At Olive Garden, choice is always on the menu, and today there are more ways than ever to eat healthier while sharing moments together with friends and family. In addition to our Classic entrées, we’re committed to providing a wide range of delicious options so you can enjoy the meal that’s right for you. We’re committed to giving you easy access to the nutrition information you need, whether in our restaurants or online, and we’re always innovating our menu, so check back often.

Olive Garden attempts to provide nutrition information regarding its menu items that is as complete as possible. Some menu items may not be available at all restaurants; limited time offers, regional items, or test products may not be included. While menu item nutrition analysis is based on standard recipes, variations between the nutrition info reported here and what is actually served may occur due to the handcrafted nature of our menu items, substitutions, natural variability that occurs within ingredients, region of the country and season of the year.

This listing is updated periodically in an attempt to reflect the current data and suggest you check each time you dine with us. All items are listed as-served, unless otherwise noted. If you have any questions about this information, please contact one of our Guest Relations Representatives by phone at 1-800-331-2729 (Monday - Friday, 10:00 AM to 4:00 PM Eastern Time), or by visiting www.olivegarden.com/contact-us

2,000 calories a day is used for general nutrition advice, but calorie needs vary.
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CREATE YOUR OWN PASTA

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Dinner Entrées

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2,000 calories a day is used for general nutrition advice, but calorie needs vary.
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**DESSERTS**

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**KIDS MENU**

**Create Your Own Pasta**

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2,000 calories a day is used for general nutrition advice, but calorie needs vary.
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<th>Trans Fat (g)</th>
<th>Cholesterol (mg)</th>
<th>Sodium (mg)</th>
<th>Total Carbs (g)</th>
<th>Dietary Fiber (g)</th>
<th>Sugars (g)</th>
<th>Protein (g)</th>
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### DRINKS

#### Wines

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<th>Sodium (mg)</th>
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#### Beers

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<th>Sodium (mg)</th>
<th>Total Carbs (g)</th>
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<th>Sugars (g)</th>
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#### Cocktails

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### Menu Item

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### NON-ALCOHOLIC DRINKS

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**TO GO & CATERING MENU**

**Take Home Entrées**

| Fettuccine Alfredo   | 1010     | 500               | 56            | 34               | 15            | 155             | 850         | 97             | 7                 | 5          | 30        |
| Five Cheese Ziti al Forno | 1220     | 640               | 71            | 36               | 1             | 185             | 2160        | 103            | 6                 | 19         | 45        |
| Spaghetti with Meat Sauce | 640      | 200               | 22            | 7                | 0             | 60              | 1050        | 85             | 4                 | 17         | 26        |
| Stuffed Fettuccine Alfredo | 1360     | 810               | 90            | 56               | 2.5           | 325             | 2100        | 83             | 4                 | 4          | 52        |

**To Go - Soups & Salad**

| Famous House Salad To Go | 290      | 150               | 17            | 2.5              | 0             | 10              | 1380        | 30             | 6                 | 10         | 8         |
| Chicken & Gnocchi (Per One Serving, Serves Two) | 230      | 100               | 12            | 4.5              | 0             | 55              | 1290        | 22             | 1                 | 4          | 11        |
| Minestrone (Per One Serving, Serves Two) | 110      | 10                | 1             | 0                | 0             | 0               | 810         | 17             | 4                 | 4          | 5         |
| Pasta Fagioli (Per One Serving, Serves Two) | 150      | 50                | 5             | 2                | 0             | 15              | 710         | 16             | 3                 | 4          | 8         |
| Zuppa Toscana (Per One Serving, Serves Two) | 220      | 130               | 15            | 7                | 0             | 40              | 790         | 15             | 2                 | 2          | 7         |
| Stellini Soup (Per One Serving, Serves Two) | 200      | 70                | 7             | 2.5              | 0             | 20              | 1240        | 22             | 1                 | 2          | 9         |

