

**1**

## Choose Your Entrée

**2**

## Pick Your Size

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Substitute  
Gluten-Free Pasta

**3**

## Add Meat or Tofu

Naturally Raised Pork	150 cal
Parmesan-Crusted Chicken Breast	210 cal
Grilled Chicken Breast	110 cal
Marinated Steak	170 cal
Sautéed Shrimp	70 cal
Oven-Roasted Meatballs	430 cal
Organic Tofu	170 cal

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## Green It Up, Soup It Up or Veg It Up

*Add side soup, salad or extra veggie*



Caesar  
90 cal



Tossed  
Green  
30-100 cal



Tomato  
Cucumber  
80 cal



Thai  
Curry  
140 cal



Tomato Basil  
Bisque  
140 cal



Chicken  
Noodle  
110 cal



# NOODLES & PASTA



## Penne Rosa

Spicy tomato cream sauce, penne pasta, mushrooms, tomato, spinach, wine and parmesan or feta

🌱 | V 360 | 680 cal

Try with parmesan-crusted chicken



## Japanese Pan Noodles

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

🌱 | V 360 | 710 cal

Try with marinated steak



## Wisconsin Mac & Cheese

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

V 550 | 1100 cal

Try with oven-roasted meatballs



## Pesto Cavatappi

Curly pasta, basil pesto, garlic, mushrooms, tomato, wine, cream, parmesan and Italian parsley

V 410 | 770 cal

Try with naturally raised pork



## Pad Thai

Rice noodle stir-fry with scrambled egg, carrots, napa and red cabbage, sweet chili, citrus, peanuts, Asian sprouts and cilantro

450 | 890 cal

Try with sautéed shrimp



## Spaghetti & Meatballs

Five meatballs on spaghetti, crushed tomato marinara and parmesan

680 | 990 cal



## Alfredo MontAmore

Spaghetti noodles, four-cheese blend alfredo, mushrooms, tomato, spinach and parmesan chicken. Topped with MontAmore cheese, Italian parsley and cracked pepper

790 | 1340 cal



## Bangkok Curry

Sweet coconut curry, broccoli, carrots, red bell pepper, onion, mushrooms, a light portion of rice noodles, served on napa and red cabbage with black sesame seeds

V 270 | 550 cal

Try with naturally raised pork



## Steak Stroganoff

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

670 | 1150 cal



## Whole Grain Tuscan Fresca

Whole grain linguine with balsamic, olive oil, white wine and roasted garlic, red onion, tomato, spinach, parmesan or feta and Italian parsley

V 350 | 650 cal

Try with grilled chicken breast



## Indonesian Peanut Sauté

Spicy peanut sauce and rice noodle stir-fry, broccoli, carrots, napa and red cabbage, Asian sprouts, cilantro, crushed peanuts and lime

🌱 | V 450 | 890 cal

Try with grilled chicken breast



## Buttered Noodles

Tender wavy egg noodles, butter, Italian seasonings and parmesan

V 440 | 870 cal

Try with oven-roasted meatballs



# SOUPS

— *Featured Dish* —



## Thai Curry Soup

Yellow coconut curry broth, spinach, napa and red cabbage, mushrooms, tomato, red onion, cilantro and rice noodles

🌱 | V 250 | 510 cal

Try with organic tofu



## Tomato Basil Bisque

Rich and zesty tomato soup with cream, sherry, fresh basil, garlic and Italian parsley

V 290 | 430 cal

Try with parmesan-crusted chicken



## Chicken Noodle Soup

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

170 | 320 cal



## Thai Hot Pot

Signature curry broth, napa and red cabbage, sprouts, peppers, shiitake mushrooms, rice noodles, pulled chicken and pork, lime wedges and cilantro. Served with a side of toasted Asian flatbread

🌱 710 cal

# SALADS

## Spinach & Fresh Fruit Salad

Seasonal fruit, crumbled bacon, pecans, focaccia croutons, red onion and blue cheese atop spinach with a balsamic fig drizzle

610 cal



## Chinese Chicken Chop Salad

Grilled chicken, sesame-soy tossed mixed greens, Asian sprouts, napa and red cabbage, red bell pepper, cucumber, carrots, crispy wontons and black sesame seeds

490 cal

## Grilled Chicken Caesar

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

420 cal



## The Med Salad with Chicken

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

410 cal

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# SANDWICHES\*

*With your choice of side soup or salad*

## BBQ Pork

Toasted ciabatta roll loaded with slow-braised pork, colorful coleslaw and barbecue drizzle

560 cal



## Wisconsin Cheesesteak

Marinated steak, our Mac & Cheese sauce, cheddar and jack cheese, red onion, red bell pepper and mushrooms on ciabatta

580 cal

## The Med

Grilled chicken, mushrooms, spinach, red bell pepper, cucumber, red onion, our zippy Med dressing, cilantro and feta on flatbread

350 cal



## Spicy Chicken Caesar

Grilled chicken, romaine, spicy Caesar dressing, wonton strips and parmesan on flatbread

530 cal

Vegetarian option is available



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## Complete Your Meal



**Potstickers**  
380 / 220 cal



**Margherita  
Flatbread**  
V 340 cal



**Cheesy  
Garlic Bread**  
V 660 / 330 cal

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## Drinks, Desserts & Extras

Fountain Drinks

Kids

Fresh-Brewed Iced Tea

Organic Milk

Cookies

V 460 / 490 cal

Rice Crispy

540 cal

Ciabatta/Flatbread

V 120 / 230 cal