

# Watching What You Are Eating?

We've got you covered, no matter what you're looking for. If you're watching calories, fat, sodium or looking for something vegetarian, we have options to fit your life.



## Watching Calories?

We have dozens of combinations with 500 calories or less. Take a look at our 500 calorie or less chart on the flip side. Here are a few of our most popular:

- Small Penne Rosa
- Small Japanese Pan Noodles
- Small Pesto Cavatappi
- Small Pasta Fresca
- Small Thai Green Curry with Shrimp
- Small Wisconsin Mac & Cheese
- Small Spaghetti
- Small Mushroom Stroganoff
- Small Buttered Noodles
- Small or Regular Med Salad with Chicken
- Small or Regular Grilled Chicken Caesar
- Small Chicken Veracruz Salad
- Small or Regular Thai Chicken Soup with Baguette
- Small or Regular Chicken Noodle Soup with Baguette
- Small or Regular Tomato Basil Bisque

## Watching Fat?

We have 0 grams of artificial trans fat and 10 grams of fat or less items. Try one of our favorites:

- Small Japanese Pan Noodles
- Small Spaghetti
- Small Med Salad with Chicken
- Small Med Salad
- Chicken Noodle Soup
- Small Buttered Noodles

## Watching Sodium?

We know sodium is an important issue, and we're working to reduce it in dishes where it doesn't change the overall flavor. These small dishes have 460mg of sodium or less:

- Penne Rosa
- Pasta Cavatappi
- Mushroom Stroganoff
- Spaghetti
- Caesar Salad

## Looking for Something Vegetarian?

We love vegetarians. In fact, 16 of our dishes start out vegetarian (no meat or fish). All vegetarian dishes are noted with a **v** on our nutrition chart on the right.

## Vegan Anyone?

While there is no commonly accepted definition for vegan,\* we define it as menu items that don't contain meat, fish, dairy, eggs or other animal products. If your definition matches ours, try these menu items:

- Penne Rosa  
(without cream and cheese)
- Spaghetti with Marinara  
(without cheese)
- Japanese Pan Noodles
- Spicy Korean Noodles  
(without beef)
- Tossed Green Side Salad  
(with balsamic vinaigrette)
- Spicy Chipotle Adobo  
(without pork, chicken, sour cream or cream)
- Thai Green Curry  
(without shrimp)

\*Our dishes may contain sugar and/or wine. For a full list of ingredients, please visit [noodles.com/made-different](http://noodles.com/made-different).

## Watching Gluten?

Although we can prepare dishes with gluten-free ingredients, like those you'll find below, we cannot guarantee any of our dishes are completely gluten-free. Even with a strict adherence toward maintaining spotless restaurants, we simply have too much wheat and gluten present to be able to eliminate the cross contamination on our equipment and food prep areas. If you are highly allergic or intolerant to gluten, we recommend checking with your physician before dining here.

Here are a few options and substitutions for when you're watching your gluten.

Our favorites with gluten-free fusilli:

- Penne Rosa
- Pesto Cavatappi
- Spaghetti with Marinara
- Buttered Noodles
- Wisconsin Mac & Cheese
- Steak Stroganoff
- Pasta Fresca

Other options with modifications:

- Thai Green Curry with Shrimp  
(no modifications)
- The Med Salad with Chicken  
(request no cavatappi)
- Chicken Veracruz Salad  
(request no crispy jalapeños)
- Caesar Salad  
(request no croutons)
- Tossed Green Side Salad  
(with Med, Jalapeño Ranch, Balsamic or Caesar dressing)
- Pad Thai  
(no modifications)
- Thai Chicken Soup  
(no modifications)
- Tomato Basil Bisque  
(no modifications)

## Of Interest

- We have peanuts, tree nuts, soy, milk, eggs, fish, shellfish and wheat/gluten in our restaurant, and there may be cross contact with your food because of shared cooking equipment. In addition, because we offer so many unique flavors, not every ingredient we use is listed in our menu descriptions.
- Our naturally raised pork is considered a 'lean' meat as defined by the USDA – having less than 10 grams of fat, less than 4 grams saturated fat and less than 95 milligrams of cholesterol per serving and per 100 grams.
- All of our menu items contain fully refined soy oil, which according to the FDA is not an allergen.
- Everything's cooked to order, so there may be some variability in the numbers on the chart. Our food has no trans fats (except those which occur naturally in beef and dairy).
- We periodically update this guide. We also test new dishes or change suppliers and may not be able to reflect such changes within this guide.

For more information please visit [noodles.com](http://noodles.com)

