

# 1 Choose Your Flavor

## Classic Noodles

**Penne Rosa** S LC V  
720 · 360 Cal

Penne noodles in spicy tomato cream sauce, mushrooms, Roma tomato, spinach and parmesan

TRY WITH PARMESAN-CRUSTED CHICKEN

**Buttered Noodles** LC V  
760 · 380 Cal

Tender wavy egg noodles, butter, Italian seasonings and parmesan

TRY WITH MEATBALLS

**Mushroom Stroganoff** LC V  
810 · 470 Cal

Mushroom sherry cream sauce, fresh herbs, cracked pepper roasted mushrooms, wavy egg noodles and parmesan

TRY WITH STEAK

**Spicy Chipotle Adobo** S+ LC V  
740 · 370 Cal

Cavatappi noodles in a smoky adobo sauce, cream, red onion, mushrooms, sour cream, lime and cilantro

TRY WITH PORK

**Spaghetti** LC V  
620 · 310 Cal

Spaghetti, crushed tomato marinara and parmesan

TRY WITH MEATBALLS

**Alfredo MontAmore®** V  
1220 · 610 Cal

Spaghetti noodles, four-cheese blend alfredo, roasted mushrooms, tomato and spinach, topped with MontAmore cheese and cracked pepper

TRY WITH PARMESAN-CRUSTED CHICKEN

**Pesto Cavatappi** LC V  
750 · 380 Cal

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

TRY WITH PORK

**Pasta Fresca** LC V  
880 · 440 Cal

Penne with balsamic vinaigrette, olive oil and roasted garlic, red onion, tomato, spinach and parmesan

TRY WITH GRILLED CHICKEN



## World Famous Macs

**Wisconsin Mac & Cheese** LC V  
980 · 490 Cal

A classic blend of cheddar and jack cheeses, cream and elbow macaroni

**Buffalo Mac** S LC V  
900 · 450 Cal

Wisconsin Mac & Cheese, Frank's RedHot® Buffalo Wings Sauce, parmesan cheese and green onions

TRY WITH PARMESAN-CRUSTED CHICKEN

**Zucchini Truffle Mac** LC V  
540 · 270 Cal

Zucchini noodles with black truffle, roasted mushrooms, parmesan cheese and toasted breadcrumbs

TRY WITH GRILLED CHICKEN

**BBQ Mac** S V  
1050 · 520 Cal

Wisconsin Mac & Cheese with crispy jalapeños and tangy barbecue sauce

TRY WITH PORK



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## Zoodles and Other Noodles

**Zucchini Pesto** LC V  
350 · 180 Cal

Zucchini noodles with basil pesto and garlic, cream, mushrooms, tomato and parmesan

TRY WITH PORK

**Zucchini Spicy Peanut Sauté** S LC V  
470 · 230 Cal

Zucchini noodles in a spicy, peanut-flavored sauce with broccoli, carrots, snap peas and cabbage, topped with peanuts, black sesame and cilantro

TRY WITH GRILLED CHICKEN

**Gluten-Free Fusilli Rosa** S LC V  
720 · 360 Cal

Spicy tomato cream sauce, mushrooms, tomato, spinach and parmesan

TRY WITH GRILLED CHICKEN



Add or substitute Zoodles to any dish

## Asian Noodles

**Japanese Pan Noodles** S LC V  
650 · 330 Cal

Caramelized udon noodles in a sweet soy sauce, broccoli, carrots, black sesame seeds and cilantro

TRY WITH STEAK

**Pad Thai** GF  
1240 · 620 Cal

Rice noodle stir-fry with scrambled egg, napa and red cabbage, citrus, peanuts, green onions and cilantro

TRY WITH SHRIMP

**Thai Green Curry** S+ LC GF V  
780 · 390 Cal

Sweet coconut green curry sauce, rice noodles, pineapple, broccoli, red onion, snap peas, lime, black sesame seeds and cilantro

TRY WITH SHRIMP

**Spicy Korean Noodles** S+ LC V  
870 · 440 Cal

Ramen noodles tossed with a sweet and spicy Korean-style Gochujang BBQ sauce, napa and red cabbage, spinach, topped with cucumber, green onions and cilantro

TRY WITH STEAK



# 2 Choose Your Meat or Tofu

## 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

## Premium

**Marinated Steak**  
120 Cal

**Sautéed Shrimp**  
70 Cal

## Substitute Your Noodles

**Any Noodle**  
230-590 Cal

**Zucchini Noodles**  
30 · 60 Cal

**Gluten-Free Fusilli**  
230 · 450 Cal

**S** Spicy

**LC** Low Calorie available (<500)

**GF** Gluten-Free

**V** 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** s LC  
910 Cal



**The Med Salad with Chicken** s LC  
390 Cal



**Pesto Cavatappi with Grilled Chicken**  
900 Cal



**Buffalo Chicken Mac** s  
1100 Cal



**Japanese Pan Noodles with Marinated Steak** s  
780 Cal



# Salads



**The Med Salad with Chicken** s LC  
390 · 250 Cal

Grilled chicken, romaine, mixed greens, tomato, cucumber, red onion, Kalamata olives, cavatappi pasta, spicy yogurt dressing and feta

**Chicken Veracruz Salad** s LC  
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

**Grilled Chicken Caesar** LC  
410 · 260 Cal

Grilled chicken, romaine, focaccia croutons, traditional Caesar dressing and parmesan



# Make It a Meal

**Add a Side & Reg Drink**  
30-570 Cal



# Drinks

**Fountain Drink**  
Sm 0-300 Cal  
Reg 0-450 Cal

**Fresh-Brewed Iced Tea**  
Sm 0-120 Cal  
Reg 0-180 Cal



# Shareables

**Potstickers**  
[6] 380 [3] 220 Cal

**Cheesy Garlic Bread** v  
[6] 700 [3] 350 Cal

**Korean BBQ Meatballs** s  
[10] 870 [5] 430 Cal



# Soups

**Thai Chicken** LC GF  
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** LC GF V  
430 · 290 Cal

Rich and zesty tomato soup with cream, sherry, basil and garlic

**Chicken Noodle** LC  
360 · 190 Cal

Our signature soup with chicken breast, celery, carrots, onion and wavy egg noodles



# 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

**Pineapple** 45 Cal

**Kids Crispy** 130 Cal

Choose A Drink

**Kids Fountain Drink** 0-180 Cal

**Organic Lowfat Milk** 110-150 Cal

**Organic Juice** 40 Cal

# 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

# Noodles

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