NUTRITIONAL GUIDE

Printed information is valid: 05/30/16 - 07/03/16

Olive Garden has made an effort to provide complete and current nutrition information. Due to the handcrafted nature of our menu items and changes in recipes, ingredients and kitchen procedures, variations between the nutrition reported here and what is actually served may occur.

For years Italians have turned fresh ingredients into flavorful, balanced meals. We have choices that allow you to personalize your Italian meal to help meet your needs.
If you're watching carbohydrates *... Savor one of our grilled entrées with fresh vegetables in place of potatoes.*
If you're looking to increase fiber *... Choose whole wheat linguine with your pasta selection for a good source of fiber.*

If you have any questions about this information, please contact one of our Guest Relations Representatives at 1-800-331-2729 or by visiting www.olivegarden.com/contact-us.

	CALORIES	CALORIES FROM FAT	FAT g	SAT FAT g	TRANS FAT g	CHOLESTEROL mg	SODIUM mg	CARBS g	FIBER g	SUGAR g	PROTEIN g
LIMITED TIME ONLY AND SEASONAL ITEMS											
A WHOLE NEW TWIST ON SPAGHETTI											
Meatball Spaghetti Pie	1590	930	104	49	1	390	3360	85	4	12	80
Chicken Alfredo Spaghetti Pie	1570	1000	111	62	1.5	500	2460	69	3	8	74
Spaghetti with Meatballs	1070	450	50	18	1	175	1630	96	5	21	57
LIMITED TIME ONLY											
Seasonal Sicilian Cheesecake	740	370	42	26	1.5	155	440	78	2	65	12
Chocolate Caramel Lasagna	720	410	45	25	0	205	70	72	2	68	6
Spicy Calabrian Tenders	900	600	67	15	0.5	185	2250	19	4	less than 1 g	56
Tangy Gorgonzola Sauce	170	150	17	4	0	20	350	2	0	1	2
Garlic Mussels Marinara	510	220	25	4.5	0	55	1360	41	3	10	30
Spaghetti Rosso with Chicken & Bacon	1200	890	99	50	1.5	360	1750	30	5	10	51
BEVERAGE SELECTIONS											
WINES											
Sparkling Glass	130	0	0	0	0	0	20	8	0	-	0
Red, White, Blush Glass	150	0	0	0	0	0	20	8	0	-	0
Red, White, Blush Quartino	230	0	0	0	0	0	30	12	0	-	0
Red, White, Blush Bottle	640	0	0	0	0	0	90	35	0	-	0
Red, White, Blush Magnum	1360	0	0	0	0	0	190	74	0	-	0
TRADITIONAL FAVORITES											
Traditional Margarita	340	0	0	0	0	-	25	67	-	-	0
Strawberry Frozen Margarita	340	0	0	0	0	-	25	67	-	-	0
Strawberry-Mango Frozen Margarita	350	0	0	0	0	-	20	68	-	-	less than 1 g
Mango Martini	180	0	0	0	0	-	0	31	-	-	0
Long Island Limoncello	210	0	0	0	0	0	20	24	2	24	0
Italian Margarita	240	0	0	0	0	-	10	32	-	-	less than 1 g
Chocolate Almond Amore	600	190	21	13	1	-	135	82	-	-	7
SIGNATURE WINE COCKTAILS											
Sangarita	210	0	0	0	0	0	10	22	less than 1 g	20	0
Berry Bianco Spritzer	130	0	0	0	0	0	20	10	0	8	0
