

List of Ingredients



Applesauce <i>Gluten-Free</i>	Apple Puree, Apple Puree Concentrate.
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.
Avocado	Avocado, Soybean Oil.
Bacon <i>Naturally Raised</i>	ABF Pork, Water, Salt, Turbinado Sugar, Celery Powder.
Baguette	Flour (Wheat, Malted Barley), Water, Yeast, Potato Flour, Sugar, Palm Oil, Salt, contains less than 2% of Cultured Wheat, Vinegar, Wheat Gluten, Ascorbic Acid, Soybean Oil, Corn Starch, Enzymes.
Balsamic Vinaigrette <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.
Basil Pesto Sauce <i>Gluten-Free</i>	Basil, Canola Oil, Water, Parmesan Cheese (Pasteurized Part-Skim Cows' Milk, Cheese Culture, Salt, Enzymes), Salt, Granulated Garlic, Spices.
BBQ Sauce <i>Gluten-Free</i>	Water, Sugar, Tomato Paste, Vinegar, Refiners' Molasses, Modified Potato Starch, Salt, Natural Smoke Flavor, Mustard Flour, Spice, Paprika, Onion Powder, Garlic Powder, Caramel Color, Maltodextrin, Chili Powder (Chili Pepper, Spice, Salt, Garlic), Autolyzed Yeast Extract, Natural Flavor.
Black Sesame Seeds	Black Sesame Seeds.
Buffalo Sauce	Distilled Vinegar, Aged Cayenne Red Peppers, Salt, Water, Canola Oil, Paprika, Xanthan Gum, Natural Butter Type Flavor, Garlic Powder.
Butter	Cream (Milk), Salt.
Caesar Dressing <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.
Cauliflower Gnocchi <i>Gluten-Free</i>	Water, Potato Flakes, Parmesan Cheese (Cultured Milk, Salt, Enzymes), Brown Rice Flour, Cauliflower Powder, Cassava Flour, Egg White, Psyllium Husk Powder, Tapioca Starch, Whole Egg.
Cauliflower Rigatoni	Cauliflower Rigatoni (Durum Wheat Semolina, Freeze-Dried Cauliflower, Niacin, Iron [Ferrous Sulfate], Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Soybean Oil.
Cavatappi Noodle	Durum Wheat Flour (enriched with Iron [Ferrous Sulfate] and B Vitamins [Niacin, Thiamin Monitrate, Riboflavin, Folic Acid]), Water, Soybean Oil.
Cheddar Jack Cheese <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% or less of Potato Starch and Powdered Cellulose (added to prevent caking), Natamycin (a natural mold inhibitor).
Cheese Sauce <i>Gluten-Free</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 Carotene, 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, Sodium Phosphates.

