**Classic Noodles**

<table>
<thead>
<tr>
<th>Dish</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>Penne Rosa</td>
<td>720 · 360 Cal</td>
</tr>
<tr>
<td>Alfredo MontAmoré* with Parmesan-Crusted Chicken</td>
<td>1410 · 800 Cal</td>
</tr>
<tr>
<td>Pesto Cavatappi</td>
<td>750 · 370 Cal</td>
</tr>
<tr>
<td>Alfredo MontAmoré* with Parmesan-Crusted Chicken</td>
<td>1410 · 800 Cal</td>
</tr>
<tr>
<td>Zucchini Pesto with Grilled Chicken</td>
<td>150 Cal</td>
</tr>
<tr>
<td>Zucchini Pesto with Grilled Chicken</td>
<td>150 Cal</td>
</tr>
<tr>
<td>Zucchini Rigatoni in Light Onion Cream Sauce</td>
<td>850 · 460 Cal</td>
</tr>
<tr>
<td>Cauliflower Rigatoni Fresca with Shrimp</td>
<td>880 · 480 Cal</td>
</tr>
</tbody>
</table>

**Grilled Chicken**

- mushrooms, tomato and parmesan and garlic, cream sauce
- topped with MontAmoré cheese and cracked pepper

**Pesto Cavatappi**

- Curly pasta, basil pesto, garlic, mushrooms, tomato, cream and parmesan

**Shrimp Scampi**

- Penne noodles with shrimp in light scampi sauce with roasted zucchini, Roma tomato and topped with parmesan, parsley and lemon

**Buttered Noodles**

- Tender wavy egg noodles, butter, Italian seasonings and parmesan

**Steak Stroganoff**

- Marinated steak, mushroom sherry cream sauce, fresh herbs, cracked pepper, roasted mushrooms, wavy egg noodles and parmesan

**Spaghetti & Meatballs**

- Five meatballs on spaghetti, crushed tomato marinara and parmesan

**Zoodles and Caulifloodles**

<table>
<thead>
<tr>
<th>Dish</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>Zucchini Shrimp Scampi</td>
<td>430 · 240 Cal</td>
</tr>
<tr>
<td>Zucchini Pesto with Grilled Chicken</td>
<td>480 · 310 Cal</td>
</tr>
<tr>
<td>Cauliflower Rigatoni in Light Onion Cream Sauce</td>
<td>850 · 410 Cal</td>
</tr>
<tr>
<td>Cauliflower Rigatoni Fresca with Shrimp</td>
<td>880 · 480 Cal</td>
</tr>
</tbody>
</table>

**Asian Noodles**

<table>
<thead>
<tr>
<th>Dish</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>Grilled Orange Chicken Lo Mein</td>
<td>840 · 490 Cal</td>
</tr>
<tr>
<td>Japanese Pan Noodles</td>
<td>640 · 320 Cal</td>
</tr>
<tr>
<td>Spicy Korean Beef Noodles</td>
<td>880 · 500 Cal</td>
</tr>
<tr>
<td>Pad Thai</td>
<td>1040 · 520 Cal</td>
</tr>
</tbody>
</table>

**World Famous Macs**

<table>
<thead>
<tr>
<th>Dish</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wisconsin Mac &amp; Cheese</td>
<td>980 · 490 Cal</td>
</tr>
<tr>
<td>BBQ Pork Mac</td>
<td>1210 · 690 Cal</td>
</tr>
</tbody>
</table>

**Add or Substitute**

- Any Noodle including Cauliflower Rigatoni 230–590 Cal
- Zucchini Noodles 30 · 60 Cal
- Gluten-Free Pipette Shells 230 · 450 Cal
- Grilled Chicken 150 Cal
- Parmesan-Crusted Chicken 190 Cal
- Seasoned Tofu 210 Cal
- Naturally Raised Pork 160 Cal
- Oven-Roasted Meatballs 360 Cal
- Marinated Steak 120 Cal
- Sautéed Shrimp 70 Cal

**Spicy**

- Made without gluten-containing ingredients but potential for cross-contact exists.

**Gluten Sensitive**

- Excludes meat & fish.

**Vegetarian**

- Excludes meat & fish.

**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.
Signature Flavors

Penne Rosa with Parmesan-Crusted Chicken 910 Cal

Chicken Veracruz Salad 650 Cal

Pesto Cavatappi with Grilled Chicken 880 Cal

Buffalo Chicken Mac 1100 Cal

Japanese Pan Noodles with Marinated Steak 760 Cal

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
Organic Lowfat Milk 110-150 Cal
Organic Juice 40 Cal

Choose An Entrée
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


Kids Meals with Noodlemals

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

Get more veggies. Substitute Cauliflower-Infused Rigatoni.

Gluten sensitive? Substitute Gluten-Free Pipette Shells.

Soups

Thai Chicken 370 - 250 Cal
Tomato Basil Bisque 430 - 290 Cal
Chicken Noodle 360 - 190 Cal

Choose Two Sides

Shareables

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

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

Drinks

Grilled Chicken Caesar 420 - 270 Cal

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

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

Substitute Cauliflower-Infused Rigatoni.