**NOODLES & COMPANY**

World Kitchen

# Here's what you are eating:

	Calories		Calories from Fat		Fat-Total		Saturated Fat		Trans Fatty Acids		Cholesterol		Sodium		Total Carbohydrates		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
<b>NOODLES &amp; PASTA</b>																						
Penne Rosa with parmesan v	720	360	230	110	25	13	11	6	1	0	55	30	820	440	102	51	5	3	13	6	23	11
Penne Rosa with feta v	720	360	230	110	25	13	11	6	1	0	55	30	820	440	102	51	5	3	13	6	23	11
Japanese Pan Noodles v	660	330	150	70	16	8	1.5	.5	0	0	0	0	2010	1000	111	56	5	2	23	11	13	7
Wisconsin Mac & Cheese v	980	490	340	170	38	19	20	10	1	.5	95	50	1560	780	119	59	5	2	11	5	42	21
Truffle Mac v	1070	530	390	190	43	21	17	9	1	0.5	75	35	2150	1080	131	65	6	3	13	7	41	21
Buffalo Chicken Mac	1110	660	370	230	41	26	18	10	1	0	120	85	3110	1980	130	70	6	3	11	6	54	36
BBQ Pork Mac	1210	690	430	240	47	27	22	13	1	0.5	130	80	2270	1380	129	65	5	3	18	9	64	43
Pesto Cavatappi with parmesan v	750	380	290	140	32	16	10	5	0	0	45	20	870	440	93	47	6	3	8	4	23	12
Pesto Cavatappi with feta v	750	380	290	140	32	16	10	5	0	0	45	20	870	440	93	47	6	3	8	4	23	12
Pad Thai	1240	620	630	320	70	35	12	6	0	0	340	170	1290	650	129	65	4	2	30	15	19	10
Spaghetti & Meatballs	980	670	430	350	48	39	17	15	2.5	2	105	100	1570	1170	101	53	4	2	16	8	35	26
Spaghetti v	620	310	150	80	17	9	4.5	2	1	0.5	15	5	810	400	97	49	3	2	16	8	19	10
Thai Green Curry v	770	390	210	100	23	11	14	7	0	0	0	0	1530	760	129	65	6	3	30	15	10	5
Thai Green Curry with Shrimp	820	440	210	100	23	12	14	7	0	0	105	105	2140	1370	130	66	6	3	30	15	21	16
Steak Stroganoff w	1050	580	470	260	53	29	21	11	1	0.5	275	165	1110	690	109	55	5	3	11	5	42	29
Mushroom Stroganoff v w	810	470	330	210	36	24	12	10	0.5	0.5	200	115	620	420	104	54	5	3	8	5	25	13
Spicy Chipotle Adobo v w	820	410	320	160	35	18	16	8	0.5	0	85	40	1960	1010	105	53	7	4	14	7	22	11
Spicy Chipotle Adobo with Pork w	990	580	380	220	42	24	19	11	0.5	0	120	75	2460	1510	105	53	7	4	14	7	44	33
Spicy Chipotle Adobo with Chicken w	940	530	340	180	38	20	17	9	0.5	0	140	95	2330	1380	105	53	7	4	14	7	44	34
Spicy Korean Beef Noodles a	930	520	220	130	24	15	4	3	0	0	50	50	3590	1930	140	71	5	3	46	23	35	25
Buttered Noodles v	760	390	310	160	35	17	15	8	1	0	220	110	600	300	98	50	4	2	6	3	22	11
Alfredo MontAmore®	1420	810	770	430	86	48	41	22	2.5	1	230	140	2100	1470	112	61	7	4	13	7	47	32
Pasta Fresca with parmesan v w	880	440	340	170	38	19	8	4	0	0	15	5	1840	920	114	57	5	2	8	4	20	10
Pasta Fresca with feta v w	880	440	340	170	38	19	8	4	0	0	15	5	1840	920	114	57	5	2	8	4	20	10

ALLERGENS							
Pea-nuts	Tree Nuts	Soy	Milk	Eggs	Fish	Shell-fish	Wheat & Gluten
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<b>SOUPS &amp; SALADS</b>																						
Thai Chicken	370	250	200	130	22	15	16	11	0	0	25	20	1660	1110	31	20	0	0	12	8	12	8
Tomato Basil Bisque v w	430	290	250	170	28	19	14	10	1	0.5	70	45	1450	960	37	25	3	2	31	21	8	5
Chicken Noodle Soup w	340	180	80	45	9	5	2	1	0	0	100	50	2190	1410	40	21	1	1	9	5	26	14
Grilled Chicken Caesar w	390	240	220	120	24	13	5	3	0	0	75	55	990	630	18	9	2	1	4	2	25	21
Caesar Salad w	300	150	200	100	22	11	5	2.5	0	0	30	15	720	360	18	9	2	1	4	2	8	4
Chicken Veracruz Salad	630	360	440	230	49	26	8	4.5	0	0	75	60	1170	770	30	16	6	3	7	4	26	21
The Med Salad with Chicken	370	230	130	80	15	8	5	2.5	0	0	60	50	1430	850	33	16	3	2	7	3	27	22
The Med Salad v	280	140	120	60	13	6	4.5	2	0	0	20	10	1150	580	33	16	3	2	7	3	10	5

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<b>MEAT or TOFU</b>																						
Naturally Raised Pork	160	60	7	3	0	0	0	0	0	0	35	20	500	0	0	0	0	0	0	0	22	
Parmesan-Crusted Chicken Breast	200	90	10	2.5	0	0	0	0	0	0	45	850	10	1	0	0	0	0	0	0	17	
Grilled Chicken Breast	90	20	2	0	0	0	0	0	0	0	40	280	0	0	0	0	0	0	0	0	17	
Marinated Steak	120	50	5	2	0	0	0	0	0	0	50	270	1	0	0	0	0	0	0	0	16	
Sautéed Shrimp	70	20	2	0	0	0	0	0	0	0	105	750	1	0	0	0	0	0	0	0	11	
Oven Roasted Meatballs	360	280	31	13	1.5	0	0	0	0	0	95	770	4	0	1	16					16	
Seasoned Tofu v	160	90	10	1.5	0	0	0	0	0	0	0	360	6	1	2	9					9	

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<b>EXTRAS &amp; DESSERTS*</b>																						
Potstickers (6 or 3) w/dipping sauce	380	220	90	45	10	5	1.5	0.5	0	0	35	20	1840	1460	54	34	2	1	14	13	16	8
Korean BBQ Meatballs a	880	440	610	300	68	34	27	14	3	1.5	185	95	2670	1330	31	15	1	1	22	11	34	17
Cheesy Garlic Bread (6 or 3) v w/marina	570	290	250	120	28	14	16	8	1.5	0.5	65	35	1550	780	64	32	2	1	8	4	16	8
Side Wisconsin Mac & Cheese v	270	100	12	6	0	0	0	0	0	0	30	550	31	1	3	12						
Tossed Green Side Salad w/Balsamic v	60	50	6	0.5	0	0	0	0	0	0	0	120	3	1	2	1						
Tossed Green Side Salad w/Med v	30	15	1.5	1	0	0	0	0	0	0	5	220	3	1	2	1						
Tossed Green Side Salad w/Jalapeño Ranch v	110	100	11	1.5	0	0	0	0	0	0	10	270	3	1	2	1						
Tossed Green Side Salad w/Caesar w	90	70	8	1	0	0	0	0	0	0	10	160	2	1	1	1						
Side Caesar Salad w	80	50	6	1	0	0	0	0	0	0	10	180	5	1	1	2						
Side Thai Chicken Soup	120	70	7	5	0	0	0	0	0	0	10	550	10	0	4	4						
Side Tomato Basil Bisque v w	140	80	9	5	0	0	0	0	0	0	25	480	12	1	10	3						

Below are the nutritional values

# FOR OUR KIDS MEALS



## KIDS ENTRÉES

	Calories	Calories from Fat	Fat-Total g	Saturated Fat g	Trans Fatty Acids g	Cholesterol mg	Sodium mg	Total Carbohydrates g	Dietary Fiber g	Sugars g	Protein g
Spaghetti & Meatballs	460	190	21	7	1	45	710	50	2	8	16
Buttered Noodles	380	160	17	8	0	110	300	49	2	3	11
Wisconsin Mac & Cheese	490	170	19	10	0.5	50	780	59	2	5	21
Grilled Chicken Breast with Dipping Marinara*	110	25	3	0	0	40	370	3	0	2	17

