**Classic Noodles**

**Penne Rosa** 720 · 360 Cal
Penne noodles in spicy tomato cream sauce, mushrooms, Roma tomato, and spinach and parmesan

**Buttered Noodles** 760 · 380 Cal
Tender wavy egg noodles, butter, Italian seasonings, and parmesan

**Steak Stroganoff** 1150 · 640 Cal
Marinated steak, mushroom sherry cream sauce, fresh herbs, cracked pepper, roasted mushrooms, and wavy egg noodles and parmesan

**Spaghetti & Meatballs** 980 · 670 Cal
Five meatballs on spaghetti, crushed tomato marinara and parmesan

**Alfredo MontAmoré® with Parmesan-Crusted Chicken** 1410 · 800 Cal
Spaghetti noodles, four-cheese blend alfredo, roasted mushrooms, tomato, spinach and parmesan chicken, topped with MontAmoré cheese and cracked pepper

**Pesto Cavatappi** 750 · 370 Cal
Curly pasta, basil pesto, garlic, mushrooms, tomato, and cream and parmesan

**Zucchini & Asparagus with Lemon Sauce** 500 · 250 Cal
Zucchini noodles and asparagus in lemon cream sauce, Roma tomato and roasted zucchini, finished with breadcrumbs and parsley

**Zucchetti Garlic & Wine Sauce with Balsamic Chicken**
Zucchetti = Zoodles + Spaghetti 670 Cal
Zucchini noodles and spaghetti in wine garlic sauce with balsamic chicken, roasted zucchini, Roma tomato, spinach, onion and basil, finished with parmesan and lemon

**Zucchini Pesto with Grilled Chicken** 480 · 310 Cal
Zucchini noodles with basil pesto and garlic, cream, grilled chicken, mushrooms, tomato and parmesan

**Whole Wheat Fresca** 770 · 380 Cal
Whole wheat linguine with balsamic vinaigrette, olive oil and roasted garlic, red onion, tomato, spinach and parmesan

**Gluten-Friendly Pipette Rosa with Grilled Chicken** 830 · 550 Cal
Spicy tomato cream sauce, pipette shells, grilled chicken, mushrooms, tomato, spinach and parmesan

---

**World Famous Macs**

**Wisconsin Mac & Cheese** 980 · 490 Cal
A classic blend of cheddar and jack cheeses, cream and elbow macaroni

**Gluten-Friendly Pipette Mac** 850 · 420 Cal
A classic blend of cheddar and jack cheeses, cream and pipette shells

**Zucchini Truffle Mac** 510 · 260 Cal
Zucchini noodles in our famous cheese sauce with black truffle, roasted mushrooms, parmesan cheese, and toasted breadcrumbs

**Buffalo Chicken Mac** 1100 · 650 Cal
Wisconsin Mac & Cheese with parmesan chicken, Frank's RedHot® Buffalo Wings Sauce, parmesan cheese, and green onions

**BBQ Pork Mac** 1210 · 690 Cal
Wisconsin Mac & Cheese with tender, slow-braised pork, crispy jalapeños, and tangy barbeque sauce

---

**Zoodles and Other Noodles**

**Add or substitute Zoodles to any dish**

**Zucchini & Asparagus with Lemon Sauce** 500 · 250 Cal
Zucchini noodles and asparagus in lemon cream sauce, Roma tomato and roasted zucchini, finished with breadcrumbs and parsley

**Zucchetti Garlic & Wine Sauce with Balsamic Chicken**
Zucchetti = Zoodles + Spaghetti 670 Cal
Zucchini noodles and spaghetti in white wine garlic sauce with balsamic chicken, roasted zucchini, Roma tomato, spinach, onion and basil, finished with parmesan and lemon

**Pad Thai** 1040 · 520 Cal
Rice noodle stir-fry with scrambled egg, napa and red cabbage, citrus, peanuts, green onions, and cilantro

**Spicy Korean Beef Noodles** 1000 · 560 Cal
Ramen noodles tossed with a sweet and spicy Korean-style Gochujang BBQ sauce, marinated steak, napa and red cabbage, spinach, topped with cucumber, green onions, and cilantro

**Japanese Pan Noodles** 630 · 320 Cal
Caramelized udon noodles in a sweet soy sauce, broccoli, carrots, black sesame seeds, and cilantro

**Spicy Peanut Sauté** 830 · 420 Cal
Rice noodles in a spicy peanut-flavored sauce, broccoli, carrots, snap peas, and cabbage, topped with peanuts, black sesame, and cilantro