Peach Bellini	240	0	0	0	0	0	10	41	less than 1 g	36	less than 1 g
Moscato Citrus Berry Cocktail	260	0	0	0	0	0	50	41	0	35	0
Berry Sangria Glass	230	0	0	0	0	-	15	35	-	-	less than 1 g
Berry Sangria Pitcher	910	0	0	0	0	-	50	138	-	-	3
Peach Sangria Glass	250	0	0	0	0	-	50	40	-	-	less than 1 g
Peach Sangria Pitcher	1010	0	0	0	0	-	200	158	-	-	4
BEER											
Specialty Bottle	220	0	0	0	0	0	35	31	0	23	0
Regular Bottle	150	0	0	0	0	0	15	12	0	-	0
Regular Draft 14 oz	200	0	0	0	0	0	0	14	0	13	3
Regular Draft 20 oz	290	0	0	0	0	0	5	20	0	18	4
Light Bottle	100	0	0	0	0	0	15	6	0	-	0
Light Draft 14 oz	120	0	0	0	0	0	15	7	0	-	0
Light Draft 20 oz	170	0	0	0	0	0	25	10	0	-	0
Non-Alcoholic Bottle	70	0	0	0	0	0	5	13	0	-	0

	CALORIES	CALORIES FROM FAT	FAT g	SAT FAT g	TRANS FAT g	CHOLESTEROL mg	SODIUM mg	CARBS g	FIBER g	SUGAR g	PROTEIN g
NON-ALCOHOLIC BEVERAGES											
Strawberry Passion Fruit Limonata	170	0	0	0	0	0	60	43	0	40	0
Kiwi-Melon Limonata	160	0	0	0	0	0	35	41	0	39	0
Strawberry Smoothie	90	0	0	0	0	0	70	23	2	17	less than 1 g
Peach-Mango Smoothie	90	0	0	0	0	0	70	22	less than 1 g	17	less than 1 g
Iced Coffee - Regular	190	40	4.5	2.5	0	15	100	30	0	21	7
Iced Coffee - Vanilla	220	40	4.5	2.5	0	15	100	39	0	30	7
Iced Coffee - Caramel	220	40	4.5	2.5	0	15	100	38	0	29	7
Caramel Hazelnut Macchiato	200	40	4	2	0	25	35	35	less than 1 g	32	6
Lavazza Espresso	60	10	1.5	0	0	15	15	6	less than 1 g	3	5
Caffé Mocha	400	100	11	7	0	35	100	68	2	53	7
Caffé Latte	150	70	7	4	0	30	75	15	0	11	6
Cappuccino	90	40	4.5	3	0	15	50	9	0	8	4
Cappuccino with Whipped Cream	160	70	8	5	0	35	70	17	0	12	5
Hot Chocolate	380	90	10	5	0	40	110	65	3	54	12
Hot Tea	0	0	0	0	0	0	0	0	0	0	0
Bellini Peach-Raspberry Iced Tea	100	0	0	0	0	0	10	26	0	24	0
Raspberry Lemonade	170	0	0	0	0	0	15	46	0	43	0
Fresh Brewed Iced Tea	0	0	0	0	0	0	15	0	0	0	0
Frozen Cappuccino - Regular	400	110	13	8	0	40	60	69	0	65	3
Frozen Cappuccino - Vanilla	340	110	13	8	0	40	60	55	0	52	3
Frozen Cappuccino - Caramel	350	110	13	8	0	40	60	55	0	52	3
Caffé la Toscana Coffee	0	0	0	0	0	0	0	0	0	0	0
Herbal and Flavored Hot Teas	0	0	0	0	0	0	0	0	0	0	0
Apple Juice	170	0	0	0	0	0	50	42	0	42	0
Cranberry Juice	160	0	0	0	0	0	0	42	0	40	0
Orange Juice	140	0	0	0	0	0	0	33	less than 1 g	33	3
Pineapple Juice	240	0	0	0	0	0	20	56	0	48	less than 1 g
Coca-Cola	150	0	0	0	0	0	45	39	0	39	0
Diet Coke	0	0	0	0	0	0	45	0	0	0	0
Coke Zero	0	0	0	0	0	0	40	0	0	0	0
Sprite	150	0	0	0	0	0	70	39	0	39	0
Dr Pepper	150	0	0	0	0	0	50	41	0	41	0
Minute Maid Limeade	180	0	0	0	0	0	20	50	0	47	0
APPETIZERS											
Calamari (Create a Sampler portion)	430	250	28	2.5	0	160	1200	34	3	1	12
Stuffed Mushrooms (Create a Sampler/Appetizer portion)	380	270	30	8	0	20	860	13	1	3	15
