



NUTRITIONAL GUIDE

US Restaurants

Effective Date: September 25, 2017

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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 grain linguine with your pasta selection for a good source of fiber.

Menu Items	Calories	Total Fat (Grams)	Saturated Fat (Grams)	Trans Fat (Grams)	Sodium (Milligrams)	Total Carbs (Grams)	Calories from Fat	Protein (Grams)	Cholesterol (Milligrams)	Dietary Fiber (Grams)	Sugars (Grams)
LIMITED TIME ONLY AND SEASONAL ITEMS											
NEVER ENDING PASTA BOWL											
PASTAS											
Rigatoni	440	6	0.5	0	10	83	50	14	0	3	5
Cavatappi (corkscrew)	430	4	0.5	0	10	83	35	15	0	3	4
Spaghetti	430	4	0	0	15	83	35	15	0	3	5
Gluten-Free Rotini	430	6	0.5	0	0	87	50	8	0	2	0
Fettuccine	430	3.5	0	0	10	84	30	15	0	4	3
Whole Grain Linguine	350	6	0	0	10	57	50	17	0	14	2
Angel Hair	430	3.5	0	0	10	84	30	15	0	4	3
HOMEMADE SAUCES											
Five Cheese Marinara	330	26	13	0	810	16	230	8	70	2	9
Traditional Meat Sauce	300	19	7	0	1040	19	170	14	60	2	13
Asiago Garlic Alfredo	720	69	43	1.5	1020	12	620	15	225	0	5
Alfredo	660	65	41	1.5	900	8	580	11	215	0	2
Traditional Marinara	140	7	0.5	0	720	17	60	2	0	2	10
Creamy Mushroom	650	65	40	1.5	820	10	590	8	185	0	5
TOPPINGS											
Grilled Chicken	170	4	1	0	270	0	35	33	115	0	0
Crispy Chicken Fritta	240	12	1.5	0	730	14	110	20	50	1	less than 1 g
Crispy Shrimp Fritta	160	10	1	0	440	11	90	9	75	0	0
Meatballs (2)	320	27	13	1.5	710	5	240	16	45	2	0
Italian Sausage (2 links)	470	39	14	0	1140	2	360	27	115	less than 1 g	2
EARLY DINNER DUOS (EDD)											
Chicken Parmigiana EDD	660	29	7	0	1740	65	260	35	75	5	12
Fettuccine Alfredo EDD	1010	56	34	1.5	850	97	500	30	155	7	5
Lasagna Classic EDD	640	36	20	1	1430	39	330	40	145	5	12
Five Cheese Ziti al Forno EDD	1220	71	36	1	2160	103	640	45	185	6	19
Spaghetti with Meat Sauce EDD	640	22	7	0	1050	85	200	26	60	4	17
Cheese Ravioli with Marinara EDD	780	39	20	0	2140	68	350	41	125	5	11
Cheese Ravioli with Meat Sauce EDD	860	46	24	0	2190	65	410	50	170	4	11
Eggplant Parmigiana EDD	1060	54	12	0	1990	113	490	30	45	11	23
Ravioli di Portobello EDD	820	46	24	1	1150	73	410	27	160	6	8
Chicken Piccata EDD	350	21	9	0	1230	11	180	33	125	2	3
Grilled Chicken Parmigiana EDD	520	19	5	0	1340	48	170	42	115	5	10
LIMITED TIME ONLY											
6 oz. Sirloin with Fettuccine Alfredo	980	60	32	1.5	2000	54	540	58	240	4	6
Citrus Glazed Salmon	1350	80	37	1	1580	89	720	66	270	4	18
Meatball Stuffed Pizza Fritta	590	20	7	0.5	1180	74	180	29	50	5	18
Add Alfredo Sauce	220	22	14	0.5	300	3	190	4	70	0	less than 1 g
Add Marinara Sauce	45	2.5	0	0	240	6	20	less than 1 g	0	less than 1 g	3
Parmesan Zucchini Bites	510	30	10	0	940	39	270	22	100	2	5
Add Marinara Sauce	45	2.5	0	0	240	6	20	less than 1 g	0	less than 1 g	3
Spinach-Artichoke Dip	780	49	21	1.5	1930	50	440	31	95	6	7
Five Cheese Fonduta	760	48	25	0.5	1890	41	430	34	115	2	2
Caramel Apple Butter Latte (biscotti calories not included)	210	6	3.5	0	100	33	50	6	20	0	31
Caramel Apple Butter Iced Coffee (biscotti calories not included)	250	7	4	0	100	41	60	7	20	0	32
Caramel Apple Butter Cappuccino (biscotti calories not included)	190	5	3	0	75	31	45	4	15	0	29
Pumpkin Cheesecake	840	46	25	1.5	670	98	420	9	185	5	63
Seasonal Sicilian Cheesecake	730	42	26	1.5	440	78	370	12	155	2	64
Cookie Butter Cake	530	28	5	0	210	66	250	5	55	1	46
Warm Berry Crostata	640	29	15	0	350	87	260	7	30	3	44
Tropical Margarita	230	0	0	0	15	29	0	0	0	2	26
Milan Mai Tia	280	0	0	0	20	47	0	0	0	1	39



