



Nutrition Information Chart

Information presented on this chart is based on the standard preparation of each menu item; options are not personalized or filtered according to any selected preference.

Menu Item	Calories	Calories From Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
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Classic Noodles

3-Cheese Tortelloni Pesto (Regular)	770	360	40	18	0	140	1920	74	7	6	3
3-Cheese Tortelloni Pesto (Small)	390	180	20	9	0	70	960	37	3	3	1
3-Cheese Tortelloni Rosa (Regular)	730	300	33	18	0.5	140	1940	76	1	10	3
3-Cheese Tortelloni Rosa (Small)	360	150	17	9	0	70	970	38	< 1	5	1
Alfredo MontAmore with Parmesan-Crusted Chicken (Regular)	1630	930	104	53	3	310	2390	117	9	15	5
Alfredo MontAmore with Parmesan-Crusted Chicken (Small)	800	410	46	21	1.5	150	1550	59	4	7	3
Buttered Noodles (Regular)	760	310	35	15	1	220	600	98	4	6	2
Buttered Noodles (Small)	380	160	18	8	0	110	300	49	2	3	1
Cheese Tortelloni in Roasted Garlic Cream Sauce (Regular)	820	390	44	22	1	160	2510	72	2	8	3
Roasted Garlic Cream Tortelloni (Small)	410	200	22	11	0	80	1250	36	< 1	4	1
Pasta Fresca (Regular)	820	340	38	8	0	15	1540	99	6	9	2
Pasta Fresca (Small)	410	170	19	4	0	5	770	50	3	4	1
Penne Rosa w/ Parm (Regular)	730	220	25	11	0.5	45	980	104	5	12	2
Penne Rosa w/ Parm (Small)	360	110	12	5	0	25	490	52	2	6	1
Pesto Cavatappi w/ Parm (Regular)	740	280	31	11	0.5	40	960	96	7	7	2
Pesto Cream Cavatappi w/ Parm (Small)	370	140	16	5	0	20	480	48	3	4	1
Spaghetti & Meatballs (Regular)	980	430	48	18	3	90	1580	102	4	16	3

Spaghetti & Meatballs (Small)	670	350	39	16	2.5	85	1180	53	2	8	2
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World Famous Macs

BBQ Chicken Mac (Regular)	1190	410	44	20	1	200	2320	129	6	18	6
BBQ Chicken Mac (Small)	670	220	24	11	0.5	150	1430	65	4	9	4
Buffalo Chicken Mac (Regular)	1100	350	39	18	1	130	3180	128	6	12	5
Buffalo Chicken Mac (Small)	650	210	23	10	0.5	95	2050	68	3	6	4
Gluten-Sensitive Pipette Mac (Regular)	850	300	34	19	1	95	1550	105	2	5	3
Gluten-Sensitive Pipette Mac (Small)	420	150	17	9	0.5	50	770	52	< 1	2	1
Wisconsin Mac & Cheese (Regular)	980	340	38	20	1	95	1560	119	5	11	4
Wisconsin Mac & Cheese (Small)	490	170	19	10	0.5	50	780	59	2	5	2

Stuffed Pasta

3-Cheese Tortelloni Pesto (Regular)	770	360	40	18	0	140	1920	74	7	6	3
3-Cheese Tortelloni Pesto (Small)	390	180	20	9	0	70	960	37	3	3	1
3-Cheese Tortelloni Rosa (Regular)	730	300	33	18	0.5	140	1940	76	1	10	3
3-Cheese Tortelloni Rosa (Small)	360	150	17	9	0	70	970	38	< 1	5	1
Cheese Tortelloni in Roasted Garlic Cream Sauce (Regular)	820	390	44	22	1	160	2510	72	2	8	3
Roasted Garlic Cream Tortelloni (Small)	410	200	22	11	0	80	1250	36	< 1	4	1

Asian Noodles

Japanese Pan Noodles (Regular)	640	110	12	4	0	0	2010	114	6	22	2
Japanese Pan Noodles (Small)	320	50	6	2	0	0	1000	57	3	11	1
Pad Thai (Regular)	1040	380	42	8	0	340	2020	143	4	44	2
Pad Thai (Small)	520	190	21	4	0	170	1010	72	2	22	1
Spicy Korean Beef Noodles (Regular)	890	310	34	6	0	40	2620	114	5	44	2
Spicy Korean Beef Noodles (Small)	510	190	21	4	0	40	1500	58	2	22	2

