



## ALLERGEN GUIDE

At Olive Garden, we're committed to making the dining experience for every guest, including our guests with food allergies, an exceptional one. That's why we are proud to offer this information to help you make an informed food selection.

The information inside details which menu items contain the most common allergens and intolerances, based on the information provided by our suppliers. We work to keep this information as up-to-date as possible, and suggest you check our allergen information each time you dine with us.

Because all of our dishes prepared-to-order, our normal kitchen operations may involve shared cooking and preparation areas. Therefore, we cannot guarantee that any menu item can be completely free of allergens. Items cooked on our grill or in our fryer present a special risk for cross-contamination, so we've clearly identified those for you. In addition, our pastas with egg and without egg are cooked in the same pasta cooker.

Our menu items are freshly prepared in our kitchens, which are not free of gluten. Cross-contact with other food items that contain gluten is possible. While we aim to accommodate the dietary needs of our guests, we cannot ensure that these items meet the definition of "gluten-free". Please let your server know you are avoiding gluten.

**When dining with us, please make your server aware of your allergies so that we can inform the kitchen.**

Please know that due to limited ingredient information available in our kitchen, we may not be able to answer all of your questions.

*We're all family here.*

**OLIVE GARDEN ALLERGEN INFORMATION - U.S. RESTAURANTS. Valid 7/31/2017 - 9/24/2017**

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KEY TO THIS GUIDE	PREPARATION		COMMON ALLERGENS											
	Fried (in 100% canola oil)	Grilled	Dairy	Eggs	Fish	Crustacean shellfish (crab, lobster, shrimp)	Mollusks (mussel, oyster, scallop)	Tree Nuts	Peanuts	Wheat	Gluten	Soy*	Sesame	Sulfites
<b>Y</b> Menu item contains this specific allergen (includes all cooking sauces, condiments and fixed accompaniments). • Menu item presents a special risk of cross-contamination of all allergens due to the cooking method.														
<b>BUY ONE, TAKE ONE</b>														
Cheese Ravioli with Marinara			Y	Y						Y	Y	Y		Y
Fettucine Alfredo			Y							Y	Y			
Five Cheese Ziti al Forno			Y	Y						Y	Y	Y		Y
Seafood Lasagna Sautee		•	Y		Y	Y	Y			Y	Y	Y		Y
Smoked Mozzarella Chicken			Y							Y	Y	Y		Y
Spaghetti w/Meat Sauce										Y	Y	Y		
Three Cheese Giant Stuffed shells with Meat Sauce			Y	Y						Y	Y	Y		
<b>APPETIZERS</b>														
Breadstick										Y	Y	Y		
Angry Alfredo Dipping Sauce			Y							Y	Y	Y		Y
Angry Alfredo Spicy Chicken Dip			Y							Y	Y	Y		Y
Calamari	•		Y	Y			Y			Y	Y	Y		Y
Chicken Fingers	•									Y	Y			
Five Italian Cheese Fonduta			Y							Y	Y	Y		Y
Fried Mozzarella	•		Y	Y						Y	Y	Y		Y
Garlic Marinara Mussels	•		Y				Y			Y	Y	Y		Y
Lasagna Fritta	•		Y	Y						Y	Y	Y		Y
NEW! LTO! Meatball Pizza Fritta	•		Y	Y						Y	Y	Y		Y
NEW! LTO! Parmesan Zucchini Bites	•		Y	Y						Y	Y	Y		Y
Parmesan Crusted Zucchini			Y							Y	Y			
Shrimp Scampi Fritta - Classic	•		Y	Y		Y				Y	Y	Y		Y
Shrimp Scampi Fritta - Spicy	•		Y	Y		Y				Y	Y	Y		Y
Spicy Calabrian Chicken Tenders	•		Y	Y						Y	Y	Y		Y
Spinach Artichoke Dip			Y							Y	Y	Y		Y
Stuffed Mushrooms			Y	Y			Y			Y	Y	Y	Y	Y
Toasted Beef & Pork Ravioli	•		Y	Y						Y	Y	Y		Y
<b>PIADINA &amp; FLATBREAD</b>														
Grilled Chicken & Cheese Piadina		•	Y	Y						Y	Y	Y		Y
Grilled Vegetable & Cheese Piadina		•	Y	Y						Y	Y	Y		Y
Italian Meats & Cheese Piadina		•	Y	Y						Y	Y	Y		Y
Grilled Chicken Flatbread			Y	Y						Y	Y	Y		Y
<b>SOUPS &amp; SALAD</b>														
Famous House Salad with dressing			Y	Y						Y	Y	Y		Y
Chicken & Gnocchi Soup			Y	Y						Y	Y	Y		
Minestrone Soup										Y	Y	Y		Y

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Pasta e Fagioli Soup										Y	Y	Y		
Stellini Soup (Regional)			Y	Y						Y	Y	Y		
Zuppa Toscana Soup			Y											
<b>BREADSTICK SANDWICHES</b>														
Chicken Parmigiana Sandwich	•		Y	Y						Y	Y	Y		Y
Eggplant Parmigiana Sandwich	•		Y	Y						Y	Y	Y		Y
Italian Meatball Sandwich	•		Y	Y						Y	Y	Y		Y
Spicy Calabrian Chicken Sandwich	•		Y	Y						Y	Y	Y		Y
<b>CREATE YOUR OWN PASTA</b>														
<b>PASTAS</b>														
Angel Hair										Y	Y			
Cavatappi /corkscrew										Y	Y			
Fettuccine										Y	Y			
Gluten-Free Rotini														
Rigatoni										Y	Y			
Small Shells										Y	Y			
Spaghetti										Y	Y			
Whole Grain Linguine										Y	Y			
<b>SAUCES</b>														
Alfredo Sauce			Y							Y	Y			
Asiago Garlic Alfredo Sauce	•		Y							Y	Y			
Five Cheese Marinara Sauce			Y	Y						Y	Y	Y		Y
Marinara Sauce												Y		Y
Meat Sauce												Y		
Parmesan Pesto Sauce			Y											
Tomato Sauce														
<b>TOPPINGS</b>														
Crispy Chicken Fritta	•		Y							Y	Y	Y		Y
Grilled Chicken		•	Y											
Italian Sausage														
Meatballs			Y	Y						Y	Y	Y		
Sautéed Shrimp						Y								Y
<b>CLASSIC RECIPES</b>														
Cheese Ravioli (No Sauce)			Y	Y						Y	Y			
Cheese Ravioli with Marinara Sauce			Y	Y						Y	Y	Y		Y
Cheese Ravioli with Meat Sauce			Y	Y						Y	Y	Y		

