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. Please also note that this information does not indicate which items may have been made in a facility with an allergen.

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. Effective Date: 10/23/2017

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<tr>
<th>KEY TO THIS GUIDE</th>
<th>PREPARATION</th>
<th>COMMON ALLERGENS</th>
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<tbody>
<tr>
<td>Y 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. Fried (in 100% canola oil)</td>
<td>Grilled Dairy Eggs Fish Crustacean shellfish (crab, lobster, shrimp) Mollusks (mussel, oyster, scallop) Tree Nuts Peanuts Wheat Gluten Soy* Sesame Sulfites</td>
<td></td>
</tr>
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### NEVER ENDING PASTA BOWL

**PASTA:**
- Angel Hair
- Cavatappi
- Fettucine
- Rigatoni
- Rotini
- Spaghetti
- Whole Grain Linguine

**SAUCE:**
- Alfredo Sauce
- Asiago Garlic Alfredo Sauce
- Creamy Mushroom Sauce
- Five Cheese Marinara
- Marinara Sauce
- Meat Sauce

**TOPPING:**
- Chicken Fritta
- Grilled Chicken
- Meatballs
- Sausage
- Shrimp Fritta

### APPETIZERS

- Breadstick
- Calamari
- Chicken Fingers
- Five Italian Cheese Fonduta
- Fried Mozzarella
- Garlic Marinara Mussels
- Lasagna Fritta
- Meatball Stuffed Pizza Fritta
- Parmesan Zucchini Bites
- Parmesan Crusted Zucchini
- Shrimp Scampi Fritta - Classic
- Shrimp Scampi Fritta - Spicy
- Spicy Calabrian Chicken Tenders

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### Preparation

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<tr>
<th>Fried (in 100% canola oil)</th>
<th>Grilled</th>
<th>Dairy</th>
<th>Eggs</th>
<th>Fish</th>
<th>Crustacean shellfish (crab, lobster, shrimp)</th>
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### Spinach Artichoke Dip
- **Y**
- •

### Stuffed Mushrooms
- **Y**
- **Y**

### Toasted Beef & Pork Ravioli
- **Y**
- **Y**

### Fried

**Fried (in 100% canola oil)**

### Grilled

**Grilled Chicken & Cheese Piadina**
- •
- **Y**
- **Y**

### Grilled Vegetable & Cheese Piadina
- •
- **Y**
- **Y**

### Italian Meats & Cheese Piadina
- •
- **Y**
- **Y**

### Grilled Chicken Flatbread
- **Y**
- **Y**
- **Y**

### PIADINA & FLATBREAD

### SOUPS & SALAD

**Famous House Salad with dressing**
- **Y**
- **Y**

**Chicken & Gnocchi Soup**
- **Y**
- **Y**
- **Y**

**Minestrone Soup**
- **Y**
- **Y**
- **Y**

**Pasta e Fagioli Soup**
- **Y**
- **Y**

**Stellini Soup (Regional)**
- **Y**
- **Y**

**Zuppa Toscana Soup**
- **Y**

### BREADSTICK SANDWICHES

**Chicken Parmigiana Sandwich**
- •
- **Y**
- **Y**

**Eggplant Parmigiana Sandwich**
- •
- **Y**
- **Y**

**Italian Meatball Sandwich**
- •
- **Y**
- **Y**

**Spicy Calabrian Chicken Sandwich**
- •
- **Y**
- **Y**

### CUCINA MIA! CREATE YOUR OWN PASTA

**PASTA:**

- **Angel Hair**
- **Y**
- **Y**

- **Cavatappi**
- **Y**
- **Y**

- **Fettuccine**
- **Y**
- **Y**

- **Gluten-Free Rotini**
- **Y**

- **Rigatoni**
- **Y**

- **Small Shells**
- **Y**

- **Spaghetti**
- **Y**

- **Whole Grain Linguine**
- **Y**

**SAUCE:**

- **Alfredo Sauce**
- **Y**

- **Asiago Garlic Alfredo Sauce**
- •
- **Y**

- **Five Cheese Marinara Sauce**
- **Y**
- **Y**

- **Marinara Sauce**
- **Y**

- **Meat Sauce**
- **Y**

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### COMMON ALLERGENS

- Parmesan Pesto Sauce
- Tomato Sauce

### PREPARATION

- **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**

### TOPPING:

- Crispy Chicken Fritta
  - Y
- Grilled Chicken
  - ●
  - Y
- Italian Sausage
- Meatballs
  - Y
  - Y
  - Y
  - Y
- Sautéed Shrimp
  - Y