Zoodles and Other Noodles

LEANguini Rosa with IMPOSSIBLE™ Chicken (Regular)	970	380	42	13	0.5	170	1660	101	21	9	4
LEANguini Rosa with IMPOSSIBLE™ Chicken (Small)	590	240	26	7	0	85	1060	64	17	4	2
Zucchini Pesto with Grilled Chicken (Regular)	500	270	30	11	0.5	150	2400	22	6	10	3
Zucchini Pesto Cream with Grilled Chicken (Small)	320	150	17	6	0	125	1470	11	3	5	3

Salad and Soup

Backyard BBQ Salad (Regular)	470	250	27	7	0	135	1090	24	4	17	3
Chicken Noodle Soup (Regular)	360	90	10	2.5	0	140	2320	41	2	9	3
Grilled Chicken Caesar Salad (Regular)	610	410	45	10	0.5	145	1490	17	3	5	3
The Med Salad w/ Chicken (Regular)	430	160	17	6	0	125	1710	32	4	6	3

Perfect Bowls

Paleo-Friendly

Zucchini in Roasted Garlic Cream Sauce (Regular)	400	270	30	14	1	60	2440	20	3	11	
Zucchini in Roasted Garlic Cream Sauce (Small)	200	130	15	7	0	30	1220	10	2	6	
Zucchini Rosa with Grilled Chicken (Regular)	450	210	23	11	0.5	150	2420	24	5	14	3
Zucchini Rosa with Grilled Chicken (Small)	300	120	14	6	0	130	1480	12	3	7	3

Keto-Friendly

Zucchini Alfredo Montamore with Grilled Chicken (Regular)	970	650	73	38	2.5	290	2690	32	4	16	4
Zucchini Alfredo Montamore with Grilled Chicken (Small)	550	340	38	20	1.5	200	1620	16	3	8	3
Zucchini Pesto with Grilled Chicken (Regular)	500	270	30	11	0.5	150	2400	22	6	10	3
Zucchini Pesto Cream with Grilled Chicken (Small)	320	150	17	6	0	125	1470	11	3	5	3

Vegetarian

Japanese Pan Noodles with Tofu (Regular)	870	240	26	6	0	0	2510	120	7	25	4
Japanese Pan Noodles with Tofu (Small)	550	180	20	4.5	0	0	1500	63	4	14	3

Gluten-Sensitive

Gluten-Sensitive Pipette Mac (Regular)	850	300	34	19	1	95	1550	105	2	5	3
Gluten-Sensitive Pipette Mac (Small)	420	150	17	9	0.5	50	770	52	< 1	2	1
Pad Thai with Shrimp (Regular)	1120	400	45	8	0	440	2480	144	4	44	3
Pad Thai with Shrimp (Small)	600	210	24	4.5	0	270	1470	73	2	22	2

Kids Meals

Kids Apples	30	0	0	0	0	0	0	8	1	6	
Kids Buttered Noodles	380	160	18	8	0	110	300	49	2	3	1
Kids Grilled Chicken	170	45	5	1.5	0	105	640	3	< 1	2	2

Kids Spaghetti & Meatballs	450	190	21	8	1.5	40	710	50	2	8	1
Kids Wisconsin Mac	490	170	19	10	0.5	50	780	59	3	5	2

Shareables

Cheesy Garlic Bread	610	220	25	14	1	55	1610	78	3	10	2
Korean BBQ Meatballs	440	300	34	14	1.5	80	1340	16	< 1	11	1
Potstickers	330	80	8	1	0	30	1690	47	2	13	1

Sides

Baguette (Side)	170	15	1.5	0.5	0	0	410	33	1	2	
Caesar Salad (Side)	210	180	20	3.5	0	15	400	5	0	0	
Chicken Noodle Soup (Side)	120	30	3.5	1	0	55	840	11	1	3	1
Wisconsin Mac (Side)	270	100	12	6	0	30	550	31	1	3	1

Desserts

Chocolate Chunk Cookie	450	190	21	9	0	25	290	64	3	36	
Rice Crispy	540	170	19	12	1	50	460	87	0	39	
Snoodledoodle Cookie	450	180	20	8	0	25	290	64	3	36	



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