**Pad Thai** 1040 · 520 Cal
Rice noodle stir-fry with scrambled egg, napa and red cabbage, citrus, peanuts, green onions, and cilantro

**Spicy Korean Beef Noodles** 1000 · 560 Cal
Ramen noodles tossed with a sweet and spicy Korean-style Gochujang BBQ sauce, marinated steak, napa and red cabbage, spinach, topped with cucumber, green onions, and cilantro

**Add or Substitute Noodles**

<table>
<thead>
<tr>
<th>Noodles</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>Any Noodle</td>
<td>230–590</td>
</tr>
<tr>
<td>Zucchini Noodles</td>
<td>30 · 60</td>
</tr>
<tr>
<td>Gluten-Friendly Pipette Shells</td>
<td>230 · 450</td>
</tr>
</tbody>
</table>

**Add or Substitute Meat or Tofu**

<table>
<thead>
<tr>
<th>Meat or Tofu</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>Grilled Chicken</td>
<td>150 Cal</td>
</tr>
<tr>
<td>Parmesan-Crusted Chicken</td>
<td>190 Cal</td>
</tr>
<tr>
<td>Oven-Roasted Meatballs</td>
<td>360 Cal</td>
</tr>
<tr>
<td>Seasoned Tofu</td>
<td>210 Cal</td>
</tr>
<tr>
<td>Naturally Raised Pork</td>
<td>160 Cal</td>
</tr>
</tbody>
</table>

**Add or Substitute Premium**

<table>
<thead>
<tr>
<th>Premium</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>Marinated Steak</td>
<td>120 Cal</td>
</tr>
<tr>
<td>Sautéed Shrimp</td>
<td>70 Cal</td>
</tr>
</tbody>
</table>

---

**Vegetarian? Allergies?**

Ask us for our Nutrition and Allergen Guide. 2,000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutrition information available upon request.
**Signature Flavors**

- **Penne Rosa with Parmesan-Crusted Chicken** 910 Cal
- **The Med Salad with Chicken** 390 Cal
- **Pesto Cavatappi with Grilled Chicken** 880 Cal
- **Buffalo Chicken Mac** 1100 Cal
- **Japanese Pan Noodles with Marinated Steak** 760 Cal

**Salads**

- **The Med Salad with Chicken** 390 - 250 Cal
  - Grilled chicken, romaine, mixed greens, tomato, cucumber, red onion, Kalamata olives, cavatappi pasta, spicy yogurt dressing and feta
- **Chicken Veracruz Salad** 650 - 380 Cal
  - Mixed greens topped with Roma tomato, red onion, chili-lime chicken, bacon crumbles from naturally raised pork, fresh-cut corn, tossed with jalapeño ranch dressing and crispy jalapeños, fresh avocados and cilantro

**Make It a Meal**

**Add a Side & Reg Drink**

- **30-570 Cal**

**Shareables**


**Drinks**

- **Fountain Drink**
  - Sm 0-300 Cal
  - Reg 0-450 Cal
- **Fresh-Brewed Iced Tea**
  - Sm 0-120 Cal
  - Reg 0-180 Cal

**Soups**

- **Thai Chicken** 370 - 250 Cal
  - Coconut curry chicken soup with onion, cabbage, red bell pepper, lemongrass, lime, galangal, turmeric, shitake mushrooms, carrots and shallots
- **Tomato Basil Bisque** 430 - 290 Cal
  - Rich and zesty tomato soup with cream, sherry, basil and garlic
- **Chicken Noodle Soup** 360 - 190 Cal
  - Our signature soup with chicken breast, celery, carrots, onion and wavy egg noodles

**Sides**

- **Wisconsin Mac & Cheese** 270 Cal
- **Tossed Green Salad** 30-110 Cal
- **Caesar Salad** 80 Cal
- **Breadsticks** 80 Cal

**Kids Menu**

- Choose An Entrée
  - Wisconsin Mac & Cheese 490 Cal
  - Grilled Chicken Breast with Marinara 130 Cal
  - Buttered Noodles 380 Cal
  - Spaghetti & Meatballs 450 Cal

- Choose Two Sides
  - Broccoli 15 Cal
  - Applesauce 70 Cal
  - Kids Crispy 150 Cal

- Choose A Drink
  - Kids Fountain Drink 0-180 Cal
  - Organic Lowfat 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.