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BEVERAGE SELECTIONS											
WINES											
Whites - Glass	150	0	0	0	10	4	0	0	-	0	2
Whites - Quartino	220	0	0	0	15	6	0	0	-	0	3
Whites - Bottle	630	0	0	0	35	16	0	less than 1 g	-	0	7
Whites - Magnum Bottle	1250	0	0	0	75	32	0	1	-	0	14
Rosé - Glass	150	0	0	0	10	4	0	0	-	0	2
Rosé - Quartino	220	0	0	0	15	6	0	0	-	0	3
Rosé - Bottle	630	0	0	0	35	16	0	less than 1 g	-	0	7
Rosé - Magnum Bottle	1250	0	0	0	75	32	0	1	-	0	14
Reds - Glass	160	0	0	0	-	5	0	0	-	-	-
Reds - Quartino	230	0	0	0	-	8	0	0	-	-	-
Reds - Bottle	660	0	0	0	-	21	0	less than 1 g	-	-	-
Reds - Magnum Bottle	1310	0	0	0	-	43	0	1	-	-	-
Sparkling Prosecco - Glass	160	0	0	0	10	10	0	less than 1 g	0	0	10
Sparkling Prosecco - Bottle	660	0	0	0	-	21	0	less than 1 g	-	-	-
SIGNATURE WINE COCKTAILS											
Green Apple Moscato (glass)	220	0	0	0	15	43	0	0	0	2	38
Green Apple Moscato (pitcher)	860	0	0	0	50	173	0	2	0	6	154
Berry Sangria (glass)	230	0	0	0	5	34	0	less than 1 g	0	1	29
Berry Sangria (pitcher)	940	0	0	0	25	147	0	2	0	9	120
Peach Sangria (glass)	240	0	0	0	5	39	0	0	0	2	33
Peach Sangria (pitcher)	1000	0	0	0	25	162	0	2	0	8	138
Sangrita	240	0	0	0	10	28	0	less than 1 g	0	2	22
Peach Bellini	240	0	0	0	0	41	0	less than 1 g	0	less than 1 g	36
Moscato Citrus Berry Cocktail	200	0	0	0	45	37	0	0	0	0	31
TRADITIONAL FAVORITES											
Italian Margarita	300	0	0	0	15	39	0	less than 1 g	0	2	33
Frozen Traditional Margarita	290	0	0	0	25	48	0	0	0	4	39
Frozen Strawberry Margarita	290	0	0	0	20	52	0	0	0	4	42
Frozen Strawberry-Mango Margarita	340	0	0	0	20	65	0	less than 1 g	0	4	52
Long Island Limoncello	230	0	0	0	20	31	0	0	0	2	27
Mango Martini	180	0	0	0	25	31	0	0	0	1	28
Raspberry Italian Ice Mule	230	0	0	0	0	27	0	0	0	0	26
Moscow Mule	170	0	0	0	5	17	0	0	0	1	15
BEER											
Regular Draft 14 oz	200	0	0	0	0	14	0	3	0	0	13
Regular Draft 20 oz	290	0	0	0	5	20	0	4	0	0	18
Light Draft 14 oz	120	0	0	0	10	5	0	less than 1 g	0	0	-
Light Draft 20 oz	170	0	0	0	20	8	0	1	0	0	-
Imports & Specialty Bottle	220	0	0	0	10	31	0	0	0	0	23
Regular Bottle	150	0	0	0	10	11	0	1	0	0	-
Light Bottle	100	0	0	0	10	5	0	less than 1 g	0	0	-
Angry Orchard Bottle	220	0	0	0	10	31	0	0	0	0	23
Non-Alcoholic Bottle	70	0	0	0	10	15	0	less than 1 g	0	-	-
NON-ALCOHOLIC BEVERAGES											
HANDCRAFTED											
Blueberry Limonata	160	0	0	0	30	41	0	0	0	0	39
Strawberry Passion Fruit Limonata	130	0	0	0	40	34	0	0	0	0	32
Kiwi-Melon Limonata	160	0	0	0	35	43	0	0	0	0	39
Mixed Berry Sparkling Water	30	0	0	0	55	7	0	0	0	0	6
Strawberry-Banana Smoothie	190	0	0	0	45	45	0	1	0	3	33
Peach-Mango Smoothie	180	0	0	0	20	44	0	1	0	1	34
Italian Bottled Water	0	0	0	0	0	0	0	0	0	0	0
Iced Coffee - Vanilla	240	7	4	0	90	38	60	7	20	0	30
Iced Coffee - Caramel	250	7	4	0	90	40	60	7	20	0	31