ALLERGENS							
Pea-nuts	Tree Nuts	Soy	Milk	Eggs	Fish	Shell-fish	Wheat & Gluten
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## KIDS SIDES

	Calories	Calories from Fat	Fat-Total g	Saturated Fat g	Trans Fatty Acids g	Cholesterol mg	Sodium mg	Total Carbohydrates g	Dietary Fiber g	Sugars g	Protein g
Broccoli*	15	0	0	0	0	0	15	3	1	1	2
Applesauce*	60	0	0	0	0	0	0	15	1	12	0
Rice Crispy	130	45	5	3	0	10	115	22	0	10	1
Pineapple*	45	0	0	0	0	0	10	11	1	9	1

ALLERGENS							
Pea-nuts	Tree Nuts	Soy	Milk	Eggs	Fish	Shell-fish	Wheat & Gluten
			•				•



\* THESE ITEMS PLUS ORGANIC LOWFAT MILK MEETS THE KIDS LIVEWELL NUTRITION CRITERIA. THE KIDS LIVEWELL LOGO IS A REGISTERED SERVICE MARK OF THE NATIONAL RESTAURANT ASSOCIATION.

### Of interest

- All of our menu items contain fully refined soy oil, which, according to the FDA, is not an allergen.
- We have peanuts, tree nuts, soy, milk, eggs, fish, shellfish and wheat/gluten in our restaurant, and there may be cross contact with your food because of shared cooking equipment. In addition, because we offer so many unique flavors, not every ingredient we use is listed in our menu descriptions.



<b>Applesauce</b> <i>Gluten-Free</i>	Apple, Apple Juice Concentrate.
<b>Asian Seasoning</b>	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, and Extractives of Black Pepper.
<b>Avocado</b>	Avocado, Soybean Oil.
<b>Bacon</b> <i>Naturally Raised</i>	ABF Braised Pork, Water, Salt, Turbinado sugar, Celery Powder.
<b>Baguette</b> <i>(Varies by Market)*</i>	Flour (Wheat, Malted Barley), Water, Yeast, Potato Flour, Sugar, Palm Oil, Salt, Contains less than 2% of the following: Cultured Wheat, Vinegar, Wheat Gluten, Ascorbic Acid, Soybean oil, Corn Starch, Enzymes.  -OR-  Enriched Flour (Wheat Barley, Niacin, Reduced Iron, Thiamine Monitrate, Riboflavin, Folic Acid), Water, Sourdough [Water, Fermented Wheat Flour, Fermented Rye Flour], Salt, Contains less than 2% of each of the following: Yeast, Malt, Dextrose, Ascorbic Acid, Enzymes.
<b>Balsamic Vinaigrette</b> <i>Gluten-Free</i>	Soybean Oil, Balsamic Vinegar, Water, Sugar, Contains Less Than 2% of Salt, Garlic, Caramel Color, Xanthan Gum, Spice, Paprika, Natural Flavor.
<b>Basil Pesto Sauce</b> <i>Gluten-Free</i>	Basil, Canola Oil, Water, Parmesan Cheese (Pasteurized Part-Skim Cows' Milk, Cheese Culture, Salt, Enzymes) Salt, Granulated Garlic, Spices.
<b>BBQ Sauce</b> <i>Gluten-Free</i>	Vinegar, Sugar, Tomato Paste, Water, Molasses, Modified Food Starch, Salt, Contains Less Than 2% Of: Natural Smoke Flavor, Spice (Including Mustard Seed), Paprika, Onion, Garlic, Caramel Color, Maltodextrin, Yeast Extract, Natural Flavor.
<b>Black Sesame Seeds</b>	Black Sesame Seeds.
<b>Breadcrumbs</b>	Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Canola And/or Sunflower Oil, 2% Or Less Of Salt, Dehydrated Garlic, Yeast, Sugar, Natural Flavor (With Milk, Smoke Flavor), Extractive Of Annatto (Color), Butter Oil, Extractive Of Paprika (Color), Ascorbic Acid, Rosemary Extractives (To Preserve Freshness).
<b>Buffalo Sauce</b>	Distilled Vinegar, Aged Cayenne Red Peppers, Salt, Water, Canola Oil, Paprika, Xanthan Gum, Natural Butter Type Flavor And Garlic Powder.
<b>Butter</b>	Cream (Milk), Salt.
<b>Caesar Dressing</b> <i>Gluten-Free</i>	Soybean Oil, Water, Parmesan Cheese (Cultured Milk, Salt, Enzymes), Distilled Vinegar, Anchovy Paste (Fish), Egg Yolk, Red Wine Vinegar, Contains Less Than 2% Of Garlic, Lemon Juice Concentrate, Sugar, Spices (Including Mustard Seed), Salt, Molasses, Corn Syrup, White Wine, Caramel Color, Citric Acid, Tartaric Acid, Tamarind, Natural Flavor.
<b>Cavatappi Noodle</b>	Durum Wheat Flour (Enriched With Iron (Ferrous Sulfate) And B Vitamins (Niacin, Thiamin Monitrate, Riboflavin, Folic Acid), Water, Soybean Oil.
<b>Cheddar Jack Cheese</b> <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 Percent Or Less Of Potato Starch And Powdered Cellulose Added To Prevent Caking, Natamycin (A Natural Mold Inhibitor).
<b>Cheese Sauce</b> <i>Gluten-Free</i> <i>(Varies By Market)*</i>	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.  -OR-  Pasteurized Process Cheese Spread (Milk, Water, Skim Milk, Cream, Sodium Phosphate, Contains 2% or Less of Cheese Culture, Color Added, Enzymes, Lactic Acid, Salt), Milk (Milk, Vitamin D), Water, Cheddar Cheese (Pasteurized Milk, Cheese Cultures, Salt, Enzymes, Powdered Cellulose [to prevent caking]), Modified Food Starch, Dried Cream Extract (Maltodextrin, Natural Cream Flavor), Unsalted Butter (Pasteurized rBST- Free Cream, Natural Flavorings [Lactic Acid, Starter Distillate]) and Salt.

