



ALLERGEN MENU

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, which is why we print it out in the restaurant for you.

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.



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Valid October 3, 2016 - November 20, 2016

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NEVER ENDING PASTA BOWL														
Pasta - Angel Hair										Y	Y			
Pasta - Cavatappi (corkscrew)										Y	Y			
Pasta - Fettuccine										Y	Y			
Pasta - Gluten-Free Rotini														
Pasta - Pappardelle										Y	Y			
Pasta - Rigatoni										Y	Y			
Pasta - Spaghetti										Y	Y			
Sauce - Alfredo			Y							Y	Y			
Sauce - Asiago Garlic Alfredo	•		Y							Y	Y			
Sauce - Five Cheese Marinara			Y	Y						Y	Y	Y		Y
Sauce - Traditional Marinara												Y		Y
Sauce - Traditional Meat												Y		
Topping - Crispy Chicken Fritta	•		Y							Y	Y	Y		Y
Topping - Crispy Shrimp Fritta	•		Y	Y		Y				Y	Y			Y
Topping - Grilled Chicken		•	Y											
Topping - Italian Sausage														
Topping - Meatballs			Y	Y						Y	Y	Y		
LIMITED TIME OFFERS														
Crispy Chicken Ravioli Supremo	•		Y	Y						Y	Y	Y		
Garlic Marinara Mussels	•		Y				Y			Y	Y	Y		Y



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Spicy Calabrian Chicken Tenders	•		Y	Y						Y	Y			Y
Pumpkin Cheesecake			Y	Y						Y	Y	Y		Y
Seasonal Sicilian Cheesecake			Y	Y						Y	Y	Y		Y
APPETIZERS														
Breadsticks										Y	Y	Y		
Dipping Sauce - Alfredo			Y							Y	Y			
Dipping Sauce - Five Cheese Marinara			Y	Y						Y	Y	Y		Y
Dipping Sauce - Marinara												Y		Y
Bruschetta Caprese			Y							Y	Y	Y		Y
Calamari	•		Y	Y			Y			Y	Y	Y		Y
Chicken Fingers	•		Y							Y	Y	Y		
Crispy Risotto Bites	•		Y	Y						Y	Y	Y		Y
Five Italian Cheese Fonduta			Y							Y	Y	Y		Y
Fried Mozzarella	•		Y	Y						Y	Y	Y		Y
Lasagna Fritta	•		Y	Y						Y	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
Stuffed Mushrooms			Y				Y			Y	Y	Y	Y	Y
Toasted Beef & Pork Ravioli	•		Y	Y						Y	Y	Y		Y
PIADINA & FLATBREADS														
Grilled Chicken & Cheese Piadina		•	Y	Y						Y	Y	Y		Y



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Grilled Vegetable & Cheese Piadina		•	Y	Y						Y	Y	Y		Y
Grilled Chicken Flatbread			Y	Y						Y	Y	Y		Y
Pepperoni and Sausage Flatbread			Y							Y	Y	Y		Y
SOUPS & SALADS														
Chicken & Gnocchi Soup			Y	Y						Y	Y	Y		Y
Minestrone Soup										Y	Y	Y		Y
Pasta e Fagioli Soup										Y	Y	Y		
Zuppa Toscana Soup			Y							Y	Y	Y		
Our Famous House Salad (with regular or low-fat dressing)			Y	Y						Y	Y	Y		Y
LUNCH														
Breadstick Sandwich - Chicken Parmigiana	•		Y							Y	Y	Y		Y
Breadstick Sandwich - Eggplant Parmigiana	•		Y							Y	Y	Y		Y
Breadstick Sandwich - Italian Meatball	•		Y	Y						Y	Y	Y		Y
Breadstick Sandwich - Spicy Calabrian Chicken	•		Y	Y						Y	Y	Y		Y
Fettuccine Alfredo Mini Pasta Bowl			Y							Y	Y			
Lasagna Classico			Y	Y						Y	Y	Y		Y
Sausage Stuffed Giant Rigatoni Mini Pasta Bowl			Y	Y						Y	Y	Y		Y
Spaghetti with Meat Sauce Mini Pasta Bowl										Y	Y	Y		
Tortellini al Forno Mini Pasta Bowl		•	Y	Y						Y	Y			
LIGHTER ITALIAN FARE														
Chicken Piccata		•	Y							Y	Y	Y		Y



