ALLERGEN GUIDE

(U.S. Restaurants, excludes Hawaii)

At Olive Garden, we're committed to making the dining experience for every guest, including our guests with food allergies and intolerances, 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:

The information provided here identifies which menu items contain the most common allergens, based on details shared by our suppliers. We work to keep this information as up-to-date as possible, and suggest you check our guide 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 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.

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.

Note on Soy: According to the U.S. FDA, highly refined soybean oil is not considered major food

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 or by phone at 1- 800-331-2729 (Monday - Friday between the hours of 10am - 4pm Eastern.) Depending on your questions, we may need up to two weeks to investigate the answer.

If you or anyone in your party has a food allergy or intolerance, please notify us.

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. IF YOU OR ANYONE IN YOUR PARTY HAS A FOOD ALLERGY OR INTOLERANCE, PLEASE NOTIFY US.

KEY TO THIS GUIDE: Y Menu item contains this specific allergen (includes all cooking sauces and condiments)

PREP		COMMON ALLERGENS											
Fried in soy oil	Grilled	Dairy	Eggs	Fish	Crustacean	Mollusk	Tree Nuts	Peanuts	Wheat	Gluten	Soy	Sesame	Sulfites
APPETIZERS													
Calamari													
●		Y	Y			Y			Y	Y	Y		
Fried Mozzarella													
●		Y							Y	Y	Y		
Lasagna Fritta													
●		Y	Y						Y	Y	Y		
Meatballs Parmigiana													
		Y	Y						Y	Y	Y		
Shrimp Fritto Misto													
●		Y	Y		Y				Y	Y	Y		Y
Spinach-Artichoke Dip with flatbread crisps													
●		Y							Y	Y			
Stuffed Ziti Fritta													
●		Y	Y						Y	Y	Y		
Toasted Ravioli													
●		Y	Y						Y	Y	Y		
SOUPS, SALAD & BREADSTICKS													
Breadstick with garlic topping													
									Y	Y	Y		
Salad with Signature Italian Dressing													
		Y	Y						Y	Y			Y
Chicken & Gnocchi Soup													
		Y	Y						Y	Y			Y

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Minestrone Soup													
									Y	Y	Y		Y
Pasta Fagioli Soup													
									Y	Y	Y		
Stellini Soup (Regional)													
		Y	Y						Y	Y	Y		
Zuppa Toscana Soup													
		Y											
CREATE YOUR OWN PASTA													
Angel Hair													
									Y	Y			
Bucatini													
									Y	Y			
Fettuccine													
									Y	Y			
Gluten-Free Rotini													
			Y										
Rigatoni													
									Y	Y			
Small Shells													
									Y	Y			
Spaghetti													
									Y	Y			
Spicy Alfredo Sauce													

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		Y							Y	Y			
Alfredo Sauce													
		Y							Y	Y			
Creamy Mushroom Sauce													
		Y							Y	Y	Y		Y
Five Cheese Marinara Sauce													
		Y							Y	Y	Y		
Marinara													
											Y		
Meat Sauce													
											Y		
Tomato Sauce													
Crispy Shrimp Fritta													
●		Y			Y				Y	Y			Y
Crispy Chicken Fritta													
●		Y							Y	Y			
Grilled Chicken													
	●												
Italian Sausage													
Meatballs													
		Y	Y						Y	Y	Y		
Sautéed Shrimp													

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					Y								Y
Seasoned Broccoli													
Italian Sausage (Served with marinara. Catering CYO Pasta Station)													
											Y		
ENTRÉES													
Spicy Alfredo Fettuccine													
		Y							Y	Y			
Calabrian Steak & Shrimp Bucatini													
	●	Y			Y				Y	Y	Y		Y
Calabrian Steak Bucatini													
	●	Y							Y	Y	Y		Y
Calabrian Shrimp Bucatini													
	●	Y			Y				Y	Y	Y		Y
Creamy Mushroom Ravioli													
		Y	Y						Y	Y	Y		Y
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 & Shrimp Carbonara													
		Y			Y				Y	Y	Y		Y

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Chicken Alfredo (with grilled chicken)													
	●	Y							Y	Y			
Chicken Alfredo (with crispy chicken fritta)													
●		Y							Y	Y			
Chicken Parmigiana													
●		Y							Y	Y	Y		
Chicken Scampi													
		Y							Y	Y	Y		Y
Chicken Tortelloni Alfredo													
	●	Y	Y						Y	Y	Y		
Eggplant Parmigiana													
●		Y							Y	Y	Y		
Fettuccine Alfredo													
		Y							Y	Y			
Five Cheese Ziti al Forno													
		Y							Y	Y	Y		
Grilled Chicken Margherita													
	●	Y							Y	Y	Y		Y
Herb-Grilled Salmon													
	●	Y		Y									
Lasagna Classico													
		Y							Y	Y	Y		
Ravioli Carbonara													
		Y	Y						Y	Y	Y		