<b>Chicken Broth</b> <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, and Turmeric.
<b>Chili Lime Chicken</b>	MARINATED CHICKEN BREAST (Boneless Skinless Chicken Breast Filets with Rib Meat Contains: Up to 12% of a Solution of Water, Soybean Oil, Salt, Sodium Phosphates, Garlic Powder and Black Pepper), CHILE LIME SEASONING (Chili Powder [Chili Pepper, Spices, Salt, Garlic, Silicon Dioxide], Lime Juice Powder [Corn Syrup, Lime Juice With Lime Oil], Sugar [Corn Starch], Spices [Cumin, Coriander, Red Pepper], Salt, Dehydrated Garlic, Citric Acid, Chili Pepper, Dehydrated Onion, and Key Lime Oil).
<b>Chocolate Chunk Cookie</b> <i>(Varies by Market)*</i>	Enriched Bleached Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Margarine (Palm Oil, Water, Soybean Oil, Salt, Mono- And Diglycerides, Colored With Annatto, Calcium Disodium Edta Preservative, Artificial Flavor, Vitamin A Palmitate), Brown Sugar (Sugar, Invert Sugar, Molasses), Semisweet Chocolate (Sugar, Unsweetened Chocolate [Processed With Alkali], Cocoa Butter, Anhydrous Dextrose, Soy Lecithin, Vanilla Flavor), Whole Grain Oats, Eggs, Sugar, Invert Sugar, Pudding (Modified Food Starch, Sugar, Salt, Natural Flavor, Monoglycerides, Whey, Citric Acid Preservative, Caramel Color), Baking Soda, Natural Flavor.
	-OR- Bleached Flour (wheat flour, malted barley flour, enriched with niacin, reduced iron, thiamine mononitrate, riboflavin, and folic acid), Margarine (palm oil, soybean oil, water, salt, natural flavor [contains milk], colored with beta carotene, vitamin A palmitate added), Brown Sugar (sugar, invert sugar, molasses), Semi-Sweet Chocolate (sugar, chocolate liquor, cocoa butter, soy lecithin [emulsifier]), Oats, Whole Egg, Sugar, Invert Syrup, Vanilla Pudding (sugar, nonfat milk, food starch-modified, contains 2% or less of: artificial flavor, cornstarch, disodium phosphate, monocalcium phosphate, potassium sorbate [preservative], salt, tetrasodium pyrophosphate, titanium dioxide [color], wheat starch, Yellow #5 [color], Yellow #6 [color]), Dextrose, Fructose, Baking Soda, and Salt. Processed in a facility with wheat, eggs, dairy, soy, nuts and peanuts.
<b>Crispy Jalapeños</b>	Jalapeño Peppers, Enriched Flour (Wheat flour, Niacin, Reduced Iron, Thiamine Monitrate, Riboflavin, Folic Acid), Sunflower and/or Canola Oil, Salt.
<b>Egg Noodle</b>	Durum Wheat Flour ((Enriched With Iron (Ferrous Sulfate) And B Vitamins (Niacin, Thiamin Monitrate, Riboflavin, Folic Acid), Eggs), Water, Soybean Oil.
<b>Elbow Noodle</b>	Durum Wheat Flour (Enriched With Iron (Ferrous Sulfate) And B Vitamins (Niacin, Thiamin Monitrate, Riboflavin, Folic Acid), Water, Soybean Oil.
<b>Feta Cheese</b> <i>Made with Hormone-Free Milk</i>	Pasteurized Part-Skim Milk, Cheese Cultures, Salt, Enzymes.
<b>Croutons, Focaccia</b>	Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Canola And/Or Sunflower Oil, 2% Or Less Of Salt, Dehydrated Garlic, Yeast, Sugar, Natural Flavor (With Milk, Smoke Flavor), Extractive Of Annatto (Color), Butter Oil, Extractive Of Paprika (Color), Ascorbic Acid, Rosemary Extractives (To Preserve Freshness).
<b>Four Cheese Alfredo Sauce</b>	Whipping Cream (Cream, Grade A Milk Powder, and Carrageenan), Cheese Blend (Parmesan, Asiago and Romano Cheese [Pasteurized Milk, Cheese Cultures, Salt, Enzymes], Powdered Cellulose {added to prevent caking}), Salt), Unsalted Butter (Cream, Natural Flavorings), Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Salt, Onion, Gorgonzola Cheese (Pasteurized Milk, Cheese Cultures, Salt, Enzymes, Penicillium Roquefortii and Cellulose [Anti-Caking Agent), Garlic and Black Pepper.
<b>Fresca Sauce</b> <i>Gluten-Free</i>	Soybean Oil, Balsamic Vinegar, Garlic, Lemon Juice (Water, Lemon Juice Concentrate and Lemon Oil), Extra Virgin Olive Oil, White Wine, Salt, Roasted Garlic, Natural Vegetable Base (Vegetables and Concentrated Vegetables [Carrots, Celery, Onion, Tomato], Yeast Extract, Salt, Sugar, Maltodextrin [from corn], Natural Flavor, Canola Oil, Dried Onion, Dried Potatoes, Dried Garlic), Sriracha (Chile, Distilled Vinegar, Water, Sugar, Salt, Garlic, Natural Flavor, Maltodextrin, Xanthan Gum and Citric Acid), Onion, Black Pepper, Torula Yeast, Oregano, Saladizer (Guar Gum, Xanthan Gum, Propylene Glycol Alginate), Garlic Powder, Basil, Onion Powder and Mustard Flour.
<b>Fusilli Noodle</b> <i>Gluten-Free</i>	Gluten Free Fusilli (Rice Flour, Corn Flour, Mono And Diglycerides Of Fatty Acids), Water, Soybean Oil.
<b>Granulated Peanuts</b>	Dry Roasted Granulated Peanuts.
<b>Grilled Chicken Breast</b>	Boneless Skinless Chicken Breast Filets with Rib Meat Contains: Up to 12% of a Solution of Water, Soybean Oil, Salt, Sodium Phosphates, Garlic Powder and Black Pepper.
<b>Italian Seasoning</b>	Salt, Spices (Black Pepper, Parsley, Basil, Rosemary, Savory, Oregano, Thyme), Dehydrated Garlic, and Lavender.



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**Jalapeño Ranch**

*Gluten-Free*

Soybean Oil, Cultured Buttermilk, Vinegar, Water, Jalapeno Pepper, Egg Yolk, Salt, Cider Vinegar, Contains less than 2% of Modified Food Starch, Natural Flavor, Spice, Buttermilk Solids, Sugar, Xanthan Gum, Onion Powder, Garlic Powder, Paprika, Lactic Acid, Yeast Extract, Mustard Flour, Maltodextrin, Autolyzed Yeast Extract, Dried Dill, Whey, Milk, Lactose.