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NON-ALCOHOLIC BEVERAGES											
HANDCRAFTED											
Iced Coffee - Traditional	210	7	4	0	90	29	60	7	20	0	21
Frozen Cappuccino - Vanilla	320	11	7	0	55	53	100	3	35	0	50
Frozen Cappuccino - Caramel	320	11	7	0	55	54	100	3	35	0	51
Frozen Cappuccino - Traditional	370	11	7	0	55	67	100	3	35	0	63
Caramel Hazelnut Macchiato	220	2.5	1	0	30	44	20	5	15	less than 1 g	39
Lavazza Espresso	60	1.5	0	0	15	6	10	5	15	less than 1 g	3
Caffé Mocha	230	7	3.5	0	85	34	60	10	30	2	27
Caffé Latte	180	7	4	0	100	18	70	11	30	less than 1 g	15
Cappuccino	140	5	2.5	0	70	15	50	9	25	less than 1 g	12
Cappuccino with Whipped Cream	150	6	3	0	70	13	60	9	30	less than 1 g	10
Coffee	0	0	0	0	0	0	0	0	0	0	0
Hot Tea	0	0	0	0	5	less than 1 g	0	0	0	0	0
Hot Chocolate	360	8	4	0	105	63	70	11	30	3	52
Fresh Brewed Iced Tea	0	0	0	0	10	1	0	0	0	0	0
Raspberry Lemonade	170	0	0	0	10	10	0	0	0	0	9
Bellini Peach-Raspberry Iced Tea	80	0	0	0	10	18	0	0	0	0	17
Coca-Cola	140	0	0	0	45	39	0	0	0	0	39
Diet Coke	0	0	0	0	40	0	0	0	0	0	0
Coke Zero	0	0	0	0	40	0	0	0	0	0	0
Sprite	140	0	0	0	65	38	0	0	0	0	38
Dr Pepper	150	0	0	0	50	41	0	0	0	0	41
Minute Maid Limeade	180	0	0	0	25	49	0	0	0	0	47
Apple Juice	210	0	0	0	65	53	0	0	0	0	53
Cranberry Juice	230	0	0	0	65	56	0	0	0	0	56
Orange Juice	230	0	0	0	10	51	0	4	0	0	45
Pineapple Juice	250	0.5	0	0	10	60	0	2	0	less than 1 g	56
APPETIZERS											
Calamari (Create a Sampler Portion)	430	28	2.5	0	1200	34	250	12	160	3	1
Stuffed Mushrooms (Create a Sampler/Appetizer portion)	380	30	8	0	860	13	270	15	20	1	3
Lasagna Fritta (Create a Sampler Portion)	530	31	10	0.5	730	43	280	20	60	3	0
Parmesan Crusted Zucchini (Create a Sampler)	90	7	2	0	190	5	60	4	5	1	3
Fried Mozzarella (Create a Sampler Portion)	320	21	9	0	740	20	190	14	45	1	1
Toasted Beef & Pork Ravioli (Create a Sampler Portion)	340	15	2.5	0	750	39	140	12	15	3	3
Add Tomato Sauce	50	3	0	0	280	5	30	less than 1 g	0	less than 1 g	3
Add Marinara Sauce	45	2.5	0	0	240	6	20	less than 1 g	0	less than 1 g	3
Add Ranch	210	21	3.5	0	430	3	190	1	15	0	2
Five Italian Cheese Fonduta	760	48	25	0.5	1890	41	430	34	115	2	2
Classic Shrimp Scampi Fritta	580	36	11	0	1870	36	330	22	220	less than 1 g	3
Spicy Shrimp Scampi Fritta	560	37	6	0	1920	34	330	22	200	0	2
Fried Mozzarella	860	59	28	1.5	1870	48	530	34	135	3	4
Add Marinara Sauce	45	2.5	0	0	240	6	20	less than 1 g	0	less than 1 g	3
Garlic Mussels Marinara	510	25	4.5	0	1360	41	220	30	55	3	10
Lasagna Fritta	1070	71	29	1.5	1650	73	640	35	160	5	4
Spicy Calabrian Tenders	900	67	15	0.5	2250	19	600	56	185	4	less than 1 g
Add Tangy Gorgonzola Sauce	170	17	4	0	350	2	150	2	20	0	1
Calamari (Appetizer Portion)	870	56	5	0	2400	67	500	24	320	6	3
Add Marinara Sauce	45	2.5	0	0	240	6	20	less than 1 g	0	less than 1 g	3
Add Ranch	210	21	3.5	0	430	3	190	1	15	0	2
Breadstick (with garlic topping)	140	2.5	0.5	0	460	25	20	4	0	less than 1 g	1
Marinara Dipping Sauce	90	5	0	0	480	11	40	1	0	2	6
Alfredo Dipping Sauce	440	43	27	1	600	5	390	8	140	0	1
Five Cheese Marinara Dipping Sauce	220	17	9	0	540	11	160	5	45	1	6
Grilled Chicken Piadina	720	44	14	0.5	1360	46	400	35	95	4	4
Grilled Chicken Flatbread	720	45	24	0.5	2230	42	410	36	150	2	4