Fried Zucchini (Create a Sampler)	370	190	21	2	0	0	620	40	2	3	4
Chicken Fingers (Create a Sampler)	220	100	11	1	0	50	430	12	0	0	19
Fried Mozzarella (Create a Sampler)	320	190	21	9	0	45	740	20	1	1	14
Crispy Risotto Bites (Create a Sampler)	300	120	14	3.5	0	15	740	36	2	3	7
Toasted Beef & Pork Ravioli (Create a Sampler)	340	140	15	2.5	0	15	750	39	3	3	12
Tomato Sauce	50	30	3	0	0	0	280	5	less than 1 g	3	less than 1 g
Marinara Sauce	45	20	2.5	0	0	0	240	6	less than 1 g	3	less than 1 g
Parmesan-Peppercorn Sauce	250	230	25	4.5	0	15	300	3	0	2	2
Five Italian Cheese Fonduta	760	430	48	25	0.5	115	1890	41	2	2	34
Classic Calamari (Appetizer portion)	870	500	56	5	0	320	2400	67	6	3	24
Marinara Sauce	45	20	2.5	0	0	0	240	6	less than 1 g	3	less than 1 g
Parmesan-Peppercorn Sauce	250	230	25	4.5	0	15	300	3	0	2	2
Classic Shrimp Scampi Fritta	580	330	36	11	0	220	1870	36	less than 1 g	3	22
Spicy Shrimp Scampi Fritta	560	330	37	6	0	200	1920	34	0	2	22
Crispy Risotto Bites	490	200	22	6	0	25	1110	60	2	2	12
Marinara Sauce	45	20	2	0	0	0	240	5	less than 1 g	3	less than 1 g
Lasagna Fritta	1070	640	71	29	1.5	160	1650	73	5	4	35
Citrus Aioli Sauce	320	320	36	5	0	45	220	2	0	2	0
Bruschetta Caprese	540	270	30	10	0	30	1300	43	3	6	18
Breadstick (with garlic-butter spread)	140	20	2.5	0.5	0	0	460	25	less than 1 g	1	4
Marinara Dipping Sauce	90	40	5	0	0	0	480	11	2	6	1
Alfredo Dipping Sauce	440	390	43	27	1	140	600	5	0	1	8
Five Cheese Marinara Dipping Sauce	220	160	17	9	0	45	540	11	1	6	5
Fried Mozzarella	860	530	59	28	1.5	135	1870	48	3	4	34
Shrimp Fresco	250	120	14	2	0	190	870	4	1	1	27
Calabrese Dressing	160	140	16	3.5	0	5	670	4	0	3	less than 1 g
Grilled Chicken Piadina	720	400	44	14	0.5	95	1360	46	4	4	35
FLATBREADS											
Grilled Chicken Flatbread	760	460	51	19	0.5	135	2110	42	2	4	34
Pepperoni & Sausage Flatbread	690	390	43	17	0	100	2010	45	3	6	31
SOUPS & SALADS											
SALADS											
Famous House Salad (one serving without dressing)	60	15	2	0	0	0	250	10	2	2	2
Famous House Salad (one serving with dressing)	140	80	9	1.5	0	less than 5 mg	740	12	2	3	3
Famous House Salad (one serving with low-fat dressing)	100	35	4	0	0	5	690	13	2	4	2
SOUPS											
Chicken & Gnocchi (one serving)	250	110	13	5	0	45	1420	24	1	4	10
Pasta e Fagioli (one serving)	180	60	6	2.5	0	25	620	21	4	7	9
Minestrone (one serving)	110	10	1.5	0	0	0	840	18	4	4	5
Zuppa Toscana (one serving)	220	130	15	6	0	40	990	15	2	2	7

	CALORIES	CALORIES FROM FAT	FAT g	SAT FAT g	TRANS FAT g	CHOLESTEROL mg	SODIUM mg	CARBS g	FIBER g	SUGAR g	PROTEIN g
LUNCH ENTRÉES											
TUSCAN DUOS / TRIOS											