Chicken Broth <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, Turmeric.
Chocolate Chunk Cookie	Bleached Flour (Wheat Flour, Malted Barley Flour, enriched with Niacin, reduced Iron, Thiamine Mononitrate, Riboflavin, 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, Salt.
Crispy Jalapeños	Jalapeño Peppers, Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Monitrate, Riboflavin, Folic Acid), Sunflower and/or Canola Oil, Salt.
Egg Noodle	Durum Wheat Semolina, Durum Wheat Flour (enriched with Iron [Ferrous Sulfate] and B Vitamins [Niacin, Thiamin Mononitrate, Riboflavin, Folic Acid]), Eggs, Water, Soybean Oil. -OR- Durum Flour (Wheat), Egg Yolks or Eggs, Niacin, Iron (Ferrous Sulfate), Thiamin Mononitrate, Riboflavin, Folic Acid, Water, Soybean Oil.
Elbow Noodle	Durum Wheat Flour (enriched with Iron [Ferrous Sulfate] and B Vitamins [Niacin, Thiamin Monitrate, Riboflavin, Folic Acid]), Water, Soybean Oil.
Feta Cheese <i>Made with Hormone-Free Milk</i>	Pasteurized Part-Skim Milk, Cheese Cultures, Salt, Enzymes.
Flatbread	Enriched Wheat Flour (Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate [B1], Riboflavin [B2], Folic Acid), Water, Contains 2% or less of: Soybean Oil and/or Canola Oil, Yeast, Sugar, Salt, Vinegar, Dough Conditioner (Calcium Sulfate, Acacia Gum, Mono- and Diglycerides, Enzymes), Nonfat Dry Milk, Yeast Nutrients (Ammonium Sulfate, Ascorbic Acid).
Focaccia Croutons	Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Canola and/or Sunflower Oil (with Rosemary Extract and Ascorbic Acid [to preserve freshness]), 2% or less of Salt, Dehydrated Garlic, Yeast, Sugar, Natural Flavor, Extractive of Annatto (color), Natural Smoke Flavor.
Four Cheese Alfredo Sauce	Whipping Cream (Cream, Grade A Milk Powder, 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, Cellulose [anti-caking agent]), Garlic, Black Pepper.
Fresca Sauce <i>Gluten-Free</i>	Soybean Oil, Balsamic Vinegar (Wine Vinegar, Concentrated Grape Must, Caramel E 150d [color]), Lemon Juice (Water, Lemon Juice Concentrate, Lemon Oil), Extra Virgin Olive Oil, White Wine, Salt, Natural Vegetable Base (Vegetables and Concentrated Vegetables [Carrot, Celery, Onion, Tomato], Yeast Extract, Salt, Sugar, Maltodextrin, Onion Powder, Dried Potato, Organic Garlic Powder, Natural Flavor), Boiled Garlic, Sriracha (Red Peppers, Distilled Vinegar, Water, Sugar, Salt, Garlic, contains 2% or less of Natural Flavor, Maltodextrin, Xanthan Gum, Citric Acid), Roasted Garlic, Green Onion, Black Pepper, Torula Yeast, Saladizer (Guar Gum, Xanthan Gum, Propylene Glycol Alginate), Oregano, Garlic Powder, Basil, Onion Powder, Mustard Flour.
Granulated Peanuts	Dry Roasted Granulated Peanuts.
Grilled 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, Black Pepper.
Italian Seasoning	Salt, Spices (Black Pepper, Parsley, Basil, Rosemary, Savory, Oregano, Thyme), Dehydrated Garlic, Lavender.

