

Catering

Nutritional Information

	Number of Servings	Cals	Cals from Fat	Fat g	Sat Fat g	Trans Fat g	Chol mg	Sodium mg	Carb g	Dietary Fiber g	Sugars g	Protein g
Classic Noodles												
Chicken Parmesan	Eight	610	222	25	9	1	70	1530	65	4	13	35
	Pan	4920	1778	198	74	8	580	12220	516	33	102	280
Chipotle Chicken Cavatappi	Eight	760	371	41	22	0	200	1400	57	4	8	37
	Pan	6080	2970	330	177	1	1590	11180	458	30	61	297
Lemon Garlic Shrimp Scampi	Eight	750	433	48	23	1	155	1120	62	7	6	20
	Pan	6010	3467	388	181	7	1235	8980	495	55	47	157
Rigatoni Rosa with Grilled Chicken	Eight	540	187	21	8	0	70	1300	60	8	8	30
	Pan	4300	1494	166	62	3.5	560	10380	482	65	68	237
Basil Pesto Cavatappi with Grilled Chicken	Eight	730	362	40	14	0.5	135	1560	57	8	5	36
	Pan	5820	2898	322	114	5	1085	12450	460	61	43	291
Buttery Parmesan Noodles 🌿	Eight	570	258	29	13	1	165	420	69	3	4	15
	Pan	4570	2062	231	107	6	1315	3340	553	22	32	123
Spaghetti & Meatballs	Eight	710	290	32	11	2	55	1170	79	3	14	24
	Pan	5650	2330	258	91	17	455	9340	632	21	116	191
Crispy Chicken Bacon Alfredo	Eight	740	361	40	22	0	163	1435	61	6	5	35
	Pan	5930	2889	321	172	1.5	1305	11480	484	44	36	278
Cajun Shrimp Fettuccine	Eight	640	332	37	19	0	160	1450	55	4	5	22
	Pan	5100	2657	295	155	1	1295	11560	440	35	41	178
Pasta Fresca with Sautéed Shrimp w/a	Eight	510	248	28	5	0	55	1250	49	4	5	16
	Pan	4060	1987	221	41	0.5	450	9970	393	28	41	131
Pad Thai with Sautéed Shrimp 🌿	Eight	750	260	29	5	0	255	2070	97	3	42	25
	Pan	6030	2080	231	42	2	2030	16580	773	21	334	201
Spicy Korean Steak Noodles w/a	Eight	550	200	22	4	0	50	1760	61	3	25	25
	Pan	4400	1580	176	34	1	405	14090	428	22	201	203
Tortelloni Rosa 🌿	Eight	440	178	20	10	0	80	1140	47	6	8	21
	Pan	3520	1422	158	82	2.5	650	9090	374	47	66	164
Mac Menu												
Creamy Cheddar Mac with Oven-Roasted Meatballs	Eight	830	423	47	24	2	125	1710	64	3	6	37
	Pan	6610	3380	376	190	15	1010	13690	514	23	47	298
Buffalo Chicken Ranch Mac with Parmesan-Crusted Chicken	Eight	870	416	46	17	1	115	2990	73	4	7	43
	Pan	6990	3327	370	136	7	930	23920	582	29	60	343
Pulled Pork BBQ Mac	Eight	800	286	32	15	0.5	120	2060	87	4	25	42
	Pan	6440	2292	255	119	6	950	16520	695	30	200	339
Garlic Bacon Crunch Mac	Eight	810	398	44	20	1	105	1640	66	3	6	38
	Pan	6480	3181	353	162	8	845	13160	531	27	47	301
Gluten-Sensitive Pipette Mac 🌿	Eight	600	248	28	15	1	75	1220	66	2	4	24
	Pan	4770	1986	221	119	7	615	9760	525	14	29	191
Salads												
Green Goddess Cobb Salad with Grilled Chicken	Eight	420	244	27	7	0	110	1100	14	3	4	31
	Pan	3320	1955	217	56	2	870	8780	111	22	33	246
Med Salad with Grilled Chicken	Eight	330	113	13	4.5	0	100	1270	25	2	5	28
	Pan	2630	904	100	37	2.5	780	10170	204	18	44	223
Grilled Chicken Caesar Salad w	Eight	450	255	28	9	0	115	1070	14	2	2	35
	Pan	3590	2036	226	72	3	925	8570	111	17	18	282
Sides												
Cheesy Garlic Bread with Marinara 🌿	Each	120	45	5	2.5	0	10	300	15	0	2	4
	Pan	2970	1080	121	69	5	280	7570	376	0	42	102
Caesar Salad w	Each	330	215	24	8	0	35	700	14	2	2	15
	Pan	2630	1721	191	64	2	290	5590	112	14	17	121
Desserts												
Chocolate Chunk Cookies 🌿	Each	450	190	21	9	0	25	290	64	3	36	6
Snoodle Doodle Cookies 🌿	Each	450	180	20	8	0	25	290	64	3	36	6
Rice Crispies	Each	540	170	19	12	1	50	460	87	0	39	6

Catering

Nutritional Information

	ALLERGENS								
	Egg	Fish	Milk	Peanut	Shellfish	Soy	Tree Nuts	Wheat & Gluten	Sesame

Classic Noodles									
Chicken Parmesan			•			•		•	
Chipotle Chicken Cavatappi			•					•	
Lemon Garlic Shrimp Scampi			•		•			•	
Rigatoni Rosa with Grilled Chicken			•					•	
Basil Pesto Cavatappi with Grilled Chicken			•					•	
Buttery Parmesan Noodles 🌿	•		•					•	
Spaghetti & Meatballs			•					•	
Crispy Chicken Bacon Alfredo			•			•		•	
Cajun Shrimp Fettuccine			•		•			•	
Pasta Fresca with Sautéed Shrimp w/a			•		•			•	
Pad Thai with Sautéed Shrimp 🍷	•	•		•	•				
Spicy Korean Steak Noodles w/a						•		•	•
Tortelloni Rosa 🌿	•		•					•	

Mac Menu									
Creamy Cheddar Mac with Oven-Roasted Meatballs			•					•	
Buffalo Chicken Ranch Mac with Parmesan-Crusted Chicken	•		•			•		•	
Pulled Pork BBQ Mac			•					•	
Garlic Bacon Crunch Mac			•					•	
Gluten-Sensitive Pipette Mac 🍷 🌿			•						

Salads									
Green Goddess Cobb Salad with Grilled Chicken	•		•					•	
Med Salad with Grilled Chicken			•					•	
Grilled Chicken Caesar Salad w	•	•	•					•	

Sides									
Cheesy Garlic Bread with Marinara 🌿			•					•	
Caesar Salad w	•	•	•					•	

Desserts									
Chocolate Chunk Cookies 🌿	•		•			•	•	•	
Snoodle Doodle Cookies 🌿	•		•			•	•	•	
Rice Crispies			•					•	

🍷 GLUTEN SENSITIVE

Made without gluten-containing ingredients but potential for cross-contact exists.

🌿 VEGETARIAN

Excludes meat & fish.

w = Contains wine in sauce or dressing

a = Contains alcohol in sauce