**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 and Lemon Oil), Sesame Oil, Sriracha (Chile, Distilled Vinegar, Water, Sugar, Salt, Garlic, Natural Flavor, Maltodextrin, Xanthan Gum and 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 and Citric Acid as a Preservative.

**Kalamata Olives**

Olives, Water, Salt, Vinegar, Spices (Thyme, Rosemary, Bay Leaf), Olive Oil.

**Korean BBQ Sauce**

Water, Sugar, Distilled Vinegar, Brown Sugar, Rice Vinegar, Wheat, Soybeans, 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, Salt, Chili Garlic Sauce [Salted Chili Peppers (Chili Peppers, Salt), Garlic, Sugar, Rice Vinegar, Water, Modified Cornstarch, Acetic Acid], Contains less than 2% of: Modified Food Starch, Spices, Garlic, Xanthan Gum, Propylene Glycol Alginate, Caramel Color, Onion, Dextrose.

**Light Cream**

*Made with Hormone-Free Milk*

Milk, Cream, Sodium Citrate, Sodium Phosphate.

**Marinara Sauce**

*Gluten-Free*

*(Varies By Market)\**

Tomatoes (Tomatoes, Tomato Puree, Calcium Chloride, Citric Acid), Diced Tomatoes In Juice (Tomatoes, Calcium Chloride, Citric Acid), Diced Tomatoes (Tomatoes, Tomato Juice, Calcium Chloride, And Naturally Derived Citric Acid), Water, Tomato Paste (Tomatoes), Onion, Seasoning (Sugar, Modified Corn Starch, Salt, And Spices), Soybean Oil, Garlic In Water (Garlic, Water), Basil And Extra Virgin Olive Oil.

-OR-

Tomatoes (Tomatoes, Tomato Puree, Calcium Chloride and Citric Acid), Diced Tomatoes (Tomatoes, Tomato Juice, Citric Acid, Calcium Chloride), Onions, Water, Tomato Paste (Tomatoes), Seasoning (Sugar, Modified Corn Starch, Salt, Spices), Canola and Extra Virgin Olive Oil, Garlic (Garlic, Water), and Spice.

**Marinated Steak**

Beef, Water, Salt, Rice Starch, Spice, Sodium Phosphates, Seasoning (Dextrose, Bromelain (Natural Enzyme), Soybean Oil (As A Processing Aid), Garlic Powder.

**Med Dressing**

*Gluten-Free*

Sour Cream (Cultured Milk, Cream, Whey, Modified Corn Starch, Sodium Phosphate, Guar Gum, Carrageenan, Calcium Sulfate, Locust Bean Gum), Yogurt (Cultured Pasteurized Grade A Whole Milk, Modified Food Starch, Pectin, Carrageenan, Contains Live Active Cultures [L.Bulgaricus, S.Thermophilus]), Lemon Juice (Water, Lemon Juice Concentrate, and Lemon Oil), Salt, Sriracha (Chile, Distilled Vinegar, Water, Sugar, Salt, Garlic, Natural Flavor, Maltodextrin, Xanthan Gum and Citric Acid)), Garlic, and Soybean Oil.

**Montamore Cheese**

*Made with Hormone-Free Milk*

Montamoré Cheese (Pasteurized Milk, Cheese Cultures, Salt, Enzymes, Powdered Cellulose (To Prevent Caking).

**Oven Roasted Meatballs**

ABF Beef, ABF 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, And Dried Parsley], Water, Seasoning [Salt, Dried Garlic, Spices, Dried Onion, Brown Sugar, Yeast Extract, Caramel Color, Dried Parsley, Dried Tomato, Maltodextrin, And Natural Flavor], And Natural Flavor.

**Oyster Crackers**

Unbleached Wheat flour, Water, Canola Oil, Cane Sugar, Salt, Yeast, Baking Soda

**Pad Thai Sauce**

*Gluten-Free*

Brown Sugar, Soybean Oil, Organic Agave Nectar, Fish Sauce (Fresh Anchovy, Sea Salt), Fruit Concentrate (Tamarind, Water), Water, Lemon Juice (Water, Lemon Juice Concentrate, and Lemon Oil), Lime Juice (Water, Lime Juice Concentrate and Lime Oil), Sriracha (Red Peppers, Distilled Vinegar, Water, Sugar, Salt, Garlic, Contains 2% or less of the following: Natural Flavor, Maltodextrin, Xanthan Gum, and Citric Acid),Garlic, Salt and Modified Food Starch.

**Parmesan Cheese**

*Made with Hormone-Free Milk*

High Moisture Parmesan Cheese (Pasteurized Milk, Cheese Cultures, Salt, Enzymes), Powdered Cellulose (To Prevent Caking).