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Fried in soy oil	Grilled	Dairy	Eggs	Fish	Crustacean	Mollusk	Tree Nuts	Peanuts	Wheat	Gluten	Soy	Sesame	Sulfites
Seafood Alfredo													
		Y			Y	Y			Y	Y			Y
Shrimp Alfredo													
		Y			Y				Y	Y			Y
Shrimp Carbonara													
		Y			Y				Y	Y			Y
Shrimp Scampi													
		Y			Y				Y	Y	Y		Y
Spaghetti with Marinara Sauce													
									Y	Y	Y		
Spaghetti with Marinara Sauce & Meatballs													
		Y	Y						Y	Y	Y		
Spaghetti with Marinara Sauce & Italian Sausage													
									Y	Y	Y		
Spaghetti with Meat Sauce													
									Y	Y	Y		
Spaghetti with Meat Sauce & Meatballs													
		Y	Y						Y	Y	Y		
Spaghetti with Meat Sauce & Italian Sausage													
									Y	Y	Y		
Steak Gorgonzola Alfredo													
	●	Y							Y	Y			Y
Stuffed Chicken Marsala													
	●	Y							Y	Y	Y		Y

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Fried in soy oil	Grilled	Dairy	Eggs	Fish	Crustacean	Mollusk	Tree Nuts	Peanuts	Wheat	Gluten	Soy	Sesame	Sulfites
6 oz. Sirloin													
	●	Y							Y	Y			
Tour of Italy													
●		Y							Y	Y	Y		
Lunch Sandwiches & Flatbreads (where available)													
Chicken Parmigiana Sandwich (with fries)													
●		Y							Y	Y	Y		Y
Grilled Chicken Parmigiana Sandwich (with fries)													
●	●	Y							Y	Y	Y		Y
Eggplant Parmigiana Sandwich (with fries)													
●		Y							Y	Y	Y		Y
Italian Grilled Chicken Sandwich (with fries)													
●	●	Y	Y						Y	Y			Y
Chicken Alfredo Flatbread													
		Y							Y	Y			Y
Five Cheese Flatbread													
		Y							Y	Y	Y		Y
Classic Pepperoni Flatbread													
		Y							Y	Y	Y		Y
KIDS ENTRÉES													
Cheese Ravioli													
		Y	Y						Y	Y			
Cheese Pizza													

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		Y							Y	Y			
add Pepperoni													
Chicken Fingers													
●									Y	Y			
Macaroni & Cheese													
		Y							Y	Y			
SIDES													
French Fries													
●													
Grapes													
Italian Sausage (with marinara)													
											Y		
Mashed Potatoes													
		Y											
Meatballs (with marinara)													
		Y	Y						Y	Y	Y		
Parmesan Garlic Broccoli													
		Y											
Spaghetti with Tomato Sauce													
									Y	Y			
GLUTEN-SENSITIVE													
Famous House Salad without Croutons													

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		Y	Y										Y
Zuppa Toscana Soup													
		Y											
6 oz. Sirloin													
	●	Y											
Grilled Chicken Parmigiana with Rotini & Marinara													
	●	Y	Y								Y		
Herb-Grilled Salmon													
	●	Y		Y									
Rotini Pasta with Marinara													
			Y								Y		
Rotini Pasta with Meat Sauce													
			Y								Y		
add Grilled Chicken													
	●												
add Shrimp													
					Y								Y
add Italian Sausage													
DESSERTS													
Almond Biscotti (served on the side with specialty coffee)													
		Y	Y				Y		Y	Y			
Black Tie Mousse Cake													
		Y	Y						Y	Y	Y		

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Chocolate Lasagna													
		Y	Y						Y	Y	Y		
Sicilian Cheesecake with Strawberry Topping													
		Y	Y						Y	Y	Y		
Strawberry Cream Cake													
		Y	Y						Y	Y			
Tiramisu													
		Y	Y						Y	Y	Y		
Warm Italian Doughnuts													
●		Y							Y	Y	Y		
chocolate sauce													
		Y											
raspberry sauce													
Pumpkin Cookie Butter Cheesecake													
		Y	Y						Y	Y	Y		
Mint candy													
		Y									Y		