

Here's What You're Eating:

	Calories		Total Fat g		Saturated Fat g		Sodium mg		Carbs g		Dietary Fiber g		Protein g		ALLERGENS								
	REG	SM	REG	SM	REG	SM	REG	SM	REG	SM	REG	SM	REG	SM	Pea-nuts	Tree Nuts	Soy	Milk	Eggs	Fish	Shell-fish	Wheat & Gluten	
ASIAN																							
Japanese Pan Noodles <i>v</i>	690	350	9	4.5	1.5	1	2160	1080	133	66	10	5	19	10			•						•
Pad Thai	700	350	20	10	3	1.5	1840	920	117	59	5	3	11	6	•				•	•	•		
Bangkok Curry <i>v</i>	490	250	13	6	9	4.5	860	430	85	42	7	3	9	5		•	•						•
Indonesian Peanut Saute <i>v</i>	950	470	23	11	4	2	2110	1060	165	82	13	7	22	11	•		•						•
Thai Curry Soup <i>v</i>	480	240	19	10	15	7	1580	790	70	35	3	2	0	0		•	•	•					•
Chinese Chop Salad <i>v</i>	310	150	15	7	1.5	.5	370	180	40	20	6	3	6	3			•		•				•
MEDITERRANEAN																							
Penne Rosa <i>v</i>	810	420	26	13	13	6	1100	550	119	60	15	8	24	12				•					•
Pesto Cavatappi <i>v</i>	910	510	30	21	12	9	1240	630	124	62	8	4	36	18				•					•
Pasta Fresca <i>v</i>	780	420	22	12	6	3.5	770	450	111	56	6	3	27	15			•	•					•
Whole Grain Tuscan Linguine <i>v</i>	770	450	26	20	8	8	1370	750	108	54	20	10	26	15			•	•					•
Tomato Bisque <i>v</i>	420	210	23	12	12	6	3530	1760	45	23	13	7	0	0			•	•					•
The Med Salad <i>v</i>	310	150	13	6	4.5	2	960	480	39	19	4	2	10	5			•	•	•				•
AMERICAN																							
Spaghetti <i>v</i>	670	340	18	9	6	3	1170	590	101	51	9	5	26	13				•					•
Spaghetti & Meatballs	900	570	35	26	12	9	1790	1210	104	54	9	5	43	30			•	•					•
Wisconsin Mac & Cheese <i>v</i>	900	450	31	16	18	9	1100	550	119	60	13	7	36	18				•					•
Mushroom Stroganoff <i>v</i>	780	390	31	15	17	9	980	490	100	50	10	5	28	14			•	•	•				•
Buttered Noodles <i>v</i>	620	310	16	8	3.5	2	1590	790	84	42	7	4	33	17				•	•				•
Chicken Noodle Soup	300	150	4	2	1	0.5	2290	1150	44	22	10	5	20	10			•	•	•				•
Caesar Salad	320	160	28	14	7	3.5	780	390	11	5	2	1	11	5			•	•	•	•			•
PROTEINS																							
Chicken Breast	130		2.5		0.5		720		0		0		22										•
Parmesan-Crusted Chicken Breast	190		8		1.5		620		1		0		17				•	•					•
Sautéed Beef	210		12		4		480		1		0		25										
Braised Beef	190		10		3.5		370		0		0		28										
Sautéed Shrimp	35		0		0		190		0		0		8									•	
Meatballs	230		17		6		620		3		0		17				•	•					•
Organic Tofu <i>v</i>	180		11		1.5		220		4		0		16				•						•
EXTRAS & DESSERTS																							
Cucumber Tomato Salad <i>v</i>	80		0		0		190		18				2				•						
Tossed Green Salad <i>v</i>	60		6		0.5		140		3				1										
Tossed Green Salad w/Fat Free Asian <i>v</i>	30		0		0		50		7				1										
Potstickers	340	200	9	4.5	1.5	1	1630	1150	49	31	3	2	16	9			•						•
Ciabatta Roll <i>v</i>	160		1.5		0		430		31				2										•
Flat Bread <i>v</i>	210		3.5		0.5		370		37				2				•						•
Rice Krispy Treat	530		19		12		640		90				4				•						•
Chocolate Chunk Cookie <i>v</i>	360		8		2.5		135		65				2				•		•				•
Snoodledoodle Cookie <i>v</i>	350		7		3.5		350		65				2				•	•	•	•			•