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<b>Parmesan Chicken</b>	Boneless, Skinless Parmesan Breaded Chicken Breast Fillets With Rib Meat Containing: Up To 10% Of A Solution Of Water, Salt, Soy Protein Concentrate, Sodium Phosphates, Garlic Powder, Spice, Seasoning [Salt, Garlic Powder, Spice,, Natural Flavor, Dehydrated Cheddar Cheese (Cultured Pasteurized Milk, Salt, Enzymes), Maltodextrin, Yeast Extract, Soy Lecithin].
	Breaded With: Bleached Wheat Flour, Dehydrated Parmesan, Cheddar, And Blue Cheese (Pasteurized Cultured Milk, Salt, Enzymes), Water, Modified Wheat Starch, Salt, Yeast Extract, Yellow Corn Flour, Garlic Powder, Natural Flavor, Sugar, Nonfat Milk, Spices, Maltodextrin, Yeast, Leavening (Sodium Bicarbonate, Sodium Acid Pyrophosphate), Parsley, Soy Lecithin. Breeding set in vegetable oil.
<b>Penne Rigate Noodle</b>	Durum Wheat Flour (Enriched With Iron (Ferrous Sulfate) And B Vitamins (Niacin, Thiamin Monitrate, Riboflavin, Folic Acid), Water, Soybean Oil
<b>Penne Rosa Sauce</b>	Tomatoes (Tomatoes, Tomato Puree, Calcium Chloride, Citric Acid), Diced Tomatoes In Juice (Tomatoes, Calcium Chloride, Citric Acid), Diced Tomatoes (Tomatoes, Tomato Juice, Calcium Chloride And Naturally Derived Citric Acid), Onion, Seasoning (Salt, Sugar, Modified Corn Starch And <i>Spices</i> ), Water, Tomato Paste (Tomatoes), Soybean Oil, Garlic In Water (Garlic, Water), Basil And Extra Virgin Olive Oil.
<i>Gluten- Free (Varies By Market)*</i>	OR
	Tomatoes (Tomatoes, Tomato Puree, Calcium Chloride, Citric Acid), Diced Tomatoes (Tomatoes, Tomato Juice, Citric Acid, Calcium Chloride), Seasoning (Salt, <i>Sugar</i> , Modified Corn Starch, Crushed Red Pepper, <i>Spice</i> ), Onions, Water, Tomato Paste (Tomatoes), Canola Oil And Extra Virgin Olive Oil Blend, Garlic (Garlic, Water), <i>Spice</i> .
<b>Pork</b>	ABF Braised Pork, Lard, Salt, Pepper, Oregano, Thyme
<i>Naturally Raised (Varies By Market)*</i>	OR
	ABF Braised Pork, Salt, Spices, And Less Than 2% Olive Oil Added As A Processing Aid
<b>Potstickers</b>	Chicken, Enriched Bleached Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Bok Choy, Cabbage, Mushroom (Mushroom, Water, Salt, Ascorbic Acid/Citric Acid), Carrot, Onion, Sesame Seed Oil, Contains less than 2% of: Ginger, Cilantro, Garlic, Spice, Chili Sauce (Red Chili Peppers, Red Jalapeno Peppers, Distilled Vinegar, Sugar, Garlic, Salt, Xanthan Gum, Paprika Extract), Soy Sauce (Water, Wheat, Soybeans, Salt), Rice Flour, Modified Food Starch, Salt, Vegetable Oil (Soybean and/or Canola)
<b>Potsticker Sauce</b>	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 and Citric Acid), Ginger Juice, Garlic, Natural Vegetable Base (Vegetables and Concentrated Vegetables [Carrots, 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, and Citric Acid as a Preservative.
<b>Ramen Noodle</b>	Enriched Unbleached Wheat Flour (Wheat Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin and Folic Acid), Water, Modified Food Starch, Soybean Oil, Egg White Powder, Salt, Sodium Carbonate, Potassium Carbonate.
<b>Rice Crispy</b>	MINI MARSHMALLOWS (Corn Syrup, Sugar, Modified Corn Starch, Water, Gelatin. Contains 2% or less of each of the following: Natural and Artificial Flavor, Tetrasodium Pyrophosphate), CRISP RICE CEREAL (Rice, Sugar, Salt, Malt Extract, Preservative [Tocopherols]. 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]), SALTED BUTTER (Cream [Milk], Salt), SOYBEAN OIL (Soybean Oil).
<b>Rice Noodle</b>	Rice Flour, Water, Soybean Oil
<i>Gluten-Free</i>	
<b>Rigatoni Noodle</b>	Semolina [wheat], Niacin, Iron [Ferrous Sulfate], Thiamin Mononitrate, Riboflavin, and Folic Acid), Water, Soybean Oil.
<i>(in select markets only)</i>	
<b>Rigatoni Rosa Sauce</b>	Diced Tomatoes [Italian Chopped Tomatoes, Tomato Puree], Onion, Seasoning [Salt, Sugar, Modified Corn Starch, and Spices], Water, Tomato Paste [Tomatoes], Soybean Oil, Garlic, Basil and Extra Virgin Olive Oil
<i>(in select markets only)</i>	
<b>Roasted Mushrooms</b>	White Mushrooms, Soybean Oil, Garlic, Salt, Black Pepper
<b>Roasted Tomatoes</b>	Roasted Tomatoes, Canola oil, White Balsamic Vinegar, Garlic, Sea Salt, Oregano.
<i>(in select markets only)</i>	
<b>Sautéed Shrimp</b>	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).