Jalapeño Ranch <i>Gluten-Free</i>	Soybean Oil, Cultured Buttermilk, Distilled Vinegar, Water, Jalapeño Pepper, Egg Yolk, Salt, Apple Cider Vinegar, contains less than 2% of Modified Corn Starch, Spice, Buttermilk Solids, Sugar, Xanthan Gum, Onion, Garlic, Paprika, Lactic Acid, Yeast Extract, Natural Flavor, Mustard Flour, Maltodextrin, Autolyzed Yeast Extract.
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, Lemon Oil), Sesame Oil, Sriracha (Chile, Distilled Vinegar, Water, Sugar, Salt, Garlic, Natural Flavor, Maltodextrin, Xanthan Gum, 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, Citric Acid as a preservative.
Kalamata Olives	Olives, Water, Salt, Vinegar, Spices (Thyme, Rosemary, Bay Leaf), Olive Oil.
Korean BBQ Sauce	Soy Sauce (Water, Wheat, Soybeans, Salt), Sugar, Water, Distilled Vinegar, Brown Sugar, Rice Vinegar, 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, contains less than 2% of Chili Garlic Sauce (Salted Chili Peppers [Chili Peppers, Salt], Garlic, Sugar, Rice Vinegar, Water, Modified Corn Starch, Acetic Acid), Modified Corn Starch, Spice, Garlic,** Xanthan Gum, Chili Powder (Chili Pepper, Spice, Salt, Garlic), Propylene Glycol Alginate, Salt, Caramel Color, Green Onion,** Natural Flavor (including Celery). **Dried
Light Cream <i>Made with Hormone-Free Milk</i>	Milk, Cream, less than 5% of Disodium Phosphate and Sodium Citrate.
Lo Mein	Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Soybean Oil, Natural Yellow Color (Turmeric and Annatto Color), Salt, Potassium Carbonate, Sodium Carbonate.
Marinara Sauce <i>Gluten-Free</i>	Tomatoes (Tomatoes, Tomato Puree, Calcium Chloride, Citric Acid), Diced Tomatoes (Tomatoes, Tomato Juice, Citric Acid, Calcium Chloride), Onions, Water, Tomato Paste, Seasoning (Sugar, Modified Cornstarch, Salt, Spices), Canola and Extra Virgin Olive Oil Blend, Garlic (Garlic, Water), Spices.
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 <i>Gluten-Free</i>	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, Lemon Oil), Salt, Sriracha (Chile, Distilled Vinegar, Water, Sugar, Salt, Garlic, Natural Flavor, Maltodextrin, Xanthan Gum, Citric Acid), Garlic, Soybean Oil.
MontAmoré® Cheese <i>Made with Hormone-Free Milk</i>	MontAmoré Cheese (Pasteurized Milk, Cheese Cultures, Salt, Enzymes, Powdered Cellulose [to prevent caking]).
Orange Sauce	Water, Brown Sugar, Mandarin Juice Concentrate, Soy Sauce (Water, Salt, Sugar, Soybeans, Wheat, Molasses), Soybean Oil, Vegetarian Chicken Flavor Base (Water, Salt, Hydrolyzed Soy and Corn Protein, Soy Protein Concentrate, Corn Oil, Onion Powder, Autolyzed Yeast Extract, Natural Flavoring, Soy Protein Isolate, Sugar, Garlic Powder, Turmeric), Sugar, Modified Food Starch, Sweet Chili Sauce (Sugar, Water, Pickled Red Chili, Vinegar, Garlic, Salt, Xanthan Gum [stabilizer]), Seasoning Blend (Salt, Yeast Extract, Dehydrated Vegetables [Mushroom, Garlic, Onion, Tomato], Maltodextrin, Spice), Garlic, Sesame Seed Oil, Salt, Ginger, Hoisin Blend (Sugar, Soy Sauce [{Wheat, Soybeans, Salt}, Maltodextrin, Salt], Rice Vinegar Powder [Maltodextrin {identity preserved}, Rice Vinegar], Dehydrated Garlic, Chili Pepper, Spices [Ginger, Black Pepper]), Green Onion, Sriracha (Red Peppers, Distilled Vinegar, Water, Sugar, Salt, Garlic, contains 2% or less of Natural Flavor, Maltodextrin, Xanthan Gum, Citric Acid), Cilantro, Coriander.