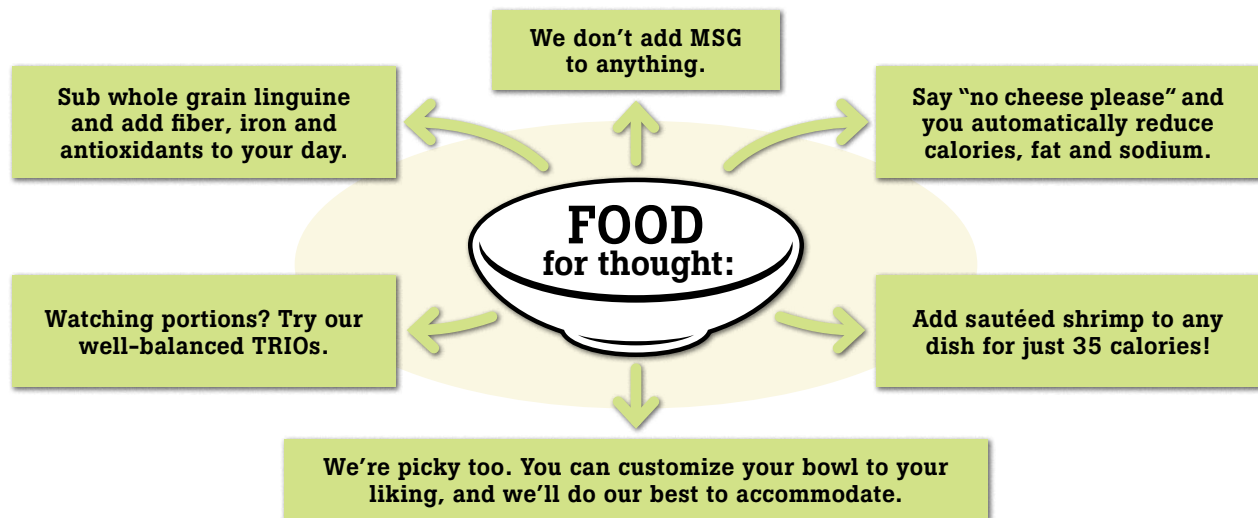
v = Vegetarian (defined by us as dishes excluding meat and fish)

Of Interest:

- Everything's cooked to order, so there may be some variability in the above numbers. Our foods have no trans fats (except those which occur naturally in beef and dairy).
- We have peanuts, tree nuts, soy, milk, eggs, fish, shellfish and wheat in our restaurant, and there may be cross contact with your food. In addition, because we offer so many unique flavors, not every ingredient we use is listed in our menu descriptions.
- We periodically update this guide. We also test new dishes or change suppliers and may not be able to reflect such changes within this guide.

You can eat here.

We've got you covered, no matter what you're looking for. If you're watching calories, fat, sodium or looking for something vegetarian, we have options to fit your life.



Watching Calories?

We have 16 dishes and dozens of combinations with 400 calories or less. Take a look at our nutrition chart on the flip side, but here are a few of our most popular:

- Small Bangkok Curry - 250 calories
- Small Japanese Pan Noodles - 350 calories
- Small Pad Thai - 350 calories
- Small Med Salad - 150 calories
- Bangkok Curry TRIO with sautéed shrimp and a tossed green side salad with fat-free Asian dressing - 310 calories
- Small Tomato Basil Bisque with a ciabatta roll - 370 calories
- Small Thai Curry Soup with shrimp and a side cucumber tomato salad - 355 calories
- Small Buttered Noodles with a tossed green side salad with balsamic dressing - 370 calories

Watching Fat?

We have 0 grams of artificial trans fat and almost one third of our menu has 10 grams of fat or less. Try one of our favorites:

- Small Japanese Pan Noodles - 4.5g
- Regular Japanese Pan Noodles - 9g
- Small Thai Curry Soup - 10g
- Small Chinese Chop Salad - 7g
- Small Spaghetti with marinara sauce - 9g

Watching Sodium?

We know sodium is an important issue, and we're working to reduce it in dishes where it doesn't change the overall flavor. These small dishes have 700mg of sodium or less:

- Bangkok Curry
- Penne Rosa
- Pesto Cavatappi
- Pasta Fresca
- The Med Salad
- Caesar Salad
- Chinese Chop Salad (small and regular size)
- Wisconsin Mac & Cheese
- Mushroom Stroganoff
- Spaghetti with marinara sauce

Watching Gluten?

We sell noodles, and a lot of them, so we can't guarantee that your food won't come into contact with gluten, but we will do our best to accommodate your request. So if you're looking to reduce gluten, try these dishes with rice noodles. There is no gluten in the ingredients.

- Penne Rosa
- Pesto Cavatappi
- Pasta Fresca
- Whole Grain Tuscan Linguine
- Spaghetti with marinara sauce
- Buttered Noodles

Here are some other dishes you also might try:

- Pad Thai
- Chinese Chop Salad with fat-free Asian dressing and no wonton strips
- The Med Salad with no cavatappi noodles
- Caesar Salad with no croutons
- Tossed Green Side Salad with fat-free Asian dressing
- Cucumber Tomato Side Salad

Looking for something Vegetarian?

We love vegetarians. In fact, 15 dishes start out vegetarian (no meat or fish). All vegetarian dishes are noted with a **v** on our nutrition chart. Just flip the page.

Vegan anyone?

While there is no commonly accepted definition for vegan, we define it as menu items that don't contain meat, fish, dairy, eggs or other animal products. If your definition matches ours, try these menu items:

- Indonesian Peanut Sauté
- Japanese Pan Noodles
- Chinese Chop Salad with no wontons
- Penne Rosa with no cream and no cheese
- Pasta Fresca with no cheese
- Whole Grain Tuscan Linguine with no cream and no cheese
- Spaghetti with no cheese
- Cucumber Tomato Salad
- Tossed Green Side Salad with balsamic vinaigrette

For more information please visit www.noodles.com

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