Spaghetti with Meat Sauce Mini Pasta Bowl	280	80	9	2.5	0	25	390	40	2	7	11
Fettuccine Alfredo Mini Pasta Bowl	500	300	34	20	1	105	450	38	2	2	12
Tortellini al Forno Mini Pasta Bowl	420	260	29	17	0.5	115	740	25	1	2	15
Chicken Parmigiana Breadstick Sandwich	590	250	28	8	0	75	1760	49	3	5	35
Parmesan Garlic Fries	270	110	12	1	0	0	720	36	3	0	3
Italian Meatball Breadstick Sandwich	540	270	31	12	0.5	95	1090	40	2	5	29
Parmesan Garlic Fries	270	110	12	1	0	0	720	36	3	0	3
Grilled Chicken Flatbread	760	460	51	19	0.5	135	2110	42	2	4	34
Lasagna Classico	640	330	36	20	1	145	1430	39	5	12	40
Sausage Stuffed Giant Rigatoni Mina Pasta Bowl	560	290	32	16	0	135	1670	31	2	5	37
Eggplant Parmigiana Breadstick Sandwich	610	280	31	8	0	30	1330	64	5	8	20
Spicy Calabrian Chicken Breadstick Sandwich	470	230	26	6	0	55	1240	37	2	2	25
Pepperoni & Sausage Flatbread	690	390	43	17	0	100	2010	45	3	6	31
Grilled Chicken & Cheese Piadina	720	400	44	14	0.5	95	1360	46	4	4	35
Grilled Vegetable & Cheese Piadina	630	340	37	12	0.5	50	990	52	5	7	22
LUNCH LIGHTER ITALIAN FARE											
Shrimp Scampi	570	220	24	13	0.5	180	1800	60	5	6	28
Chicken Piccata	390	210	23	10	0	135	1030	12	3	6	36
Ravioli di Portobello	570	280	31	16	0.5	110	790	52	4	6	19
Garlic Rosemary Chicken	400	140	16	6	0	115	1400	29	3	6	38
DINNER ENTRÉES											
DINNER CUCINA MIA											
PASTAS											
Rigatoni	440	50	6	0.5	0	0	10	83	3	5	14
Cavatappi	440	50	6	0.5	0	0	10	83	3	4	15
Spaghetti	340	30	3.5	0	0	0	10	67	3	4	12
Angel Hair	340	20	2.5	0	0	0	15	67	3	2	12
Whole Wheat Linguine	430	40	4.5	0	0	0	10	82	9	3	16
Gluten-Free Rotini	430	50	5	0	0	0	0	88	2	0	8
HOMEMADE SAUCES											
Five Cheese Marinara	440	310	35	18	0.5	90	1080	22	3	12	10
Traditional Meat Sauce	300	170	19	7	0	60	1040	19	2	13	14
Asiago Garlic Alfredo	940	820	91	57	2	295	1320	14	0	6	19
Garlic White Wine Sauce	440	360	40	24	0	120	1190	16	less than 1 g	3	3
Traditional Marinara	140	60	7	0.5	0	0	720	17	2	10	2
Vodka Sauce *(where available)*	340	200	23	11	0	55	950	18	2	10	6
TOPPINGS											
Meatballs (3)	420	250	28	11	1	115	580	11	1	4	31
Italian Sausage (2 links)	470	370	41	14	0	110	1140	2	0	2	24
Chicken Meatballs (3)	210	60	6	2.5	0	100	610	10	less than 1 g	1	26
Grilled Chicken	140	30	3	0.5	0	75	360	0	0	0	27
Crispy Chicken Fritta	240	110	12	1.5	0	50	730	14	1	less than 1 g	20
Sautéed Shrimp	60	0	0	0	0	130	580	0	0	0	14
DINNER CLASSIC RECIPES											
Chicken Parmigiana	1060	470	52	14	0	155	2980	86	7	16	63
Eggplant Parmigiana	1060	490	54	12	0	45	1990	113	11	23	30
Five Cheese Ziti al Forno	1220	640	71	36	1	185	2160	103	6	19	45
Cheese Ravioli with Marinara Sauce	780	350	39	20	0	125	2140	68	5	11	41
