1	3	2	23	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	•				•												
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			•					•	•								
Basil Pesto Cavatappi 🍝	840	420	366	183	41	20	13	7	0.5	0	55	25	1140	570	103	51	93	46	10	5	8	4	24	12				•				•									
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				•	•			•									
Pasta Fresca 🍝 w/a	640	320	180	90	20	10	4	2	0	0	5	5	1240	620	103	52	93	47	10	5	10	5	21	10				•				•									
Roasted Garlic Cream Tortelloni 🍝 w/a	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			•	•	•			•									
Chef-Curated with Protein																																									
Chicken Artichoke & Asparagus Rigatoni	980	570	392	224	44	25	18	10	1	0	180	145	1280	910	101	51	91	45	11	6	6	3	49	38				•													
Indonesian Peanut Chicken Sauté	1070	610	299	172	33	19	6	4	0	0	105	105	2350	1450	146	72	137	68	9	5	37	18	46	36	•		•					•	•								
Rigatoni Rosa with Parmesan Chicken	900	550	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 w/a	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				•				•									
Cajun Shrimp Fettuccine	1050	560	515	269	57	30	28	14	0	0	255	175	1770	1200	98	49	90	45	8	4	9	4	36	23				•			•	•									
Lemon Garlic Shrimp Scampi	1050	550	539	272	60	30	27	13	1	0.5	215	155	1400	860	104	52	93	46	11	5	8	4	33	21			•				•	•									
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				•				•									
Salad & Soup																																									
Chicken Caesar Salad w	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 w	360		90		10		2.5		0		140		2320		41		39		2		9		30					•	•			•									
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				•					•	•								
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 a	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 w	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 w	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									•									
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			•	•	•	•			•									
Nutritional values for our Kids Meals																																									
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					•				•									



	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																					
Artichoke & Asparagus Rigatoni	430	186	21	9	0	35	370	51	45	5	3	11					•			•	
Chili Garlic Ramen	410	139	15	8	0	35	1430	55	53	1	2	12				•	•	•		•	•
Indonesian Peanut Sauté 🌱	440	127	14	3	0	0	830	72	68	2	17	9	•		•					•	•
Creamy Cheddar Mac 🌱	520	195	22	11	0.5	55	950	60	57	3	5	23					•			•	
Rigatoni Rosa 🌱	360	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 🌱	420	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	520	247	27	14	0	80	750	49	45	4	4	13					•			•	
Pasta Fresca 🌱 w/a	320	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				•	•	•		•	
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				•				•	•