

PICK YOUR SIZE
REG • SM

CHOOSE YOUR
MEAT OR TOFU

GRILLED CHICKEN BREAST 150 CAL

OVEN-ROASTED MEATBALLS 360 CAL

SEASONED TOFU 210 CAL

PARMESAN-CRUSTED
CHICKEN BREAST 190 CAL

NATURALLY RAISED PORK 160 CAL

MARINATED STEAK 120 CAL

SAUTÉED SHRIMP 70 CAL

ADD YOUR
SIDE OR EXTRA VEGGIE

WISCONSIN MAC & CHEESE 270 CAL

TOMATO BASIL BISQUE 140 CAL

THAI CHICKEN SOUP 120 CAL

CHICKEN NOODLE SOUP 120 CAL

TOSSED GREEN SALAD 30-110 CAL

CAESAR SALAD 80 CAL

ADD BACON TO ANY DISH

Substitute Gluten-Free Pasta

ZUCCHINI NOODLES AVAILABLE
WITH ANY DISH

MEDITERRANEAN



PENNE ROSA
360 • 720 CAL

Penne noodles in spicy tomato cream sauce, mushrooms, Roma tomato, spinach and parmesan
TRY WITH PARMESAN-CRUSTED CHICKEN



PESTO CAVATAPPI
380 • 750 CAL

Curly pasta, basil pesto, garlic, mushrooms, tomato, cream and parmesan
TRY WITH PORK



ALFREDO MONTAMORE®
800 • 1410 CAL

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



PASTA FRESCA
440 • 880 CAL

Penne with balsamic vinaigrette, olive oil and roasted garlic, red onion, tomato, spinach and parmesan
TRY WITH GRILLED CHICKEN

ASIA



JAPANESE PAN NOODLES
330 • 650 CAL

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



PAD THAI
620 • 1240 CAL

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



THAI GREEN CURRY WITH SHRIMP
460 • 840 CAL

Shrimp with a sweet coconut green curry sauce, rice noodles, pineapple, broccoli, red onion, snap peas, lime, black sesame seeds and cilantro



SPICY KOREAN BEEF NOODLES
560 • 1000 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

AMERICAS



SPICY CHIPOTLE ADOBO WITH PORK
580 • 990 CAL

Slow-braised pork or grilled chicken with cavatappi noodles in a smoky adobo sauce, cream, red onion, mushrooms, sour cream, lime and cilantro



SPAGHETTI & MEATBALLS
670 • 980 CAL

Five meatballs on spaghetti, crushed tomato marinara and parmesan



STEAK STROGANOFF
610 • 1100 CAL

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



BUTTERED NOODLES
380 • 760 CAL

Tender wavy egg noodles, butter, Italian seasonings and parmesan
TRY WITH MEATBALLS

WORLD FAMOUS
MACS



WISCONSIN MAC & CHEESE
490 • 980 CAL

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



ZUCCHINI TRUFFLE MAC
270 • 540 CAL

Zucchini noodles in our famous cheese sauce with black truffle, roasted mushrooms, parmesan cheese and toasted breadcrumbs



BUFFALO CHICKEN MAC
650 • 1100 CAL

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



BBQ PORK MAC
690 • 1210 CAL

Wisconsin Mac & Cheese with tender, slow-braised pork, crispy jalapeños and tangy barbeque sauce

**TWO FLAVORS
ONE GREAT
CATCH**

PENNE ROSA WITH SHRIMP 430 | 790 CAL

ZUCCHINI SHRIMP SCAMPI 240 | 410 CAL

2,000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutrition information available upon request.

FRANK'S REDHOT is a registered trademark of The French's Food Company LLC and used under license by Noodles & Company.

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



GRILLED CHICKEN CAESAR

410 • 260 CAL

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

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

NO ARTIFICIAL* FLAVORS, COLORS, SWEETENERS AND PRESERVATIVES



SPICY



LOW CALORIE AVAILABLE (<500)



GLUTEN-FREE



VEGETARIAN
Excludes meat & fish



EXPLORE AWAY

NOT YOUR FAVE?
WE'LL REPLACE IT.

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SHAREABLES



POTSTICKERS

380 • 220 CAL

6 OR 3

KOREAN BBQ MEATBALLS

870 • 430 CAL

10 OR 5

CHEESY GARLIC BREAD

700 • 350 CAL

6 OR 3

DRINKS

FOUNTAIN DRINKS

REG 0-300 CAL • LG 0-450 CAL

FRESH-BREWED ICED TEA

REG 0-120 CAL • LG 0-180 CAL

DESSERTS

RICE CRISPY 540 CAL

COOKIES  450 CAL

VEGETARIAN? ALLERGIES?

Ask for our Nutrition & Allergen Guide or visit noodles.com/nutrition for more information.

Before placing your order, please inform your ambassador if a person in your party has a food allergy.

*Excludes select beverages, cookies and rice crispies.

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

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



noodles
WORLD KITCHEN

TRY YOUR FAVORITES AT HOME

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