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SOUPS & SALADS											
SALADS											
Famous House Salad (1 serving without dressing)	70	2	0	0	250	11	15	2	0	2	2
Famous House Salad (1 serving with low-fat dressing)	100	4	0	0	660	13	35	2	5	2	4
Famous House Salad (1 serving with dressing)	150	10	1.5	0	770	13	90	3	less than 5 mg	2	4
SOUPS											
Chicken & Gnocchi (1 serving)	230	12	4.5	0	1290	22	100	11	55	1	4
Stellini (1 serving)	200	7	2.5	0	1240	22	70	9	20	1	2
Pasta e Fagioli (1 serving)	150	5	2	0	710	16	50	8	15	3	4
Minestrone (1 serving)	110	1	0	0	810	17	10	5	0	4	4
Zuppa Toscana (1 serving)	220	15	7	0	790	15	130	7	40	2	2
LUNCH ENTRÉES											
LUNCH DUOS / TRIOS											
Eggplant Parmigiana Breadstick Sandwich	650	36	10	0	1330	63	320	22	40	5	8
Italian Meatball Breadstick Sandwich	650	45	20	1.5	1420	37	400	27	75	3	2
Spicy Calabrian Chicken Breadstick Sandwich	520	30	8	0	1190	38	270	26	65	2	2
Chicken Parmigiana Breadstick Sandwich	630	33	10	0	1760	49	290	37	85	3	4
<i>Parmesan Garlic Fries (served w/Breadstick Sandwiches)</i>	270	12	1	0	720	36	110	3	0	3	0
<i>Add Ketchup (served w/Breadstick Sandwiches)</i>	80	0	0	0	640	20	0	less than 1 g	0	less than 1 g	16
Lasagna Classico	640	36	20	1	1430	39	330	40	145	5	12
Italian Meats & Cheese Piadina	780	57	21	0	1990	39	510	30	110	2	3
Grilled Vegetable & Cheese Piadina	630	37	12	0.5	990	52	340	22	50	5	7
Grilled Chicken & Cheese Piadina	720	44	14	0.5	1360	46	400	35	95	4	4
Fettuccine Alfredo Mini Pasta Bowl	650	45	27	1	610	47	410	15	140	2	3
Spaghetti with Meat Sauce Mini Pasta Bowl	360	12	3.5	0	530	51	100	14	30	3	9
TASTES OF THE MEDITERRANEAN (Lunch)											
Shrimp Scampi	500	19	9	0	1150	56	170	26	150	6	1
Tilapia Piccata	420	22	10	0	1210	11	200	46	120	2	3
Chicken Piccata	350	21	9	0	1230	11	180	33	125	2	3
Ravioli di Portobello	570	31	16	0.5	790	52	280	19	110	4	6
Chicken Margarita (lunch portion)	370	22	7	0	700	8	200	37	120	2	3
Herb-Grilled Salmon	460	28	8	0	570	8	250	43	125	4	3
DINNER ENTRÉES											
DINNER CUCINA MIA											
PASTAS											
Rigatoni	440	6	0.5	0	10	83	50	14	0	3	5
Cavatappi	430	4	0.5	0	10	83	35	15	0	3	4
Spaghetti	340	3.5	0	0	10	67	30	12	0	3	4
Angel Hair	350	2.5	0	0	10	67	25	12	0	3	2
Whole Grain Linguine	350	6	0	0	10	57	50	17	0	14	2
Gluten-Free Rotini	430	6	0.5	0	0	87	50	8	0	2	0
HOMEMADE SAUCES											
Traditional Marinara	140	7	0.5	0	720	17	60	2	0	2	10
Five Cheese Marinara	440	35	18	0.5	1080	22	310	10	90	3	12
Parmesan Pesto	530	55	7	0	760	5	490	6	10	2	2
Traditional Meat Sauce	300	19	7	0	1040	19	170	14	60	2	13
Asiago Garlic Alfredo	940	91	57	2	1320	14	820	19	295	0	6
TOPPINGS											
Meatballs (3)	480	40	19	2	1060	7	360	23	65	3	0
Italian Sausage (2 links)	470	39	14	0	1140	2	360	27	115	less than 1 g	2
Crispy Chicken Fritta	240	12	1.5	0	730	14	110	20	50	1	less than 1 g
Grilled Chicken	140	3.5	1	0	230	0	30	28	95	less than 1 g	0
Sautéed Shrimp	60	0	0	0	580	0	0	14	130	0	0