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Cod Piccata (where available)		•	Y		Y					Y	Y	Y		Y
Garlic Rosemary Chicken	•	•	Y							Y	Y	Y		
Herb-Grilled Salmon (w/parmesan-garlic broccoli)		•	Y		Y									
Ravioli di Portobello			Y	Y						Y	Y	Y		Y
Shrimp Scampi			Y			Y				Y	Y	Y		Y
Tilapia Piccata		•	Y		Y					Y	Y	Y		Y
CUCINA MIA! - PASTA SELECTIONS														
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 Wheat Linguine										Y	Y			
CUCINA MIA! - SAUCE SELECTIONS														
Alfredo Sauce			Y							Y	Y			
Asiago Garlic Alfredo Sauce	•		Y							Y	Y			
Five Cheese Marinara Sauce			Y	Y						Y	Y	Y		Y
Garlic White Wine Sauce			Y							Y	Y	Y		Y
Marinara Sauce												Y		Y



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Meat Sauce												Y		
Tomato Sauce														
Vodka Sauce (where available)			Y							Y	Y	Y		Y
TOPPINGS														
Chicken Meatballs			Y	Y						Y	Y			
Crispy Chicken Fritta	•		Y							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		Y
Chicken Parmigiana	•		Y							Y	Y	Y		Y
Eggplant Parmigiana	•		Y							Y	Y	Y		Y
Fettuccine Alfredo			Y							Y	Y			
Five Cheese Ziti al Forno			Y	Y						Y	Y	Y		Y
Lasagna Classico			Y	Y						Y	Y	Y		Y
Northern Tour of Italy		•	Y	Y						Y	Y	Y		Y
Ravioli di Portobello			Y	Y						Y	Y	Y		Y



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Sausage Stuffed Giant Rigatoni			Y	Y						Y	Y	Y		Y
Tour of Italy	•		Y	Y						Y	Y	Y		Y
CHICKEN														
Chicken & Shrimp Carbonara			Y			Y				Y	Y			Y
Chicken Alfredo		•	Y							Y	Y			
Chicken Marsala	•	•	Y							Y	Y	Y		Y
Chicken Scampi			Y							Y	Y	Y		Y
Stuffed Chicken Marsala		•	Y							Y	Y	Y		Y
SEAFOOD														
Lobster Ravioli (where available)			Y	Y	Y	Y				Y	Y	Y		Y
Shrimp Alfredo			Y			Y				Y	Y			Y
BEEF														
Braised Beef & Tortelloni			Y	Y						Y	Y	Y		Y
Steak Gorgonzola-Alfredo		•	Y							Y	Y			Y
Tuscan Sirloin		•	Y							Y	Y	Y		
GLUTEN-SENSITIVE SELECTIONS														
Garden Salad without croutons			Y	Y										Y
Herb-Grilled Salmon (w/parmesan-garlic broccoli)		•	Y		Y									
Rotini with Marinara												Y		Y
Rotini with Meat Sauce												Y		
Add Grilled Chicken		•	Y											



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Add Shrimp		•				Y								Y
Add Italian Sausage														
Tuscan Sirloin		•	Y									Y		
KIDS SELECTIONS														
Cheese Pizza			Y							Y	Y	Y		
Add Pepperoni														
Cheese Ravioli			Y	Y						Y	Y			
Cheese Tortelloni			Y	Y						Y	Y			
Chicken Fingers & Pasta	•		Y							Y	Y	Y		
Macaroni & Cheese			Y							Y	Y			
Smoothie, Peach-Mango														
Smoothie, Strawberry-Banana														
SIDES														
Garlic Parmesan Fries	•		Y											Y
Garlic Parmesan 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		
Dolcini - Amaretto Tiramisu			Y	Y				Y		Y	Y			



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Dolcini - Chocolate Mousse			Y	Y						Y	Y	Y		Y
Dolcini - Dark Chocolate Caramel Cream			Y	Y						Y	Y	Y		Y
Dolcini - Limoncello Mousse			Y	Y						Y	Y	Y		
Dolcini - Strawberry & White Chocolate			Y	Y						Y	Y	Y		
Kids' Sundae			Y											Y
Lemon Cream Cake			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 (Zeppoli)			Y											
Raspberry Sauce (Zeppoli)														Y