Oven-Roasted Meatballs	<p>Beef, 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, Dried Parsley), Water, Seasoning (Salt, Dried Garlic, Spices, Dried Onion, Brown Sugar, Yeast Extract, Caramel Color, Dried Parsley, Dried Tomato, Maltodextrin, Natural Flavor), Natural Flavor.</p> <p>-OR-</p> <p>Beef, 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, Dried Parsley), Water, Seasoning (Salt, Dried Garlic, Spices, Dried Onion, Brown Sugar, Yeast Extract, Caramel Color, Dried Parsley, Dried Tomato, Maltodextrin, Natural Flavor), Natural Flavor.</p>
Oyster Crackers	<p>Unbleached Wheat Flour, Water, Canola Oil, Cane Sugar, Salt, Yeast, Baking Soda.</p>
Pad Thai Sauce	<p>Brown Sugar, Soybean Oil, Organic Blue Agave, Fish Sauce (Anchovy, Sea Salt, Sugar, Syrup), Tamarind Concentrate (Tamarind, Water), Water, Lemon Juice (Water, Lemon Juice Concentrate, Lemon Oil), Lime Juice (Water, Lime Juice Concentrate, Lime Oil), Sriracha (Red Peppers, Distilled Vinegar, Water, Sugar, Salt, Garlic, contains 2% or less of Natural Flavor, Maltodextrin, Xanthan Gum, Citric Acid), Garlic, Salt, Modified Food Starch.</p>
Parmesan Cheese <i>Made with Hormone-Free Milk</i>	<p>High-Moisture Parmesan Cheese (Pasteurized Milk, Cheese Cultures, Salt, Enzymes), Powdered Cellulose (to prevent caking).</p>
Parmesan Chicken <i>(Varies By Market)*</i>	<p>Boneless, Skinless Parmesan-Breaded Chicken Breast Fillets containing up to 10% of a solution of Water, Seasoning (Salt, Soy Protein Concentrate, Sodium Phosphates, Garlic Powder, Spices, Natural Flavors, Cheddar Cheese [Cultured Pasteurized Milk, Salt, Enzymes], Maltodextrin, Autolyzed Yeast Extract). Breaded with Bleached Wheat Flour, Parmesan, Cheddar and Blue Cheese (Pasteurized Part-Skim Milk, Cheese Culture, Salt, Enzymes), Modified Wheat Starch, Salt, Yeast Extract, Natural Flavors, Garlic Powder, Maltodextrin, Nonfat Milk, Spices, Sugar, Yeast, Dehydrated Parsley, not more than 2% Calcium Silicate (added to prevent caking). Battered with Water, Bleached Wheat Flour, Modified Wheat Starch, Yellow Corn Flour, Salt, Yeast Extract, Cheddar and Blue Cheese (Pasteurized Milk, Cultures, Salt, Enzymes), Natural Flavors, Nonfat Milk, Sugar, Maltodextrin, Leavening (Sodium Bicarbonate, Sodium Acid Pyrophosphate), Garlic Powder, Spices, Soybean Oil (as a processing aid). Prebrowned in Vegetable Oil.</p> <p>-OR-</p> <p>Boneless, Skinless Parmesan-Breaded Chicken Breast Fillets containing up to 11.1% of a solution of Water, Seasoning (Salt, Soy Protein Concentrate, Sodium Phosphates, Garlic Powder, Spices, Natural Flavors, Cheddar Cheese [Cultured Pasteurized Milk, Salt, Enzymes], Maltodextrin, Autolyzed Yeast Extract). Breaded with Bleached Wheat Flour, Parmesan, Cheddar and Blue Cheese (Pasteurized Part-Skim Milk, Cheese Culture, Salt, Enzymes), Modified Wheat Starch, Salt, Yeast Extract, Natural Flavors, Garlic Powder, Maltodextrin, Nonfat Milk, Spices, Sugar, Yeast, Dehydrated Parsley, not more than 2% Calcium Silicate (added to prevent caking). Battered with Water, Bleached Wheat Flour, Modified Wheat Starch, Yellow Corn Flour, Salt, Yeast Extract, Cheddar and Blue Cheese (Pasteurized Milk, Cultures, Salt, Enzymes), Natural Flavors, Nonfat Milk, Sugar, Maltodextrin, Leavening (Sodium Bicarbonate, Sodium Acid Pyrophosphate), Garlic Powder, Spices, Soybean Oil (as a processing aid). Prebrowned in Vegetable Oil.</p>
Penne Rigate Noodle	<p>Durum Wheat Semolina (enriched with Iron [Ferrous Sulfate] and B Vitamins [Niacin, Thiamin Mononitrate, Riboflavin, Folic Acid]), Water, Soybean Oil.</p>
Penne Rosa Sauce <i>Gluten-Free</i>	<p>Tomatoes (Tomatoes, Tomato Puree, Calcium Chloride, Citric Acid), Diced Tomatoes (Tomatoes, Tomato Juice, Citric Acid, Calcium Chloride), Seasoning (Sugar, Modified Corn Starch, Spices), Onions, Water, Tomato Paste, Canola and Extra Virgin Olive Oil Blend, Garlic (Garlic, Water), Garlic Puree.</p>
Pipette Noodle <i>Gluten-Free</i>	<p>Organic Corn Flour, Organic Rice Flour, Water, Soybean Oil.</p>
Pork <i>Naturally Raised</i>	<p>ABF Pork, Salt, Spices, Lard.</p>

