



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. Effective Date: 9/25/2017

If you have questions about this information, please ask to speak to a restaurant manager. Before placing your order, please inform your server if a person in your party has a food allergy.

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
NEVER ENDING PASTA BOWL														
PASTA:														
Angel Hair										Y	Y			
Cavatappi										Y	Y			
Fettucine										Y	Y			
Rigatoni										Y	Y			
Rotini														
Spaghetti										Y	Y			
Whole Grain Linguine										Y	Y			
SAUCE:														
Alfredo Sauce			Y							Y	Y			
Asiago Garlic Alfredo Sauce	●		Y							Y	Y			
Creamy Mushroom Sauce			Y							Y	Y	Y		Y
Five Cheese Marinara			Y	Y						Y	Y	Y		Y
Marinara Sauce												Y		Y
Meat Sauce												Y		
TOPPING:														
Chicken Fritta	●		Y							Y	Y	Y		
Grilled Chicken		●	Y											
Meatballs			Y	Y						Y	Y	Y		
Sausage														
Shrimp Fritta	●		Y	Y		Y				Y	Y			Y
APPETIZERS														
Breadstick										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
Meatball Pizza Fritta	●		Y	Y						Y	Y	Y		Y
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

*The FDA exempts highly refined soybean oil from being labeled as an allergen and therefore is not listed here.

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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.														
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
PIADINA & FLATBREAD														
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
SOUPS & SALAD														
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
Pasta e Fagioli Soup										Y	Y	Y		
Stellini Soup (Regional)			Y	Y						Y	Y	Y		
Zuppa Toscana Soup			Y											
BREADSTICK SANDWICHES														
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
CUCINA MIA! CREATE YOUR OWN PASTA														
PASTA:														
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			
SAUCE:														
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		

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Parmesan Pesto Sauce			Y											
Tomato Sauce														
TOPPING:														
Crispy Chicken Fritta	•		Y							Y	Y	Y		
Grilled Chicken		•	Y											
Italian Sausage														
Meatballs			Y	Y						Y	Y	Y		
Sautéed Shrimp						Y								Y
CLASSIC RECIPES														
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		
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
CHICKEN ENTRÉES														
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
SEAFOOD ENTRÉES														
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

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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
BEEF ENTRÉES														
Braised Beef & Tortelloni			Y	Y						Y	Y	Y		Y
Steak Gorgonzola-Alfredo		•	Y							Y	Y			Y
6 oz. Sirloin with Fettucine Alfredo		•	Y							Y	Y			
SIDES														
Garlic Parmesan Fries	•		Y											Y
Garlic Mashed Potatoes			Y									Y		
Parmesan Crusted Zucchini			Y							Y	Y			
Roasted Potatoes			Y											
Steamed Broccoli														
DESSERTS														
Black Tie Mousse Cake			Y	Y						Y	Y	Y		
Cookie Butter Cake			Y	Y						Y	Y	Y		Y
Lemon Cream Cake			Y	Y						Y	Y	Y		
Pumpkin Cheesecake			Y	Y						Y	Y	Y		Y
Seasonal Sicilian Cheesecake			Y	Y						Y	Y	Y		
Tiramisu			Y	Y						Y	Y	Y		
Warm Apple Crostata			Y	Y						Y	Y			Y
Warm Berry Crostata			Y	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	Y		Y
Limoncello Mousse			Y	Y						Y	Y	Y		
Strawberry & White Chocolate			Y	Y						Y	Y	Y		
KIDS MENU														
Cheese Pizza			Y							Y	Y	Y		
Add Pepperoni														
Cheese Ravioli			Y	Y						Y	Y			
Cheese Tortelloni			Y	Y						Y	Y			

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Cheeseburger Sliders		●	Y							Y	Y			
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														
GLUTEN-SENSITIVE														
Famous House Salad without croutons			Y	Y										Y
Zuppa Toscana Soup			Y											
Grilled Chicken Parmigiana		●	Y									Y		Y
Herb-Grilled Salmon		●	Y		Y									
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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