



ALLERGEN INFORMATION

(U.S. 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.

According to the FDA, highly refined soybean oil is not considered major food allergen and therefore is not listed here.

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											
	Fried (in 100% canola oil)	Grilled	Dairy	Egg	Fish	Crustacean shellfish (crab, lobster, shrimp)	Mollusks (mussel, oyster, scallop)	Tree Nut	Peanut	Wheat	Gluten	Soy	Sesame	Sulfites
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.														
Buy One Take One														
Cheese Ravioli with Marinara			Y	Y						Y	Y	Y		Y
Chicken Con Broccoli		●	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		
Shrimp Scampi			Y			Y				Y	Y	Y		Y
Spaghetti with Meat Sauce										Y	Y	Y		
Limited Time Offers														
Appetizer:														
Loaded Pasta Chips - a sampler	●		Y	Y						Y	Y	Y		
Entrees:														
Cheese Stuffed Gnocchi			Y							Y	Y			Y
Cheese Stuffed Gnocchi with Chicken		●	Y							Y	Y			Y
Cheese Stuffed Gnocchi with Shrimp			Y			Y				Y	Y			Y
Dessert:														
S'mores Layer Cake			Y	Y						Y	Y	Y		
Beverage:														
Italian Ice Milkshake			Y											
Appetizers														
Breadstick										Y	Y	Y		
Calamari	●		Y	Y			Y			Y	Y	Y		Y
Chicken Fingers	●		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
Loaded Pasta Chips	●		Y	Y						Y	Y	Y		
Parmesan Zucchini Bites	●		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
Spicy Calabrian Chicken Tenders	●		Y	Y						Y	Y	Y		Y
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
Pizza Bowl & Piadinas														
Chicken & Cheese Piadina		●	Y	Y						Y	Y	Y		Y
Grilled Vegetable & Cheese Piadina		●	Y	Y						Y	Y	Y		Y
Meatball Pizza Bowl			Y	Y						Y	Y	Y		
Soups & Salad														
Famous House Salad with dressing			Y	Y						Y	Y	Y		Y

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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											
Create Your Own Pasta														
Pastas:														
Angel Hair										Y	Y			
Cavatappi										Y	Y			
Fettuccine										Y	Y			
Gluten-Free Rotini														
Rigatoni										Y	Y			
Small Shells										Y	Y			
Spaghetti										Y	Y			
Whole Grain Linguine										Y	Y			
Sauces:														
Creamy Mushroom Sauce			Y							Y	Y	Y		Y
Creamy Pesto Sauce			Y							Y	Y			
Alfredo Sauce			Y							Y	Y			
Five Cheese Marinara Sauce			Y	Y						Y	Y	Y		Y
Marinara Sauce												Y		Y
Meat Sauce												Y		
Tomato Sauce														
Toppings:														
Garden Veggies														
Crispy Chicken Fritta	●		Y							Y	Y	Y		
Grilled Chicken		●	Y											
Italian Sausage														
Meatballs			Y	Y						Y	Y	Y		
Sautéed Shrimp						Y								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														
Chicken Giardino		●	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									

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Salmon Piccata		●	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		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 (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
Stuffed Chicken Marsala		●	Y							Y	Y	Y		Y
Seafood														
Seafood Alfredo			Y			Y	Y			Y	Y			Y
Shrimp Alfredo			Y			Y				Y	Y			Y
Beef & Pork														
Braised Beef Bolognese			Y							Y	Y	Y		Y
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														
Biscotti Almond (served on the side with specialty coffee)			Y	Y				Y	Y	Y	Y			
Black Tie Mousse Cake			Y	Y						Y	Y	Y		
Cannoli Trio:														
Cannoli, traditional			Y	Y						Y	Y	Y		Y
Cannoli, strawberry			Y	Y						Y	Y	Y		Y
Cannoli, chocolate			Y	Y				Y		Y	Y	Y		Y

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Lemon Cream Cake			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		Y
Zeppoli (no sauce)	●		Y							Y	Y	Y		
chocolate sauce			Y											
raspberry sauce														
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
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			
Chicken Fingers & Pasta	●		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
Zuppa Toscana Soup (U.S. only)			Y											
Gluten-Sensitive Grilled Chicken Parmigiana		●	Y									Y		Y
Herb-Grilled Salmon		●	Y		Y									
Rotini with Marinara												Y		Y
Rotini with Meat Sauce												Y		
Add Grilled Chicken		●	Y											
Add Shrimp						Y								Y
Add Italian Sausage														