Potstickers	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 Jalapeño 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).
Potsticker Sauce	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, Citric Acid), Ginger Juice, Garlic, 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 Food Starch, Citric Acid as a preservative.
Rice Crispy	MINI MARSHMALLOWS: Corn Syrup, Sugar, Modified Cornstarch, Dextrose, Water, contains less than 2% of Gelatin, Tetrasodium Pyrophosphate (whipping aid), Natural and Artificial Flavor, Blue 1. OR MINI MARSHMALLOWS: Corn Syrup, Sugar, Modified Corn Starch, Water, Gelatin. Contains 2% or less of Natural and Artificial Flavor, Tetrasodium Pyrophosphate. CRISP RICE CEREAL: Rice, Sugar, Barley Malt Extract, Salt, Tocopherols (preservative). Vitamins and Minerals: Vitamin C (Sodium Ascorbate), Iron (Ferric Orthophosphate), 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). OR RICE CRISPY CEREAL: Rice, Sugar, contains 2% or less of Salt, Malt Flavor. Vitamins and Minerals: Iron (Ferric Phosphate), Vitamin C (Ascorbic Acid), Vitamin E Acetate, Niacinamide, Vitamin A Palmitate, Vitamin B6 (Pyridoxine Hydrochloride), Vitamin B1 (Thiamin Hydrochloride), Vitamin B2 (Riboflavin), Folic Acid, Vitamin B12, Vitamin D3. BUTTER: Cream (Milk), Salt.
Rice Noodle <i>Gluten-Free</i>	Rice Flour, Water, Soybean Oil.
Roasted Garlic Cream <i>Gluten-Free</i>	Heavy Whipping Cream (Heavy Cream, Grade A Nonfat Milk Powder, Carrageenan), Milk (Grade A Whole Milk, Vitamin A Palmitate, Vitamin D3), Water, Onion, White Wine, Unsalted Butter (Pasteurized Cream, Natural Flavorings), Vegetarian Chicken Flavor Base (Water, Salt, Hydrolyzed Soy and Corn Protein, Soy Protein Concentrate, Corn Oil, Onion Powder, Autolyzed Yeast Extract, Natural Flavoring, Soy Protein Isolate, Sugar, Garlic Powder, Turmeric), Roasted Garlic, Modified Food Starch, Garlic, Salt, Soybean Oil, Seasoning Blend (Salt, Yeast Extract, Dehydrated Vegetables [Mushroom, Garlic, Onion, Tomato], Maltodextrin, Spice), Black Pepper.
Roasted Mushrooms	White Mushrooms, Soybean Oil, Garlic, Salt, Black Pepper.
Roasted Zucchini	Zucchini, Soybean Oil, Salt, Black Pepper.
Rosa Cream Sauce <i>Gluten-Free</i>	Tomatoes in Tomato Puree, Cream, Onions, contains 2% or less of Canola and/or Olive Oil, Modified Food Starch, Salt, Spices, Sugar, Xanthan Gum.
Sautéed Shrimp	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).
Scampi Sauce <i>Gluten-Free</i>	Water, Unsalted Butter (Pasteurized Cream, Natural Flavorings), White Wine, Roasted Garlic, Lemon Puree (Lemon Juice, Sugar, Lemon Pulp Cells, Lemon Juice Concentrate, Ground Lemon Peel, Lemon Oil), Heavy Whipping Cream (Heavy Cream, Grade A Nonfat Milk Powder, Carrageenan), Vegetarian Chicken-Flavor Base (Water, Salt, Hydrolyzed Soy and Corn Protein, Soy Protein Concentrate, Corn Oil, Onion Powder, Autolyzed Yeast Extract, Natural Flavoring, Soy Protein Isolate, Sugar, Garlic Powder, Turmeric), Modified Food Starch, Garlic, Salt, Lemon Swirl (Lemon, Cane Sugar, Dextrose, Fructose, Food Acids [Citric Acid and Ascorbic Acid], Natural Flavor), Meyer Lemon Juice Concentrate (Maltodextrin, Citric Acid, Lemon Juice with Added Lemon Oil, Fructose, less than 2% Modified Corn Starch, Natural Flavor, Sunflower Oil [processing aid], Silicon Dioxide [anti-caking agent]), Soybean Oil, Sugar, Seasoning Blend (Salt, Yeast Extract, Dehydrated Vegetables [Mushroom, Garlic, Onion, Tomato], Maltodextrin, Spice), Red Pepper.
Smolder From Boulder	Spices, Capsicum Oleoresin.