Cheese Ravioli with Meat Sauce	860	410	46	24	0	170	2190	65	4	11	50
Ravioli di Portobello	820	410	46	24	1	160	1150	73	6	8	27
Sausage Stuffed Giant Rigatoni	1020	540	60	30	0.5	250	2740	58	4	14	65
Tour of Italy	1520	860	96	48	1.5	340	3250	92	6	19	75
Lasagna Classico	930	470	53	28	1.5	210	2070	56	8	18	58
Fettuccine Alfredo	1010	500	56	34	1.5	155	850	97	7	5	30
Northern Tour of Italy	1420	730	82	41	2	270	2570	108	8	16	63
Lobster Ravioli *(where available)*	1300	790	88	47	1.5	505	2780	79	11	7	48
DINNER LIGHTER ITALIAN FARE											
Shrimp Scampi	570	220	24	13	0.5	180	1800	60	5	6	28
Herb-Grilled Salmon	460	250	28	8	0	125	570	8	4	3	43
Garlic Rosemary Chicken	540	170	19	7	0	215	1630	29	4	6	66
Tilapia Piccata	450	210	24	10	0	125	1010	12	2	5	49
Cod Piccata *(where available)*	470	200	23	11	0	145	1750	19	4	6	45
Chicken Piccata	530	240	26	11	0	230	1260	12	3	6	64
DINNER CHICKEN											
Garlic Rosemary Chicken	540	170	19	7	0	215	1630	29	4	6	66
Chicken Scampi	930	360	41	8	0	100	1060	96	4	6	47
Chicken & Shrimp Carbonara	1590	1020	114	61	2	475	2410	78	4	12	66
Chicken Alfredo	1480	850	94	56	2	395	1480	95	4	9	63
Stuffed Chicken Marsala	950	520	58	27	1	310	1950	33	4	8	74
Chicken Marsala	970	380	43	10	0	215	1910	71	7	11	66

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DINNER FISH & SEAF00D											
Shrimp Alfredo	1150	620	69	41	1.5	340	1490	92	4	5	40
Shrimp Scampi	570	220	24	13	0.5	180	1800	60	5	6	28
Tilapia Piccata	450	210	24	10	0	125	1010	12	2	5	49
Herb-Grilled Salmon	460	250	28	8	0	125	570	8	4	3	43
DINNER BEEF & PORK											
Steak Gorgonzola-Alfredo	1380	760	85	51	2	330	2810	88	6	8	68
Braised Beef & Tortelloni	1120	520	58	24	1.5	230	2370	83	6	16	67
Tuscan Sirloin (11 oz)	700	260	29	11	1	205	1830	28	5	7	83
DESSERTS											
Tiramisu	470	240	27	17	0	215	120	52	0	33	6
Zeppoli	810	250	28	3.5	0	0	510	119	6	25	20
Warm Apple Crostata	630	260	29	15	0	35	420	83	2	41	7
Chocolate Sauce	220	25	3	2	0	10	110	48	less than 1 g	42	2
Raspberry Sauce	210	0	0	0	0	0	10	51	less than 1 g	35	0
Lemon Cream Cake	560	290	32	16	0	70	730	59	0	42	7
Black Tie Mousse Cake	880	490	54	54	1.5	145	290	89	5	66	10
Chocolate Mousse Cake	380	200	22	12	0	75	220	39	3	26	5
DOLCINI (MINI DESSERTS)											
Chocolate Mousse	290	190	21	10	0.5	45	120	23	2	-	3
Limoncello Mousse	270	140	16	11	0.5	50	95	29	0	22	2
Strawberry & White Chocolate Cake	190	100	11	5	0	30	90	22	less than 1 g	17	1
Amaretto Tiramisu	220	150	17	10	0	90	65	14	0	11	3
Dark Chocolate Caramel Cream	260	160	17	9	0	50	120	26	less than 1 g	19	2
KIDS' SELECTIONS											
KIDS' CREATE YOUR OWN PASTA											