**Catering - Soups & Salad**

| Jumbo Famous House Salad (Serves 6) | 1650     | 1020              | 114           | 17               | 15            | 55              | 8260        | 134            | 17                | 36         | 30        |
| Half-Gallon Soups (Serves 6): |
| Chicken & Gnocchi | 1870     | 840               | 93            | 38               | 2             | 460             | 10280       | 177            | 10                | 31         | 88        |
| Minestrone        | 850      | 80                | 9             | 1.5              | 0             | 0               | 6460        | 140            | 31                | 31         | 40        |
| Pasta E Fagioli   | 1170     | 390               | 44            | 17               | 2             | 140             | 5690        | 131            | 24                | 29         | 62        |
| Zuppa Toscana     | 1760     | 1060              | 117           | 52               | 15            | 300             | 6350        | 123            | 15                | 17         | 59        |
| Stellini Soup Catering (Regional) | 1570     | 530               | 59            | 21               | 15            | 160             | 9910        | 180            | 11                | 15         | 73        |
| One-Gallon Soups (Serves 12): |
| Chicken & Gnocchi | 3750     | 1670              | 186           | 76               | 4             | 915             | 20570       | 353            | 20                | 63         | 175       |
| Minestrone        | 1700     | 150               | 18            | 2.5              | 0             | 0               | 12920       | 279            | 63                | 63         | 81        |
| Pasta Fagioli     | 2350     | 790               | 87            | 33               | 4             | 280             | 11380       | 261            | 47                | 59         | 124       |
| Zuppa Toscana     | 3520     | 2110              | 234           | 105              | 2.5           | 600             | 12700       | 246            | 29                | 33         | 118       |
| Stellini Soup Catering (Regional) | 3130     | 1060              | 118           | 43               | 3             | 320             | 19820       | 359            | 22                | 31         | 145       |

2,000 calories a day is used for general nutrition advice, but calorie needs vary.
### Catering - Pans (Serves 4 - 6)

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### Catering - Appetizers (Serves 4 - 6)

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<th>Trans Fat (g)</th>
<th>Cholesterol (mg)</th>
<th>Sodium (mg)</th>
<th>Total Carbs (g)</th>
<th>Dietary Fiber (g)</th>
<th>Sugars (g)</th>
<th>Protein (g)</th>
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<tbody>
<tr>
<td>Fried Mozzarella</td>
<td>3450</td>
<td>1910</td>
<td>212</td>
<td>72</td>
<td>2</td>
<td>290</td>
<td>8540</td>
<td>243</td>
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<td>Toasted Ravioli</td>
<td>2280</td>
<td>950</td>
<td>105</td>
<td>22</td>
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<td>165</td>
<td>5000</td>
<td>243</td>
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<td>90</td>
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<td>add marinara</td>
<td>140</td>
<td>60</td>
<td>7</td>
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<td>0</td>
<td>0</td>
<td>720</td>
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<td>Spinach-Artichoke Dip with flatbread crisps</td>
<td>2200</td>
<td>1370</td>
<td>152</td>
<td>41</td>
<td>15</td>
<td>155</td>
<td>4330</td>
<td>139</td>
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<td>14</td>
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<td>Dipping Sauces (1 Pint):</td>
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<td>Alfredo</td>
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<td>1560</td>
<td>173</td>
<td>109</td>
<td>4</td>
<td>570</td>
<td>2400</td>
<td>21</td>
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<td>Five Cheese Marinara</td>
<td>870</td>
<td>620</td>
<td>70</td>
<td>35</td>
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<td>180</td>
<td>2150</td>
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<td>19</td>
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<td>0</td>
<td>1920</td>
<td>45</td>
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<td>38</td>
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<td>125</td>
<td>2070</td>
<td>37</td>
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### Catering - Perfect Additions (Serves 4 - 6)

<table>
<thead>
<tr>
<th>Menu Item</th>
<th>Calories</th>
<th>Calories from Fat</th>
<th>Total Fat (g)</th>
<th>Saturated Fat (g)</th>
<th>Trans Fat (g)</th>
<th>Cholesterol (mg)</th>
<th>Sodium (mg)</th>
<th>Total Carbs (g)</th>
<th>Dietary Fiber (g)</th>
<th>Sugars (g)</th>
<th>Protein (g)</th>
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<tbody>
<tr>
<td>Chicken Fingers</td>
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<td>620</td>
<td>69</td>
<td>7</td>
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<td>305</td>
<td>2620</td>
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<td>Grilled Chicken</td>
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<td>4530</td>
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<td>Italian Meatballs</td>
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<td>141</td>
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<td>225</td>
<td>4260</td>
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<td>Italian Sausage</td>
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<td>Menu Item</td>
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<td>Saturated Fat (g)</td>
<td>Trans Fat (g)</td>
<td>Cholesterol (mg)</td>
<td>Sodium (mg)</td>
<td>Total Carbs (g)</td>
<td>Dietary Fiber (g)</td>
<td>Sugars (g)</td>
<td>Protein (g)</td>
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<tr>
<td><strong>Catering - Desserts (Half or Whole, Serves 6 or 12)</strong></td>
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<tr>
<td>Black Tie Mousse Cake, per slice</td>
<td>750</td>
<td>450</td>
<td>50</td>
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<td>290</td>
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<td>Pumpkin Cheesecake, per slice</td>
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<td>450</td>
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<td>Seasonal Sicilian Cheesecake, per slice</td>
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<td>42</td>
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<td>440</td>
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<td>Tiramisu, per slice</td>
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<td>125</td>
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