Snoodle Doodle Cookie	Unbleached Wheat Flour (Wheat Flour, Malted Barley Flour, enriched with Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, 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, Natural Flavor.
Soy Sauce	Water, Wheat, Soybeans, Salt, Sodium Benzoate.
Soybean Oil	Refined Soybean Oil (no soy allergen).
Spaghetti Noodle	Durum Wheat Semolina (enriched with Iron [Ferrous Sulfate] and B Vitamins [Niacin, Thiamine Monitrate, Riboflavin, Folic Acid]), Water, Soybean Oil.
Spicy Peanut Sauce	Wow Butter (Whole Toasted Soy, Pressed Soy Oil, Cane Sugar, Palm Oil [sustainable], Sea Salt), Sweet Cooking Rice Wine (Glucose Syrup, Water, Alcohol, Rice, Corn Syrup, Salt), Rice Vinegar Dressing (Rice Vinegar, Water, Sugar, Salt), Sweet Chile Sauce (Sugar, Water, Pickled Red Chilli, Vinegar, Garlic, Salt, Xanthan Gum [stabilizer]), Garlic, Molasses, Soy Sauce (Water, Salt, Sugar, Soybeans, Wheat, Molasses), Apple Juice (Filtered Water and Apple Juice From Concentrate), Lemon Juice (Water, Lemon Juice Concentrate, Lemon Oil), Sriracha (Red Peppers, Distilled Vinegar, Water, Sugar, Salt, Garlic, contains 2% or less of Natural Flavor, Maltodextrin, Xanthan Gum, Citric Acid), Ginger, Water, Salt, Modified Food Starch, Hoisin Blend (Sugar, Soy Sauce [Wheat, Soybeans, Salt], Maltodextrin, Salt), Rice Vinegar Powder [Maltodextrin {identity preserved}, Rice Vinegar], Dehydrated Garlic, Chili Pepper, Spices [Ginger, Black Pepper]), Seasoning Blend (Salt, Yeast Extract, Dehydrated Vegetables [Mushroom, Garlic, Onion, Tomato], Maltodextrin, Spice).
Sriracha <i>Gluten-Free</i>	Chili, Sugar, Salt, Garlic, Distilled Vinegar, Potassium Sorbate and Sodium Bisulfite as preservatives, Xanthan Gum.
Stroganoff Sauce <i>Gluten-Free</i>	Sour Cream (Cultured Grade A Milk, Cream, Enzymes), Heavy Whipping Cream (Heavy Cream, Grade A Nonfat Milk Powder, Carrageenan), Water, Sherry Wine, Onion, Cream Replacer (Milk, Cream, Soy Lecithin, Guar Gum, Xanthan Gum, Carrageenan), Garlic, Sour Cream Powder (Maltodextrin, Natural Butter Flavor, Cultured Sour Cream Flavor [Milk, Cream, Non-Fat Dry Milk, Modified Food Starch, Guar Gum, Locust Bean Gum, Carrageenan], Sweet Buttermilk, Lactic Acid), Modified Food Starch, Pickapeppa Sauce (Cane Vinegar, Sugar, Tomatoes, Onions, Raisins, Sea Salt, Ginger, Peppers, Garlic, Cloves, Black Pepper, Thyme, Mangoes, Orange Peel), Dried Cream Extract (Maltodextrin, Natural Cream Flavor), Mushroom Base (Sautéed Mushrooms [Mushrooms, Water, Salt], Salt, Maltodextrin, Palm Oil, Hydrolyzed Corn Gluten and Soy Protein, Sugar, 2% or less of Onion Powder, Corn Oil, Mushroom Juice Concentrate, Natural Flavors, Caramel Color), Salt, Soybean Oil, Italian Herb Blend (Spices), Black Pepper.
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, Lemon Oil], Sesame Oil, Sriracha [Chile, Distilled Vinegar, Water, Sugar, Salt, Garlic, Natural Flavor, Maltodextrin, Xanthan Gum, 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, 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, Extractives of Black Pepper), VEGETABLE BROTH (Salt, Sugar [Beet], Maltodextrin, Natural Flavors, Onion, Caramel Color, Garlic).
Tomato Basil Bisque <i>Gluten-Free</i>	Water, Heavy Whipping Cream (Heavy Cream, Grade A Nonfat Milk Powder, Carrageenan), Tomato Paste (Tomatoes), Ground Tomatoes in Puree (Tomatoes, Citric Acid), Onion, Diced Tomatoes in Juice (Diced Tomatoes, Tomato Juice, Naturally Derived Citric Acid, Calcium Chloride), Natural Vegetable Base (Vegetables and Concentrated Vegetables [Carrot, Celery, Onion, Tomato], Yeast Extract, Salt, Sugar, Maltodextrin [from corn], Dried Onion, Dried Potato, Dried Garlic, Natural Flavor), Sugar, Soybean Oil, Garlic, Seasoning Blend (Salt, Spices, Dehydrated Garlic, Lavender), Sherry Wine, Basil, Extra Virgin Olive Oil, Salt, Annatto Extract (Propylene Glycol, Water, Polysorbate 80, Annatto [color], Potassium Hydroxide), Parsley.