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DINNER CLASSIC RECIPES											
Chicken Parmigiana	1060	52	14	0	2980	86	470	63	155	7	16
Grilled Chicken Parmigiana	760	29	9	0	2000	54	260	75	225	6	13
Eggplant Parmigiana	1060	54	12	0	1990	113	490	30	45	11	23
Five Cheese Ziti al Forno	1220	71	36	1	2160	103	640	45	185	6	19
Cheese Ravioli with Marinara Sauce	780	39	20	0	2140	68	350	41	125	5	11
Cheese Ravioli with Meat Sauce	860	46	24	0	2190	65	410	50	170	4	11
Ravioli di Portobello	820	46	24	1	1150	73	410	27	160	6	8
Tour of Italy	1520	96	48	1.5	3250	92	860	75	340	6	19
Lasagna Classico	930	53	28	1.5	2070	56	470	58	210	8	18
Fettuccine Alfredo	1010	56	34	1.5	850	97	500	30	155	7	5
TASTES OF THE MEDITERRANEAN (Dinner)											
Shrimp Scampi	500	19	9	0	1150	56	170	26	150	6	1
Linguine di Mare	570	16	2	0	1450	64	150	44	180	14	11
Herb-Grilled Salmon	460	28	8	0	570	8	250	43	125	4	3
Tilapia Piccata	420	22	10	0	1210	11	200	46	120	2	3
Chicken Piccata	500	24	10	0	1460	11	220	61	220	3	4
Chicken Margherita	590	32	11	0	1100	9	290	69	230	3	4
DINNER CHICKEN											
Chicken & Shrimp Carbonara	1590	114	61	2	2410	78	1020	66	475	4	12
Chicken Margherita	590	32	11	0	1100	9	290	69	230	3	4
Stuffed Chicken Marsala	950	58	27	1	1950	33	520	74	310	4	8
Chicken Marsala	970	43	10	0	1910	71	380	66	215	7	11
Chicken Scampi	1260	72	28	0	1990	105	640	49	200	4	7
Chicken Alfredo	1480	94	56	2	1480	95	850	63	395	4	9
DINNER FISH & SEAFOOD											
Seafood Lasagna Saute	1260	80	46	2	1630	79	720	59	400	5	10
Shrimp Alfredo	1150	69	41	1.5	1490	92	620	40	340	4	5
Shrimp Scampi	500	19	9	0	1150	56	170	26	150	6	1
Linguine di Mare	570	16	2	0	1450	64	150	44	180	14	11
Herb-Grilled Salmon	460	28	8	0	570	8	250	43	125	4	3
DINNER BEEF & PORK											
Steak Gorgonzola-Alfredo	1380	85	51	2	2810	88	760	68	330	6	8
Braised Beef & Tortelloni	1120	58	24	1.5	2370	83	520	67	230	6	16
SIDE ITEMS											
Garlic Parmesan Fries	270	12	1	0	720	36	110	3	0	3	0
Mashed Potatoes	150	8	3	0	460	17	70	3	10	2	3
Steamed Broccoli	35	0	0	0	35	7	0	4	0	4	3
Parmesan Crusted Zucchini	90	7	2	0	190	5	60	4	5	1	3
DESSERTS											
Tiramisu	470	27	17	0	125	54	240	6	215	0	35
Warm Apple Crostata	630	29	15	0	420	83	260	7	35	2	41
Zeppoli	810	28	3.5	0	510	119	250	20	0	6	25
Add Chocolate Sauce	220	3	2	0	110	48	25	2	10	less than 1 g	42
Add Raspberry Sauce	210	0	0	0	10	51	0	0	0	0	35
Lemon Cream Cake	550	31	17	0	440	60	280	6	70	0	45
Black Tie Mousse Cake	750	50	30	1	290	76	450	9	155	4	59
DOLCINI (MINI DESSERTS)											
Chocolate Mousse	240	18	10	0	125	18	160	2	55	1	12
Strawberry & White Chocolate Cake	190	11	6	0	100	23	100	1	30	0	18
Limoncello Mousse	240	15	10	0	85	26	130	2	45	0	20
Dark Chocolate Caramel Cream	240	16	8	0	110	23	140	2	50	less than 1 g	17
Amaretto Tiramisu	220	17	10	0	65	14	150	3	90	0	11



