

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
- 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.

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

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World Kitchen

