

# Noodle Bowls

FRESH INGREDIENTS. FRESHLY PREPARED.

## Culinary Classics

### PAD THAI 1040/520 Cal

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

### JAPANESE PAN NOODLES 640/320 Cal

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

### BASIL PESTO CAVATAPPI 840/420 Cal

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

### BUTTERY PARMESAN NOODLES 760/370 Cal

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

### PASTA FRESCA 640/320 Cal

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

### 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

## Chef-Curated with Protein

### RIGATONI ROSA

### WITH PARMESAN CHICKEN 900/550 Cal

Rigatoni noodles in mildly spiced tomato cream sauce with parmesan-crusted chicken, grape 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

### CAJUN SHRIMP FETTUCCINE 1050/560 Cal

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

### LEMON GARLIC SHRIMP SCAMPI 1050/550 Cal

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

# 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



GARLIC  
BACON  
CRUNCH  
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, grape 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

**Coca-Cola 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 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

**Questions about our menu?** 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.



**Get a free entrée\* when you join Noodles Rewards. AND UNLOCK MORE EXCLUSIVE EXTRAS:**

- Earn points for every dollar spent
- Enjoy exclusive offers like a special birthday reward
- Love every bite



**Join Noodles Rewards**

\*After first purchase of \$10 or more. For full Noodles Rewards terms and conditions, visit [noodles.com/rewards](https://noodles.com/rewards).

