**Classic Noodles**

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

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

**Zucchini Garlic & Wine Sauce with Grilled Chicken**
- Zucchini = Zoodles + Spaghetti 640 Cal
- Zucchini noodles and spaghetti in white wine garlic sauce with grilled chicken, roasted zucchini, Roma tomato, spinach, onion and basil, finished with parmesan and lemon

**Pesto Cavatappi** 730 · 370 Cal
- Curly pasta, basil pesto, garlic, mushrooms, tomato, cream and parmesan

**Asian Noodles**

- **Penne Rosa** 980 · 490 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** 730 · 370 Cal
  - Curly pasta, basil pesto, garlic, mushrooms, tomato, cream and parmesan

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

**World Famous Macs**

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

- **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

- **Wisconsin Mac & Cheese with Grilled Chicken** 1100 · 650 Cal
  - Wisconsin Mac & Cheese with Parmesan-Crusted Chicken, Frank’s RedHot® Buffalo Wings Sauce, parmesan cheese and green onions

- **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

**Spicy Peanut Sauté** 830 · 420 Cal
- Rice noodles in a spicy, peanut-flavored sauce, broccoli, carrots, black sesame seeds 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

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

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

**Veggie Noodle**

- **Add or Substitute Zoodles to any dish**

**Add or Substitute**

- **Noodles**
  - Any Noodle including Cauliflower Rigatoni 230–590 Cal
  - Zucchini Noodles 30 · 60 Cal
  - Gluten-Free Pipette Shells 230 · 450 Cal

- **Meat or Tofu**
  - Grilled Chicken 150 Cal
  - Parmesan-Crusted Chicken 190 Cal
  - Oven-Roasted Meatballs 360 Cal
  - Seasoned Tofu 210 Cal
  - Naturally Raised Pork 160 Cal
  - Marinated Steak 120 Cal
  - Sautéed Shrimp 70 Cal

- **Premium**
  - Gluten Sensitive
    - Made without gluten-containing ingredients, but potential for cross-contact exists.
  - Spicy
  - Vegetarian
    - Excludes meat & fish.

**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

Make It a Meal
Add a Reg Drink & Side or Dessert
30-840 Cal

Choose An Entrée
Wisconsin Mac & Cheese
Grilled Chicken Breast with Marinara
Buttered Noodles
Spaghetti & Meatballs

Choose Two Sides
Broccoli
Applesauce
Kids Crispy

Choose A Drink
Organic Lowfat Milk
Organic Juice

Kids Menu
Get More Veggies
Substitute Cauliflower-Infused Rigatoni

Gluten Sensitive?
Substitute Gluten-Free Pipette Shells

1,200 to 1,400 calories a day is used for general nutrition advice for children ages 4-8 years, but calorie needs vary.

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

Drinks

Fountain Drink
Reg 0-300 Cal
Lg 0-450 Cal

Fresh-Brewed Iced Tea
Reg 0-120 Cal
Lg 0-180 Cal

Soups

Thai Chicken
370 - 250 Cal
Coconut curry chicken soup with onion, cabbage, red bell pepper, lemongrass, lime, galangal, turmeric, shiitake mushrooms, carrots and shallots

Tomato Basil Bisque
430 - 290 Cal
Rich and zesty tomato soup with cream, sherry, basil and garlic

Chicken Noodle
360 - 190 Cal
Our signature soup with chicken breast, celery, carrots, onion and wavy egg noodles

Shareable

Potstickers

Cheesy Garlic Bread

Korean BBQ Meatballs

Sides

Wisconsin Mac & Cheese
270 Cal

Tossed Green Salad
30-110 Cal

Caesar Salad
80 Cal

Tomato Basil Bisque
140 Cal

Thai Chicken Soup
120 Cal

Chicken Noodle Soup
120 Cal

Get More Veggies
Substitute Cauliflower-Infused Rigatoni

Gluten Sensitive?
Substitute Gluten-Free Pipette Shells

1,200 to 1,400 calories a day is used for general nutrition advice for children ages 4-8 years, but calorie needs vary.