Fettuccine	170	10	1.5	0	0	0	0	34	1	1	6
Spaghetti	170	15	1.5	0	0	0	5	33	1	2	6
Cavatappi	220	25	3	0	0	0	5	41	2	2	7
Small Shells	230	10	1	0	0	0	15	45	2	0	9
Whole Wheat Linguine	270	25	3	0	0	0	10	51	6	2	10
Tomato Sauce	80	45	5	0.5	0	0	420	8	1	5	1
Five Cheese Marinara	160	120	13	7	0	35	400	8	less than 1 g	5	4
Meat Sauce	110	60	7	2.5	0	25	390	7	less than 1 g	5	5
Alfredo Sauce	330	290	32	20	1	105	450	4	0	less than 1 g	6
Add Grilled Chicken	140	30	3.5	1	0	95	230	0	less than 1 g	0	28
Add Shrimp	30	0	0	0	0	65	290	0	0	0	7
Add Italian Sausage	240	180	20	7	0	55	570	1	0	less than 1 g	12
Add Meatball	140	80	9	4	0	40	190	4	0	1	10
KIDS' ENTRÉES											
Macaroni & Cheese	350	70	8	3	0	10	1040	59	2	8	11
Cheese Pizza	400	120	13	8	0	25	720	55	4	4	17
Add Pepperoni	60	50	5	2	0	10	240	0	0	0	2
Cheese Ravioli	340	150	16	8	0	50	990	33	3	6	17
Chicken Fingers & Pasta	400	140	16	1.5	0	50	720	42	2	5	24
Cheese Tortelloni	290	100	11	4.5	0	45	760	37	3	6	12
KIDS' SIDES											
Grapes	40	0	0	0	0	0	0	10	less than 1 g	9	0
Steamed Broccoli	20	0	0	0	0	0	20	4	2	2	2
KIDS' BEVERAGES											
1% Low Fat Milk	100	20	2.5	1.5	0	10	105	12	0	12	8
1% Low Fat Chocolate Milk	160	20	2.5	1.5	0	10	210	27	0	25	8
Apple Juice	100	0	0	0	0	0	30	25	0	25	0
Orange Juice	70	0	0	0	0	0	0	15	0	15	1
Cranberry Juice	70	0	0	0	0	0	0	20	0	19	0
Raspberry Lemonade	100	0	0	0	0	0	0	28	0	26	0
KIDS' DESSERTS											
Strawberry Smoothie	60	0	0	0	0	0	50	15	1	11	less than 1 g
Peach-Mango Smoothie	60	0	0	0	0	0	50	15	less than 1 g	12	less than 1 g
Sundae	190	70	8	6	0	-	50	26	-	-	4
GLUTEN-SENSITIVE SELECTIONS											
SALAD											
Famous House Salad & Dressing without croutons (one serving)	110	80	9	1.5	0	0	680	6	2	2	1
ENTRÉES											
Rotini with Marinara (Lunch portion)	350	90	10	0.5	0	0	720	61	3	10	6
Rotini with Marinara (Dinner portion)	510	120	14	1	0	0	960	88	5	13	9
Rotini with Meat Sauce (Lunch portion)	440	150	17	5	0	45	780	58	2	10	15
Rotini with Meat Sauce Dinner portion)	620	210	23	7	0	60	1040	84	3	13	20
Rotini Primavera (Lunch portion)	630	250	28	4.5	0	10	870	85	6	11	13
Rotini Primavera (Dinner portion)	1020	440	49	8	0	25	1650	126	10	20	21
Add Grilled Chicken	140	30	3.5	1	0	95	230	0	less than 1 g	0	28
Add Grilled Shrimp	70	0	0	0	0	120	200	less than 1 g	0	0	16
Add Italian Sausage	470	370	41	14	0	110	1140	2	0	2	24
Herb-Grilled Salmon	440	250	28	8	0	125	330	5	3	2	41
Tuscan Sirloin (11 oz)	570	160	18	7	0.5	190	1720	26	7	6	77
KIDS' ENTRÉES											
Kids' Grilled Chicken	410	70	8	1.5	0	60	960	60	4	15	26
Kids' Rotini with Marinara	310	70	7	0.5	0	0	480	55	3	6	5
Kids' Rotini with Meat Sauce	360	110	12	3.5	0	30	520	53	2	7	11