



ALLERGEN INFORMATION

(Canada Restaurants)

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 any 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.

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.

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

KEY TO THIS GUIDE	PREPARATION		COMMON ALLERGENS											
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)	Grilled	Dairy	Eggs	Fish	Crustacean shellfish (crab, lobster, shrimp)	Mollusks (mussel, oyster, scallop)	Tree Nuts	Peanuts	Wheat	Gluten	Soy	Sesame	Sulfites
FlavorFilled Pastas														
Cheese-Stuffed Gnocchi			Y							Y	Y			Y
Cheese-Stuffed Gnocchi with grilled chicken		•	Y							Y	Y			Y
Five Cheese Tortelloni al Forno			Y	Y						Y	Y	Y		Y
Five Cheese Tortelloni al Forno with grilled chicken		•	Y	Y						Y	Y	Y		Y
Lobster Ravioli with Shrimp & Scallops			Y	Y	Y	Y	Y			Y	Y	Y		Y
Appetizers														
Breadstick										Y	Y	Y		
Calamari	•		Y	Y			Y			Y	Y	Y		
Chicken Fingers	•		Y	Y						Y	Y	Y		
Five Italian Cheese Fonduta			Y							Y	Y	Y		
Fried Mozzarella	•		Y							Y	Y	Y		
Garlic Marinara Mussels	•		Y				Y			Y	Y	Y		
Lasagna Fritta	•		Y	Y						Y	Y	Y		Y
Meatball Stuffed Pizza Fritta	•		Y							Y	Y	Y		
Parmesan Zucchini Bites	•		Y	Y						Y	Y	Y		
Parmesan Crusted Zucchini			Y							Y	Y			
Shrimp Scampi Fritta - Classic	•		Y			Y				Y	Y	Y		Y
Shrimp Scampi Fritta - Spicy	•		Y			Y				Y	Y	Y		Y
Spicy Calabrian Chicken Tenders	•		Y	Y						Y	Y	Y		
Spinach Artichoke Dip			Y							Y	Y	Y		
Stuffed Mushrooms			Y				Y			Y	Y	Y	Y	Y
Toasted Beef & Pork Ravioli	•		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
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		
Zuppa Toscana Soup			Y							Y	Y	Y		
Create Your Own Pasta														
Pastas														
Angel Hair										Y	Y			
Cavatappi										Y	Y			
Fettuccine										Y	Y			

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Gluten-Free Rotini														
Rigatoni										Y	Y			
Small Shells										Y	Y			
Spaghetti										Y	Y			
Whole Grain Linguine										Y	Y			
Sauces														
Alfredo Sauce			Y							Y	Y			
Asiago Garlic Alfredo Sauce	•		Y							Y	Y			
Five Cheese Marinara Sauce			Y							Y	Y	Y		
Marinara Sauce												Y		
Meat Sauce												Y		
Parmesan Pesto Sauce			Y											
Tomato Sauce														
Toppings														
Crispy Chicken Fritta	•		Y	Y						Y	Y	Y		
Grilled Chicken		•												
Italian Sausage														
Meatballs			Y	Y						Y	Y	Y		
Sautéed Shrimp						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
Tastes of the Mediterranean														
NEW! Chicken Giardino		•	Y							Y	Y	Y		Y
NEW! Spiralized Veggie Pasta	•		Y							Y	Y	Y		Y
Chicken Margherita (lunch or dinner)		•	Y							Y	Y	Y		Y
Chicken Piccata (lunch or dinner)		•	Y							Y	Y	Y		Y
Herb-Grilled Salmon		•	Y		Y									
Linguine di Mare			Y			Y	Y			Y	Y	Y		
Shrimp Scampi			Y			Y				Y	Y	Y		Y
Classic Recipes														
Cheese Ravioli (No Sauce)			Y	Y						Y	Y			
Cheese Ravioli with Marinara Sauce			Y	Y						Y	Y	Y		
Cheese Ravioli with Meat Sauce			Y	Y						Y	Y	Y		
Chicken Parmigiana	•		Y							Y	Y	Y		
Grilled Chicken Parmigiana		•	Y							Y	Y	Y		
Eggplant Parmigiana	•		Y	Y						Y	Y	Y		Y

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Fettuccine Alfredo (lunch or dinner)			Y							Y	Y			
Five Cheese Ziti al Forno			Y							Y	Y	Y		
Lasagna Classico (lunch or dinner)			Y							Y	Y	Y		
Ravioli di Portobello (lunch or dinner)			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														
Chicken & Shrimp Carbonara			Y	Y		Y				Y	Y	Y		
Chicken Alfredo		•	Y							Y	Y			
Chicken Scampi			Y	Y						Y	Y	Y		Y
Stuffed Chicken Marsala		•	Y							Y	Y	Y		Y
Seafood														
Citrus Glazed Salmon		•	Y		Y					Y	Y	Y		Y
Seafood Alfredo			Y			Y	Y			Y	Y			
Seafood Lasagna Sauté		•	Y		Y	Y	Y			Y	Y	Y		Y
Shrimp Alfredo			Y			Y				Y	Y			
Beef														
6 oz. Sirloin with Fettuccine Alfredo		•	Y							Y	Y			
Braised Beef & Tortelloni			Y	Y						Y	Y	Y		Y
Steak Gorgonzola-Alfredo		•	Y							Y	Y			Y
Sides														
Garlic Parmesan Fries	•		Y											
Garlic Mashed Potatoes			Y									Y		
Parmesan Crusted Zucchini			Y							Y	Y			
Steamed Broccoli														
Desserts														
Black Tie Mousse Cake			Y	Y						Y	Y	Y		
Caramel Buttercream Cake			Y	Y						Y	Y	Y		Y
Lemon Cream Cake			Y	Y						Y	Y	Y		
Seasonal Sicilian Cheesecake			Y	Y						Y	Y	Y		
Tiramisu			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
Dolcini mini desserts														
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

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Limoncello Mousse			Y	Y						Y	Y	Y		
Strawberry & White Chocolate			Y	Y						Y	Y	Y		
Kids														
Cheese Pizza			Y							Y	Y	Y		
add Pepperoni														
Cheese Ravioli			Y	Y						Y	Y			
Cheese Tortelloni			Y	Y						Y	Y			
Cheeseburger Sliders		●	Y							Y	Y			
Cheesy Piadina		●	Y							Y	Y			
Chicken Fingers & Pasta	●		Y	Y						Y	Y	Y		
Macaroni & Cheese			Y							Y	Y			
Sundae (no sauce)			Y											
chocolate sauce														
Smoothie, Peach-Mango														
Smoothie, Strawberry-Banana														
Gluten-Sensitive Menu														
Famous House Salad without croutons			Y	Y										Y
Gluten-Sensitive Grilled Chicken Parmigiana		●	Y									Y		
Herb-Grilled Salmon		●	Y		Y									
Rotini with Marinara												Y		
Rotini with Meat Sauce												Y		
Rotini with Parmesan Pesto			Y											
Add Grilled Chicken		●												
Add Shrimp						Y								
Add Italian Sausage														