NUTRITIONAL GUIDE

US Restaurants

Effective Date: September 25, 2017

Olive Garden has made an effort to provide complete and current nutrition information. We work to keep this information as up-to-date as possible, and suggest you check our nutrition information each time you dine with us. 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. Unless otherwise noted, all items are listed as-served.

" - " indicates nutritional data is not available at this time. 2,000 calories a day is used for general nutritional advice, but calorie needs vary.

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 grain linguine with your pasta selection for a good source of fiber.

Menu Items	Calories	Total Fat (Grams)	Saturated Fat (Grams)	Trans Fat (Grams)	Sodium (Milligrams)	Total Carbs (Grams)	Calories from Fat	Protein (Grams)	Cholesterol (Milligrams)	Dietary Fiber (Grams)	Sugars (Grams)
KIDS' SELECTIONS											
KIDS' CREATE YOUR OWN PASTA											
Spaghetti	170	1.5	0	0	5	33	15	6	0	1	2
Fettuccine	170	1.5	0	0	0	34	10	6	0	1	1
Small Shells	210	2	0	0	5	42	20	7	0	2	2
Whole Grain Linguine	220	3.5	0	0	5	36	30	11	0	9	1
Tomato Sauce	80	5	0.5	0	420	8	45	1	0	1	5
Meat Sauce	110	7	2.5	0	390	7	60	5	25	less than 1 g	5
Alfredo Sauce	330	32	20	1	450	4	290	6	105	0	less than 1 g
Five Cheese Marinara	750	50	30	1	290	76	450	9	155	4	59
<i>Add Grilled Chicken</i>	140	3.5	1	0	230	0	30	28	95	less than 1 g	0
<i>Add Meatball</i>	160	13	6	0.5	350	2	120	8	20	less than 1 g	0
<i>Add Shrimp</i>	30	0	0	0	290	0	0	7	65	0	0
KIDS' ENTRÉES											
Cheeseburger Sliders, 2 each	540	28	13	1	1010	38	250	34	100	less than 1 g	7
Cheesy Piadina	530	35	13	0.5	800	37	320	17	55	2	1
Cheese Ravioli	340	16	8	0	980	33	150	17	50	3	6
Cheese Pizza	400	13	7	0	720	54	120	17	25	3	4
<i>Add Pepperoni</i>	60	5	2	0	240	0	50	2	10	0	0
Chicken Fingers & Pasta	400	16	1.5	0	720	42	140	24	50	2	5