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Chicken Parmigiana	●		Y							Y	Y	Y		Y
Grilled Chicken Parmigiana		●	Y							Y	Y	Y		Y
Eggplant Parmigiana	●		Y							Y	Y	Y		Y
Fettuccine Alfredo (lunch or dinner)			Y							Y	Y			
Five Cheese Ziti al Forno			Y	Y						Y	Y	Y		Y
Lasagna Classico (lunch or dinner)			Y							Y	Y	Y		
Ravioli di Portobello			Y	Y						Y	Y	Y		Y
Spaghetti with Meat Sauce Mini Pasta Bowl (lunch)										Y	Y	Y		
Tour of Italy	●		Y							Y	Y	Y		Y
<b>CHICKEN ENTRÉES</b>														
Chicken & Shrimp Carbonara			Y			Y				Y	Y	Y		Y
Chicken Alfredo		●	Y							Y	Y			
Chicken Margherita (lunch or dinner)		●	Y							Y	Y	Y		Y
Chicken Marsala	●	●	Y							Y	Y	Y		Y
Chicken Piccata (lunch or dinner)		●	Y							Y	Y	Y		Y
Chicken Scampi			Y							Y	Y	Y		Y
Stuffed Chicken Marsala		●	Y							Y	Y	Y		Y
<b>SEAFOOD ENTRÉES</b>														
NEW! Citrus Glazed Salmon		●	Y		Y					Y	Y	Y		Y
Herb-Grilled Salmon		●	Y		Y									
Lobster Ravioli (Regional)			Y	Y	Y	Y	Y			Y	Y	Y		Y
Linguine di Mare			Y			Y	Y			Y	Y	Y		Y
Seafood Lasagna Sautee		●	Y		Y	Y	Y			Y	Y	Y		Y
Shrimp Alfredo			Y			Y				Y	Y			Y
Shrimp Scampi			Y			Y				Y	Y	Y		Y
Salmon Piccata (Regional)		●	Y		Y					Y	Y	Y		Y
Tilapia Piccata		●	Y		Y					Y	Y	Y		Y
<b>BEEF ENTRÉES</b>														
Braised Beef & Tortelloni			Y	Y						Y	Y	Y		Y
Steak Gorgonzola-Alfredo		●	Y							Y	Y			Y
NEW! 6 oz. Sirloin with Fettucine Alfredo		●	Y							Y	Y			
<b>SIDES</b>														
Garlic Parmesan Fries	●		Y											Y
Garlic Mashed Potatoes			Y									Y		
Parmesan Crusted Zucchini			Y							Y	Y			
Roasted Potatoes			Y											

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Steamed Broccoli														
<b>DESSERTS</b>														
Black Tie Mousse Cake			Y	Y						Y	Y	Y		
Lemon Cream Cake			Y	Y						Y	Y	Y		
LTO! Seasonal Sicilian Cheesecake			Y	Y						Y	Y	Y		
NEW! LTO! Cookie Butter Cake			Y	Y						Y	Y	Y		Y
NEW! LTO! Warm Berry Crostata			Y	Y						Y	Y			Y
Tiramisu			Y	Y						Y	Y	Y		
Warm Apple Crostata			Y	Y						Y	Y			Y
Zeppoli (no sauce)	●		Y							Y	Y	Y		
Chocolate sauce			Y											
Raspberry sauce														Y
<b>DOLCINI</b>														
Amaretto Tiramisu			Y	Y				Y		Y	Y	Y		
Chocolate Mousse			Y	Y						Y	Y	Y		Y
Dark Chocolate Caramel Cream			Y	Y						Y	Y	Y		Y
Limoncello Mousse			Y	Y						Y	Y	Y		
Strawberry & White Chocolate			Y	Y						Y	Y	Y		
<b>KIDS MENU</b>														
Cheese Pizza			Y							Y	Y	Y		
Add Pepperoni														
Cheese Ravioli			Y	Y						Y	Y			
Cheese Tortelloni			Y	Y						Y	Y			
NEW! Cheeseburger Sliders		●	Y							Y	Y			
NEW! Cheesy Piadina		●	Y							Y	Y			
Chicken Fingers & Pasta	●									Y	Y			
Macaroni & Cheese			Y							Y	Y			
Sundae (no sauce)			Y											
Chocolate sauce														
Smoothie, Peach-Mango														
Smoothie, Strawberry-Banana														
<b>GLUTEN-SENSITIVE</b>														
Famous House Salad without croutons			Y	Y										Y
Zuppa Toscana Soup			Y											
Grilled Chicken Parmigiana		●	Y									Y		Y
Herb-Grilled Salmon		●	Y		Y									

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Rotini with Marinara												Y		Y
Rotini with Meat Sauce												Y		
Rotini with Parmesan Pesto			Y											
Add Grilled Chicken		•	Y											
Add Shrimp						Y								Y
Add Italian Sausage														

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