### CLASSIC RECIPES

- **Cheese Ravioli (No Sauce)**
  - Y
  - Y
- **Cheese Ravioli with Marinara Sauce**
  - Y
  - Y
  - Y
  - Y
- **Cheese Ravioli with Meat Sauce**
  - Y
  - Y
- **Chicken Parmigiana**
  - ●
  - Y
- **Grilled Chicken Parmigiana**
  - ●
  - Y
- **Eggplant Parmigiana**
  - ●
  - Y
- **Fettuccine Alfredo (lunch or dinner)**
  - Y
- **Five Cheese Ziti al Forno**
  - Y
  - Y
  - Y
  - Y
- **Lasagna Classico (lunch or dinner)**
  - Y
  - Y
  - Y
- **Ravioli di Portobello**
  - Y
  - Y
  - Y
- **Spaghetti with Meat Sauce Mini Pasta Bowl (lunch)**
  - Y
  - Y
  - Y
- **Tour of Italy**
  - ●
  - Y

### CHICKEN ENTRÉES

- **Chicken & Shrimp Carbonara**
  - Y
  - Y
- **Chicken Alfredo**
  - ●
  - Y
- **Chicken Margherita (lunch or dinner)**
  - ●
  - Y
- **Chicken Piccata (lunch or dinner)**
  - ●
  - Y
- **Chicken Scampi**
  - Y
  - Y
  - Y
  - Y
- **Stuffed Chicken Marsala**
  - ●
  - Y
  - Y
  - Y
  - Y

### SEAFOOD ENTRÉES

- **Citrus Glazed Salmon**
  - ●
  - Y
  - Y
  - Y
- **Herb-Grilled Salmon**
  - ●
  - Y
  - Y
- **Linguine di Mare**
  - Y
  - Y
  - Y
  - Y
- **Seafood Lasagna Sautéé**
  - ●
  - Y
  - Y
  - Y
  - Y
- **Shrimp Alfredo**
  - Y
  - Y
  - Y
- **Shrimp Scampi**
  - Y
  - Y
  - Y
  - Y
  - Y
- **Salmon Piccata**
  - ●
  - Y
  - Y
  - Y
  - Y

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**BEEF ENTRÉES**
- Braised Beef & Tortelloni: Y Y Y Y Y Y
- Steak Gorgonzola-Alfredo: Y Y
- 6 oz. Sirloin with Fettucine Alfredo: Y Y

**SIDES**
- Garlic Parmesan Fries: Y
- Garlic Mashed Potatoes: Y
- Parmesan Crusted Zucchini: Y Y
- Roasted Potatoes: Y
- Steamed Broccoli: Y

**DESSERTS**
- Black Tie Mousse Cake: Y Y Y Y
- Cookie Butter Cake: Y Y Y Y Y Y
- Lemon Cream Cake: Y Y
- Pumpkin Cheesecake: Y Y Y Y
- Seasonal Sicilian Cheesecake: Y Y Y Y
- Tiramisu: Y Y Y Y
- Warm Apple Crostata: Y Y Y Y
- Warm Berry Crostata: Y Y Y Y
- Zeppoli (no sauce): Y Y Y Y
- Chocolate sauce: Y
- Raspberry sauce: Y

**DOLCINI:**
- Amaretto Tiramisu: Y Y Y Y Y Y
- Chocolate Mousse: Y Y Y Y Y Y
- Dark Chocolate Caramel Cream: Y Y Y Y
- Limoncello Mousse: Y Y Y Y
- Strawberry & White Chocolate: Y Y Y Y

**KIDS MENU**
- Cheese Pizza: Y Y Y
- Cheese Ravioli: Y Y
- Cheese Tortelloni: Y Y Y
- Cheeseburger Sliders: Y
- Cheesy Piadina: Y Y
- Chicken Fingers & Pasta: Y Y

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<td>Macaroni &amp; Cheese</td>
<td>Y</td>
<td>Y</td>
</tr>
<tr>
<td>Sundae (no sauce)</td>
<td>Y</td>
<td></td>
</tr>
<tr>
<td>Chocolate sauce</td>
<td>Y</td>
<td></td>
</tr>
<tr>
<td>Smoothie, Peach-Mango</td>
<td>Y</td>
<td></td>
</tr>
<tr>
<td>Smoothie, Strawberry-Banana</td>
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<tr>
<td>Rotini with Parmesan Pesto</td>
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