



## 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.

Here are a few key points to know when reviewing this guide:

- 1.** 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.
- 2.** Because of the handcrafted nature of our menu items, the shared cooking and preparation areas in our kitchens and our reliance on our suppliers for accurate information, we cannot completely eliminate the risk of cross-contact or guarantee that any item is free of any allergen. 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.
- 3.** Note on Gluten... 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.
- 4.** Note on Soy... According to the U.S. Food and Drug Administration, highly refined soybean oil is not considered major food allergen and therefore is not listed here.
- 5.** If you have questions about this information, please ask to speak to a restaurant manager. Please know that due to limited ingredient information available in our kitchen, we may not be able to answer all of your questions. In these cases, please contact us online at [www.olivegarden.com/contact-us](http://www.olivegarden.com/contact-us) or by phone at 1- 800-331-2729 (Monday - Friday between the hours of 10am - 4pm Eastern.) Please know that depending on your questions, we may need from several days to up to two weeks to investigate.

**Before placing your order, please inform your server if a person in your party has a food allergy.**

The information below details which of the most common allergens are present in each menu item. Please note this does not include which items may have been made in a facility with the allergen. 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	Egg	Fish	Crustacean shellfish (crab, lobster, shrimp)	Mollusks (mussel, oyster, scallop)	Tree Nut	Peanut	Wheat	Gluten	Soy	Sesame	Sulfites
<b>Oven Baked Pastas</b>														
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.														
Lobster Shrimp Italian Mac & Cheese			Y		Y	Y	Y			Y	Y	Y		
Asiago Tortelloni Alfredo			Y	Y						Y	Y	Y		
Asiago Tortelloni Alfredo with Grilled Chicken		●	Y	Y						Y	Y	Y		
<b>Appetizers</b>														
Breadstick										Y	Y	Y		
Calamari	●		Y	Y			Y			Y	Y	Y		Y
Chicken Fingers	●		Y							Y	Y	Y		Y
NEW! Lasagna Dip	●		Y	Y						Y	Y	Y		
Spinach Artichoke Dip	●		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
Stuffed Mushrooms			Y	Y			Y			Y	Y	Y	Y	Y
Toasted Beef & Pork Ravioli	●		Y	Y						Y	Y	Y		Y
<b>Pizza Bowl &amp; Piadinas</b>														
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		
<b>Soups &amp; Salad</b>														
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 (U.S. only)			Y											
<b>Create Your Own Pasta</b>														
Pastas:														
Angel Hair										Y	Y			
Cavatappi										Y	Y			
Fettuccine										Y	Y			
Gluten-Free Rotini														

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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
<b>Breadstick Sandwiches</b>														
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
<b>Tastes of the Mediterranean</b>														
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									
Salmon Piccata		●	Y		Y					Y	Y	Y		Y
Shrimp Scampi			Y			Y				Y	Y	Y		Y
<b>Classic Recipes</b>														
LTO! Stuffed Fettuccine Alfredo (Regional)			Y	Y						Y	Y			
LTO! Stuffed Fettuccine Alfredo with Chicken (Regional)		●	Y	Y						Y	Y			
LTO! Stuffed Fettuccine Alfredo with Shrimp (Regional)			Y	Y		Y				Y	Y			Y
Cheese Ravioli (No Sauce)			Y	Y						Y	Y			
Cheese Ravioli with Marinara Sauce			Y	Y						Y	Y	Y		Y

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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
<b>Chicken</b>														
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
<b>Seafood</b>														
Seafood Alfredo			Y			Y	Y			Y	Y			Y
Shrimp Alfredo			Y			Y				Y	Y			Y
<b>Beef &amp; Pork</b>														
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
<b>Sides</b>														
Garlic Parmesan Fries	●		Y											
Garlic Mashed Potatoes			Y									Y		
Parmesan Crusted Zucchini			Y							Y	Y			
Steamed Broccoli														
<b>Desserts</b>														
NEW! Chocolate Brownie Lasagna			Y	Y						Y	Y	Y		
NEW! Chocolate Chunkin' Pumpkin Cheesecake			Y	Y						Y	Y	Y		
NEW! S'mores Layer Cake			Y	Y						Y	Y	Y		
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, 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 with Andes mint topping			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		Y
Strawberry & White Chocolate			Y	Y						Y	Y	Y		
<b>Kids</b>														
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														
<b>Gluten-Sensitive Menu</b>														
Famous House Salad without croutons			Y	Y										Y
Zuppa Toscana Soup (U.S. only)			Y											
Gluten-Sensitive Tuscan Sirloin		●	Y									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								
Add Italian Sausage														