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## Noodles & Company Adds Muscle to Its Menu With New BUFF Bowls

### Veggie and Protein Packed Versions of Four Guest Favorites Now Available in Restaurants Nationwide

BROOMFIELD, Colo., April 1, 2015 (GLOBE NEWSWIRE) -- Noodles & Company (Nasdaq:NDLS) today unveiled its newest menu items for Spring: BUFF Bowls. Four of Noodles & Company's most popular pasta bowls - Japanese Pan, Whole Grain Tuscan Fresca, Pesto Cavatappi and Bangkok Curry - are now available in the buff! Each BUFF Bowl features a double portion of veggies, topped with protein and served on a bed of spinach in place of the noodles, for a low carb dish, full of flavor and under 400 calories.

A photo accompanying this release is available at <http://www.globenewswire.com/newsroom/prs/?pkgid=31846>

"This Spring, we're excited to debut a new way for guests to enjoy some of their favorite global flavors. Our new BUFF Bowls are low carb and high protein versions of popular Noodles & Company dishes, and each bowl is made fresh to order in our kitchens like all menu items every day," commented Kevin Reddy, CEO of Noodles & Company. "At Noodles & Company, we pride ourselves on offering a wide variety of dishes from healthy to indulgent. We have always encouraged creativity and customization for our guests looking to enjoy our world of flavors, and our new BUFF Bowls featuring only 14-39 grams of carbs and packing in 17-31 grams of protein, take that extra step to make it easier for our guests looking for a lighter offering without skimping on satisfying flavor."

The following BUFF Bowls are now available in all Noodles & Company locations nationwide:

**BUFF Japanese Pan with Marinated Steak** - Marinated steak sits atop a bed of spinach, rich in vitamins and minerals, plus a double serving of veggies, including broccoli for a healthy dose of vitamins C & K, carrots, shiitake mushrooms, Asian sprouts, black sesame seeds and cilantro, lightly dressed with a sweet soy sauce (320 calories, 34g carbs, 29g protein).

**BUFF Pesto with Naturally Raised Pork** - Naturally raised, antibiotic-free pork tossed with basil pesto and a healthy helping of garlic, mushrooms and tomato on a bed of spinach, a powerful antioxidant (380 calories, 14g carbs, 31g protein).

**BUFF Bangkok Curry with Organic Tofu** - Organic Tofu is fantastically flavored with sweet coconut curry and served with twice the broccoli, carrots, red bell pepper, onion, mushrooms and spinach, all sprinkled with black sesame seeds and Asian seasonings (340 calories, 39g carbs, 17g protein)

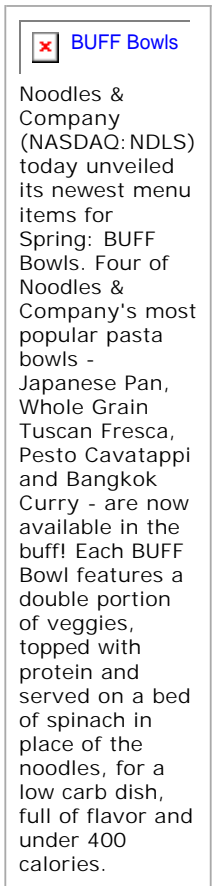
**BUFF Fresca with Grilled Chicken Breast** - Grilled chicken breast and a load of delicious veggies like potassium-rich tomato, roasted garlic and red onion, tossed with olive oil and served on a bed of spinach. Topped with feta cheese (360 calories, 17g carbs, 26g protein).

Guests may also substitute any protein, including naturally raised pork, grilled chicken and organic tofu, in each dish for no extra charge, and can double their protein portion for an additional \$2. For a full list of nutritional info, please visit [www.noodles.com/nutrition](http://www.noodles.com/nutrition).

### About Noodles & Company

Founded in 1995, Noodles & Company is a fast-casual restaurant chain that serves classic noodle and pasta dishes from around the world with 439 locations system-wide in 32 states and the District of Columbia as of December 30, 2014. Known as *Your World Kitchen*, Noodles & Company's globally inspired menu consists of more than 25 fresh, customizable noodle bowls, salads, soups and sandwiches that are prepared quickly using quality ingredients. From healthy to indulgent, spicy to comforting, the menu provides favorites for everyone from kids to adults. Popular dishes include the Med Salad with grilled chicken, spicy Indonesian Peanut Sauté and creamy Wisconsin Mac & Cheese.

The photo is also available at Newscom, [www.newscom.com](http://www.newscom.com), and via AP PhotoExpress.



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Source: Noodles & Company

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