<b>Shiitake Mushrooms</b>	Water, Shiitake Mushrooms
<b>Smolder From Boulder</b>	Spices, Capsicum Oleoresin
<b>Snoodledoodle Cookie</b> <i>(Varies by Market)*</i>	<p>Enriched Bleached Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Sugar, Margarine (Palm Oil, Water, Soybean Oil, Salt, Mono-And Diglycerides, Colored With Annatto, Calcium Disodium Edta Preservative, Artificial Flavor, Vitamin A Palmitate), Candy (Sugar, Dairy Butter, Almonds Roasted In Cocoa Butter And/Or Sunflower Oil, Contains 2% Or Less Of Milk Chocolate [Sugar, Cocoa Butter, Chocolate, Nonfat Milk, Milkfat, Lactose, Soy Lecithin, Salt, Artificial Flavor], Milk, Salt), Eggs, Invert Sugar, Pudding (Modified Food Starch, Sugar, Salt, Natural Flavor, Monoglycerides, Whey, Citric Acid Preservative, Caramel Color), Baking Soda, Cinnamon, Natural Flavor.</p> <p>-OR-</p> <p>Unbleached Wheat Flour (wheat flour, malted barley flour, enriched with niacin, reduced iron, thiamine mononitrate, riboflavin, and 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, butter [milk], almonds, sweetened condensed milk [milk, sugar], contains 2% or less of: milk chocolate [sugar, cocoa butter, chocolate, nonfat milk, milk fat, lactose (milk), salt, soy lecithin (emulsifier), natural flavor], salt, sunflower oil), Whole Egg, Invert Syrup, Cinnamon Sugar (sugar, cinnamon, cornstarch), Vanilla Pudding (sugar, nonfat milk, food starch-modified, contains 2% or less of: artificial flavor, cornstarch, disodium phosphate, monocalcium phosphate, potassium sorbate [preservative], salt, tetrasodium pyrophosphate, titanium dioxide [color], wheat starch, Yellow #5 [color], Yellow #6 [color]), Baking Soda, and Natural Flavor. Processed in a facility with wheat, eggs, dairy, soy, nuts and peanuts.</p>
<b>Sour Cream</b>	Cultured Cream
<b>Soybean Oil</b>	Refined Soybean Oil (no soy allergen)
<b>Soy Sauce</b>	Water, Soybeans, Wheat, Salt, Sugar
<b>Spaghetti Noodle</b>	Durum Wheat Flour (Enriched With Iron (Ferrous Sulfate) And B Vitamins (Niacin, Thiamin Monitrate, Riboflavin, Folic Acid), Water, Soybean Oil
<b>Sriracha</b> <i>Gluten-Free</i>	Chili, Garlic, Sugar, Salt, Vinegar
<b>Stroganoff Sauce</b> <i>Gluten-Free</i>	Sour Cream (Cultured Milk, Cream, Whey, Modified Corn Starch, Sodium Phosphate, Guar Gum, Carrageenan, Calcium Sulfate, Locust Bean Gum), Whipping Cream (Cream, Grade A Milk Powder, Carrageenan), Onion, Sherry, Cream Replacer (Milk, Cream, Soy-Lecithin, Guar Gum, Xanthan Gum, Carrageenan), Garlic, Pickapeppa Sauce (Cane Vinegar, Sugar, Tomatoes, Onions, Raisins, Sea Salt, Ginger, Peppers, Garlic, Cloves, Black Pepper, Thyme, Mangoes, Orange Peel), Mushroom Base (Sautéed Mushrooms [Mushrooms, Water, Salt], Salt, Maltodextrin, Palm Oil, Hydrolyzed Corn Gluten and Soy Protein, Sugar, Less than 2% of Onion Powder, Corn Oil, Mushroom Juice Concentrate, Natural Flavors), Salt, Soybean Oil, Italian Herb (Spices), and Black Pepper.
<b>Thai Chicken Soup</b> <i>Gluten Free</i>	Water, Coconut Cream (Coconut Extract, Water, Xanthan Gum, Carrageenan and Guar), Thai Style Base (Brown Sugar, Fish Sauce [Anchovy Extract, Salt Water], Yellow Curry Paste [Lemongrass, Garlic, Shallot, Salt, Galangal, Dried Red Chili, Coriander Seed, Kaffir Lime Peel, Cumin, Cinnamon, Mace, Turmeric, Cardamom], Modified Corn Starch, Ginger Puree [Ginger, Citric Acid], Butter [Sweet Cream, Natural Flavor {Lactic Acid, Starter Distillate}], Spice, Cilantro, Garlic, Green Onions, Soybean Oil, Lemongrass Puree [Lemongrass and Water], Sea Salt, Lime Juice, Yeast Extract, Soy Lecithin, Lemon Juice Concentrate, Xanthan Gum, Chili Peppers, Annatto (Color), Turmeric), Milk, Chicken (White Chicken Meat, Water, Modified Food Starch, Salt, Sodium Phosphate), Onions, Cabbage, Red Bell Peppers, Carrots, Mushrooms.
<b>Thai Green Curry Sauce</b>	Coconut Milk (Coconut Extract, Water, Citric Acid), Water, Sugar, Spice Blend (Chili Pepper, Salt, Dehydrated Garlic, Spices, Lemongrass, Maltodextrin, Yeast Extract, Turmeric [Color], and Natural Flavoring), Ginger, Tamarind Concentrate (Tamarind, Water), Modified Food Starch, Salt, Lemongrass, Seasoned Rice Vinegar (Rice Vinegar, Water, Sugar, Salt), Thai Basil and Seasoning Blend (Salt, Yeast Extract, Dehydrated Vegetables [Mushroom, Garlic, Onion, Tomato], Maltodextrin, and Spice)



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**Tofu, Seasoned**

ORGANIC TOFU (Water, Organic Soybean [Non-GMO], Calcium Sulfate, Calcium Chloride), Water, 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 and Lemon Oil], Sesame Oil, Sriracha [Chile, Distilled Vinegar, Water, Sugar, Salt, Garlic, Natural Flavor, Maltodextrin, Xanthan Gum and 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 and Citric Acid as a 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, and Extractives of Black Pepper), VEGETABLE BROTH (Salt, Sugar [Beet], Maltodextrin, Natural Flavors, Onion, Caramel Color, Garlic).

**Tomato Adobo Sauce**

Fire Roasted Diced Tomatoes In Juice (Tomatoes, Tomato Juice, Salt, Calcium Chloride and Citric Acid), Chopped Tomatoes (Tomatoes, Salt, Calcium Chloride and Naturally Derived Citric Acid), Water, Red Bell Peppers, Soybean Oil, Onion, Modified Food Starch, Salt, Jalapeño Peppers, Jalapeño, Natural Vegetable Base (Vegetables and Concentrated Vegetables [Carrots, Celery, Onion, Tomato], Yeast Extract, Salt, Organic Cane Sugar, Maltodextrin [From Corn], Natural Flavor, Canola Oil, Barley Malt Extract [Gluten], Dried Onion, Dried Potato, Dried Garlic), Cumin, Morita Chile, Black Pepper, Spanish Paprika, Coriander, White Wine Vinegar, Cinnamon, Ground Cloves and Garlic Powder

**Tomato Basil Bisque**

*Gluten-free*

Water, Heavy Whipping Cream (Cream, Milk Powder, Carrageenan), Tomato Paste (Tomatoes), Crushed Tomatoes (Tomatoes, Tomato Puree, Citric Acid), Onion, Diced Tomatoes (Tomatoes, Tomato Juice, Calcium Chloride, and Naturally Derived Citric Acid), Natural Vegetable Base (Vegetables and Concentrated Vegetables [Carrots, Celery, Onion, Tomato], Yeast Extract, Salt, Sugar, Maltodextrin [from corn], Natural Flavor, Canola Oil, Dried Onion, Dried Potato, Dried Garlic), Sugar, Soybean Oil, Garlic, Seasoning (Salt, Spices, Dehydrated Garlic, Lavender), Sherry Wine, Crushed Basil, Extra Virgin Olive Oil, Salt, Basil, Annatto Extract (Propylene Glycol, Water, Polysorbate 80, Annatto [color] Potassium Hydroxide) and Parsley.

**Truffle Cheese 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), TRUFFLE ZEST (Natural Flavor, Carob Powder, Salt, Black Summer Truffle [Tuber Aestivum Vitt.]).

-OR-

CHEESE SAUCE (Pasteurized Process Cheese Spread [Milk, Water, Skim Milk, Cream, Sodium Phosphate, Contains 2% or Less of Cheese Culture, Color Added, Enzymes, Lactic Acid, Salt], Milk [Milk, Vitamin D], Water, Cheddar Cheese [Pasteurized Milk, Cheese Cultures, Salt, Enzymes, Powdered Cellulose {to prevent caking}], Modified Food Starch, Dried Cream Extract [Maltodextrin, Natural Cream Flavor], Unsalted Butter [Pasteurized rBST- Free Cream, Natural Flavorings {Lactic Acid, Starter Distillate}] and Salt), TRUFFLE ZEST (Natural Flavor, Carob Powder, Salt, Black Summer Truffle [Tuber Aestivum Vitt.]).