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, Lactic Acid.

Vegetable Broth

Salt, Sugar (Beet), Maltodextrin, Natural Flavors, Onion, Caramel Color, Garlic.

Although we can prepare dishes with ingredients that do not contain allergen ingredients, please keep in mind, we do have peanuts, tree nuts, soy, milk, eggs, fish, shellfish, and wheat gluten in our restaurants and unfortunately we cannot eliminate all risk of cross-contamination (or cross-contact) with your food.

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



Dish Reference Chart



Classic Noodles	
Alfredo MontAmoré® <i>with Parmesan Chicken</i>	Spaghetti Noodle Four Cheese Alfredo Sauce Parmesan Chicken Roma Tomatoes Roasted Mushrooms MontAmoré Cheese Spinach Black Pepper
Buttered Noodles	Egg Noodle Butter Parmesan Cheese Italian Seasoning
Mushroom Stroganoff	Egg Noodle Stroganoff Sauce Roasted Mushroom Parmesan Cheese
Steak Stroganoff	Egg Noodle Stroganoff Sauce Marinated Steak Roasted Mushrooms Parmesan Cheese
Penne Rosa	Penne Rigate Noodle Penne Rosa Sauce Light Cream Roma Tomatoes Vegetable Broth White Mushrooms Parmesan or Feta Cheese Spinach Soybean Oil
Penne Rosa <i>with Parmesan Chicken</i>	Penne Rigate Noodle Parmesan Chicken Penne Rosa Sauce Light Cream Roma Tomatoes Vegetable Broth White Mushrooms Parmesan or Feta Cheese Spinach Soybean Oil
Pesto Cavatappi	Cavatappi Noodle Roma Tomatoes Vegetable Broth Pesto Sauce Light Cream White Mushrooms Parmesan Cheese Soybean Oil
Pesto Cavatappi <i>with Grilled Chicken</i>	Cavatappi Noodle Grilled Chicken Roma Tomatoes Vegetable Broth Pesto Sauce Light Cream White Mushrooms Parmesan Cheese Soybean Oil

Shrimp Scampi	Penne Rigate Roasted Zucchini Tomatoes Vegetable Broth Scampi Sauce Parmesan Cheese Lemon Wedge Parsley Soybean Oil
Spaghetti	Spaghetti Noodle Marinara Sauce Parmesan Cheese
Spaghetti & Meatballs	Spaghetti Noodle Marinara Sauce Chicken and Oven-Roasted Meatballs Parmesan Cheese

World Famous Macs	
BBQ Pork Mac	Elbow Noodle Cheese Sauce Braised Pork Cheddar Jack Cheese BBQ Sauce Crispy Jalapeño Strips
Buffalo Chicken Mac	Elbow Noodle Cheese Sauce Parmesan Chicken Parmesan Cheese Buffalo Sauce Green Onions
Gluten-Sensitive Pipette Mac	Pipette Noodle Cheese Sauce Cheddar Jack
Wisconsin Mac & Cheese	Elbow Noodle Cheese Sauce Cheddar Jack