Macaroni & Cheese	360	14	8	0	870	45	120	16	40	2	6
KIDS' SIDES											
Grapes	40	0	0	0	0	11	0	0	0	less than 1 g	9
Steamed Broccoli	35	0	0	0	35	7	0	4	0	4	3
French Fries	250	11	1	0	360	36	100	3	0	3	0
<i>Add Ketchup</i>	160	13	7	0	400	8	120	4	35	less than 1 g	5
KIDS' BEVERAGES											
1% Low Fat Milk	100	2.5	1.5	0	105	12	20	8	10	0	12
1% Low Fat Chocolate Milk	180	2.5	1.5	0	135	31	25	8	10	0	29
Raspberry Lemonade	110	0	0	0	10	7	0	0	0	0	6
Apple Juice	170	0	0	0	50	42	0	0	0	0	42
Orange Juice	180	0	0	0	10	40	0	3	0	0	36
Cranberry Juice	180	0	0	0	50	45	0	0	0	0	45
KIDS' DESSERTS											
Strawberry-Banana Smoothie	120	0	0	0	30	30	0	less than 1 g	0	2	22
Peach-Mango Smoothie	120	0	0	0	15	29	0	less than 1 g	0	less than 1 g	23
Sundae with Chocolate Syrup	190	8	5	0	45	28	70	2	30	less than 1 g	22
GLUTEN-SENSITIVE SELECTIONS											
Gluten-Sensitive SOUPS & SALAD											
House Salad & Signature Italian Dressing without Croutons (1 serving)	110	8	1.5	0	670	7	80	2	less than 5 mg	2	3
Zuppa Toscana (1 serving) (US Only)	220	15	7	0	790	15	130	7	40	2	2
Gluten-Sensitive ENTRÉES											
Rotini with Marinara	510	14	1	0	960	88	120	9	0	5	13
Rotini with Meat Sauce	620	23	8	0	1040	84	210	20	60	3	13
Rotini with Parmesan Pesto	960	61	8	0	760	92	550	14	10	4	2
<i>Add Grilled Chicken</i>	140	3.5	1	0	230	0	30	28	95	less than 1 g	0
<i>Add Grilled Shrimp</i>	70	0	0	0	200	less than 1 g	0	16	120	0	0
<i>Add Italian Sausage</i>	470	39	14	0	1140	2	360	27	115	less than 1 g	2
Grilled Chicken Parmigiana	790	30	9	0	1980	63	270	73	225	6	11
Herb-Grilled Salmon	460	28	8	0	570	8	250	43	125	4	3
Gluten-Sensitive KIDS' ENTRÉES											
Kids' Grilled Chicken (includes grapes)	490	11	1.5	0	710	66	100	34	95	4	16
Kids' Rotini with Marinara (grapes not included)	310	8	0.5	0	480	55	70	5	0	3	6
Kids' Rotini with Meat Sauce (grapes not included)	360	12	4	0	520	53	110	11	30	2	7
Grapes	40	0	0	0	0	11	0	0	0	less than 1 g	9