**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 and Lactic Acid.

OR

Enriched Unbleached Wheat Flour (Wheat Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin And Folic Acid), Water, Salt, Wheat Gluten, Citric Acid And Soybean Oil

**Vegetable Broth**

Salt, Sugar, Maltodextrin, Natural Flavors, Onion, Caramel Color, Garlic.

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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](mailto:guestrelations@noodles.com)

**NOODLES & COMPANY**

World Kitchen

# Dish Reference Chart

<b>Penne Rosa</b>	<p>Penne Rigate Noodle            Penne Rosa Sauce            Light Cream            Roma Tomatoes            Vegetable Broth            White Mushrooms            Parmesan or Feta Cheese            Spinach            Soybean Oil</p>	<b>Pad Thai</b>	<p>Rice Noodle            Pad Thai Sauce            Cage-Free Scrambled Eggs            Mung Bean Sprouts            Napa/Red Cabbage Blend            Lime            Granulated Peanuts            Soybean Oil            Green Onions            Cilantro</p>
<b>Japanese Pan Noodles</b>	<p>Udon Noodle            Japanese Pan Sauce            Broccoli            Carrots            Mung Bean Sprouts            Shiitake Mushrooms            Soybean Oil            Cilantro            Black Sesame Seeds</p>	<b>Spaghetti &amp; Meatballs</b>	<p>Spaghetti Noodle            Marinara Sauce            Oven Roasted Meatballs            Parmesan Cheese</p>
<b>Wisconsin Mac &amp; Cheese</b>	<p>Elbow Noodle            Cheese Sauce            Cheddar Jack</p>	<b>Spaghetti</b>	<p>Spaghetti Noodle            Marinara Sauce            Parmesan Cheese</p>
<b>Pesto Cavatappi</b>	<p>Cavatappi Noodle            Roma Tomatoes            Vegetable Broth            Basil Pesto Sauce            Light Cream            White Mushrooms            Parmesan Cheese            Soybean oil</p>	<b>Alfredo MontAmoré</b>	<p>Spaghetti Noodle            Four Cheese Alfredo Sauce            Parmesan Chicken            Roma Tomatoes            Roasted Mushrooms            MontAmoré Cheese Spinach            Black Pepper</p>
<b>Thai Green Curry</b>	<p>Rice Noodle            Thai Green Curry Sauce            Sautéed Shrimp            Broccoli            Vegetable Broth            Pineapple            Snap peas            Red Onions            Soybean Oil            Cilantro            Black Sesame Seeds</p>	<b>Pork Adobo</b>	<p>Cavatappi Noodle            Tomato Adobo Sauce            Braised Pork            Light Cream            Mushrooms            Vegetable Broth            Sour Cream            Red Onions            Lime            Soybean Oil            Cilantro</p>
<b>Buttered Noodles</b>	<p>Egg Noodle            Butter            Parmesan Cheese            Italian Seasoning</p>	<b>Thai Chicken Soup</b>	<p>Thai Chicken Soup            Served With: Oyster Crackers</p>
<b>Chicken Veracruz Salad</b>	<p>Chili Lime Chicken            Mixed Greens            Jalapeño Ranch            Roma Tomatoes            Shucked Corn            Diced Avocado            Red Onions            Bacon, naturally raised            Lime            Crispy Jalapeños            Soybean Oil            Cilantro</p>	<b>Tossed Green Salad</b>	<p>Mixed Greens            Dressing of Your Choice            (Balsamic Vinaigrette,            Caesar Dressing, Med            Dressing, Jalapeño Ranch)            Roma Tomatoes            Cucumbers</p>
		<b>Mushroom Stroganoff</b>	<p>Egg Noodle            Stroganoff Sauce            Roasted Mushroom            Parmesan Cheese</p>

<b>Steak Stroganoff</b>	Egg Noodle Stroganoff Sauce Marinated Steak Roasted Mushrooms Parmesan Cheese	<b>Spicy Korean Beef</b>	Ramen Noodles Korean BBQ Sauce Marinated Steak Napa/Red Cabbage Blend Cucumbers Mung Bean Sprouts Green Onions Spinach Soybean Oil Cilantro
<b>Chicken Adobo</b>	Cavatappi Noodle Tomato Adobo Sauce Grilled Chicken Breast Light Cream Mushrooms Vegetable Broth Sour Cream Red Onions Lime Soybean Oil Cilantro	<b>Korean Meatballs</b>	Oven Roasted Meatballs Korean BBQ Sauce Asian Seasoning
<b>Chicken Noodle Soup</b>	Chicken Broth w/ Vegetables Grilled Chicken Breast Egg Noodle Served With: Oyster Crackers	<b>Caesar Salad</b>	Romaine Caesar Dressing Focaccia Croutons Parmesan Cheese
<b>Tomato Basil Bisque</b>	Tomato Basil Bisque Served With: Oyster Crackers	<b>Cheesy Garlic Bread</b>	Baguette Marinara Sauce Parmesan Cheese Butter Italian Seasoning
<b>Grilled Chicken Caesar</b>	Romaine Grilled Chicken Breast Caesar Dressing Focaccia Croutons Parmesan Cheese	<b>Pasta Fresca</b>	Pasta Fresca
<b>The Med Salad with Chicken</b>	Mixed Greens Grilled Chicken Breast Cavatappi Noodle Roma Tomatoes Cucumbers Med Dressing Kalamata Olives Red Onions Feta Cheese	<b>BBQ Pork Mac</b>	Elbow Noodle Cheese Sauce Braised Pork Cheddar Jack Cheese BBQ Sauce Crispy Jalapeno Strips
<b>Potstickers</b>	Chicken Potstickers Potsticker Sauce Red Pepper Flakes	<b>Truffle Mac</b>	Elbow Noodle Truffle Cheese Sauce Roasted Mushrooms Parmesan Cheese Breadcrumbs
		<b>Buffalo Chicken Mac</b>	Elbow Noodle Cheese Sauce Parmesan Chicken Parmesan Cheese Buffalo Sauce Green Onions
		<b>Baguette Cookies Rice Crispy Meat or Tofu</b>	See Ingredient Statements

\*For specific ingredients in your market, please email the [guestrelations@noodles.com](mailto:guestrelations@noodles.com)