Zoodles and Caulifloodles	
Zucchini Pesto <i>with Grilled Chicken</i>	Zucchini Noodle Grilled Chicken Roma Tomatoes Vegetable Broth Pesto Sauce Light Cream White Mushrooms Parmesan Cheese Soybean Oil
Cauliflower Rigatoni in Roasted Garlic Cream	Cauliflower Rigatoni Roasted Garlic Cream Sauce Vegetable Broth Roasted Zucchini White Mushrooms MontAmoré Cheese Spinach Soybean Oil Parsley

Zoodles and Caulifloodles (continued)

Zucchini Shrimp Scampi	Zucchini Noodles Roasted Zucchini Tomatoes Vegetable Broth Scampi Sauce Parmesan Cheese Lemon Wedge Parsley Soybean Oil
Cauliflower Rigatoni Fresca with Shrimp	Cauliflower Rigatoni Shrimp Fresca Sauce Roma Tomatoes Vegetable Broth Parmesan or Feta Cheese Red Onions Spinach Soybean Oil
Cauliflower Gnocchi with Roasted Garlic Cream	Cauliflower Gnocchi Butter Roasted Zucchini Spinach Roasted Garlic Cream Sauce Parmesan Cheese Parsley
Cauliflower Gnocchi Rosa	Cauliflower Gnocchi Butter Roasted Zucchini Mushrooms Rosa Cream Sauce Parmesan Cheese Parsley

Asian Noodles

Grilled Orange Chicken Lo Mein	Lo Mein Noodles Cabbage Snap Peas Vegetable Broth Orange Sauce Grilled Chicken Breast Green Onions Black Sesame Seeds Cilantro Soybean Oil
Japanese Pan Noodles	Udon Noodle Japanese Pan Sauce Broccoli Carrots White Mushrooms Soybean Oil Cilantro Black Sesame Seeds
Japanese Pan Noodles with Marinated Steak	Udon Noodle Marinated Steak Japanese Pan Sauce Broccoli Carrots White Mushrooms Soybean Oil Cilantro Black Sesame Seeds

Pad Thai	Rice Noodle Pad Thai Sauce Cage-Free Scrambled Eggs Vegetable Broth Carrots Napa/Red Cabbage Blend Lime Granulated Peanuts Soybean Oil
Spicy Korean Beef Noodles	Lo Mein Korean BBQ Sauce Marinated Steak Vegetable Broth Napa/Red Cabbage Blend Cucumbers Green Onions Spinach Soybean Oil Cilantro

Salads and Soups

Caesar Salad	Romaine Caesar Dressing Focaccia Croutons Parmesan Cheese
Chicken Veracruz Salad	Grilled Chicken Mixed Greens Jalapeño Ranch Roma Tomatoes Shucked Corn Diced Avocado Red Onions ABF Bacon Lime Crispy Jalapeños Soybean Oil Cilantro
Grilled Chicken Caesar	Romaine Grilled Chicken Breast Caesar Dressing Focaccia Croutons Parmesan Cheese
The Med Salad with Chicken	Mixed Greens Grilled Chicken Breast Cavatappi Noodle Roma Tomatoes Cucumbers Med Dressing Kalamata Olives Red Onions Feta Cheese
Chicken Noodle Soup	Chicken Broth with Vegetables Egg Noodle Grilled Chicken Breast Served With: Oyster Crackers
Tomato Basil Bisque	Tomato Basil Bisque Served With: Oyster Crackers

Shareables	
Cheesy Garlic Bread	Baguette Marinara Sauce Parmesan Cheese Butter Italian Seasoning
Korean BBQ Meatballs	Oven-Roasted Meatballs Korean BBQ Sauce Asian Seasoning
Potstickers	Chicken Potstickers Potsticker Sauce Red Pepper

Desserts, Bread and Proteins	
Cookies Rice Crispy Flatbread Baguette Proteins	See Ingredient Statement

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