



NUTRITION INFORMATION

(U.S. RESTAURANTS)

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, 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. "-" indicates nutrition data is not available at this time.

If you have any questions about this information, please contact one of our Guest Relations Representatives at 1-800-331-2729 or by visiting www.olivegarden.com/contact-us

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

| Menu Item | Calories | Calories from Fat | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbohydrate (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) |
|---|----------|-------------------|---------------|-------------------|---------------|------------------|-------------|------------------------|-------------------|------------|---------------|
| Never Ending Classics | | | | | | | | | | | |
| Chicken Alfredo | 1480 | 850 | 94 | 56 | 2 | 395 | 1480 | 95 | 4 | 9 | 63 |
| Chicken Parmigiana | 1060 | 470 | 52 | 14 | 0 | 155 | 2980 | 86 | 7 | 16 | 63 |
| Fettuccine Alfredo | 1010 | 500 | 56 | 34 | 1.5 | 155 | 850 | 97 | 7 | 5 | 30 |
| Lasagna | 930 | 470 | 53 | 28 | 1.5 | 210 | 2070 | 56 | 8 | 18 | 58 |
| Rigatoni with Five Cheese Marinara | 770 | 290 | 32 | 14 | 0 | 70 | 820 | 99 | 5 | 14 | 22 |
| Spaghetti with Meat sauce | 730 | 210 | 23 | 7 | 0 | 60 | 1050 | 102 | 5 | 18 | 29 |
| Spaghetti with Meat sauce and Meatballs | 1210 | 570 | 63 | 27 | 2.5 | 130 | 2110 | 109 | 8 | 18 | 52 |
| Early Dinner Duos | | | | | | | | | | | |
| Cheese Ravioli with Marinara | 780 | 350 | 39 | 20 | 0 | 125 | 2140 | 68 | 5 | 11 | 41 |
| Cheese Ravioli with Meat Sauce | 860 | 410 | 46 | 24 | 0 | 170 | 2190 | 65 | 4 | 11 | 50 |
| Chicken Parmigiana | 660 | 260 | 29 | 7 | 0 | 75 | 1740 | 65 | 5 | 12 | 35 |
| Chicken Piccata | 350 | 180 | 21 | 9 | 0 | 125 | 1230 | 11 | 2 | 3 | 33 |
| Eggplant Parmigiana | 1060 | 490 | 54 | 12 | 0 | 45 | 1990 | 113 | 11 | 23 | 30 |
| Fettuccine Alfredo | 1010 | 500 | 56 | 34 | 1.5 | 155 | 850 | 97 | 7 | 5 | 30 |
| Five Cheese Ziti al Forno | 1220 | 640 | 71 | 36 | 1 | 185 | 2160 | 103 | 6 | 19 | 45 |
| Grilled Chicken Parmigiana | 520 | 170 | 19 | 5 | 0 | 115 | 1340 | 48 | 5 | 10 | 42 |
| Lasagna Classico | 640 | 330 | 36 | 20 | 1 | 145 | 1430 | 39 | 5 | 12 | 40 |
| Ravioli di Portobello | 820 | 410 | 46 | 24 | 1 | 160 | 1150 | 73 | 6 | 8 | 27 |
| Spaghetti with Meat Sauce | 640 | 200 | 22 | 7 | 0 | 60 | 1050 | 85 | 4 | 17 | 26 |
| Appetizers | | | | | | | | | | | |
| NEW! Loaded Pasta Chips | 1520 | 910 | 102 | 30 | 1 | 225 | 2740 | 100 | 5 | 7 | 55 |
| Breadstick with garlic topping | 140 | 20 | 2.5 | 0.5 | 0 | 0 | 460 | 25 | less than 1 g | 1 | 4 |
| Dipping sauce - Alfredo | 440 | 390 | 43 | 27 | 1 | 140 | 600 | 5 | 0 | 1 | 8 |
| Dipping sauce - Five Cheese Marinara | 220 | 160 | 17 | 9 | 0 | 45 | 540 | 11 | 1 | 6 | 5 |
| Dipping sauce - Marinara | 90 | 40 | 5 | 0 | 0 | 0 | 480 | 11 | 2 | 6 | 1 |
| Calamari | 870 | 500 | 56 | 5 | 0 | 320 | 2400 | 67 | 6 | 3 | 24 |
| Calamari (a sampler portion) | 430 | 250 | 28 | 2.5 | 0 | 160 | 1200 | 34 | 3 | 1 | 12 |
| add marinara sauce | 45 | 20 | 2.5 | 0 | 0 | 0 | 240 | 6 | less than 1 g | 3 | less than 1 g |
| add creamy ranch | 210 | 190 | 21 | 3.5 | 0 | 15 | 430 | 3 | 0 | 2 | 1 |
| Chicken Fingers | 220 | 100 | 11 | 1 | 0 | 50 | 430 | 12 | 0 | 0 | 19 |
| add marinara sauce | 45 | 20 | 2.5 | 0 | 0 | 0 | 240 | 6 | less than 1 g | 3 | less than 1 g |
| Five Italian Cheese Fonduta | 760 | 430 | 48 | 25 | 0.5 | 115 | 1890 | 41 | 2 | 2 | 34 |
| Fried Mozzarella | 860 | 530 | 59 | 28 | 1.5 | 135 | 1870 | 48 | 3 | 4 | 34 |
| Fried Mozzarella (a sampler portion) | 320 | 190 | 21 | 9 | 0 | 45 | 740 | 20 | 1 | 1 | 14 |
| add marinara sauce | 45 | 20 | 2.5 | 0 | 0 | 0 | 240 | 6 | less than 1 g | 3 | less than 1 g |
| Lasagna Fritta | 1070 | 640 | 71 | 29 | 1.5 | 160 | 1650 | 73 | 5 | 4 | 35 |
| Lasagna Fritta (a sampler portion) | 530 | 280 | 31 | 10 | 0.5 | 60 | 730 | 43 | 3 | 0 | 20 |
| Parmesan Zucchini Bites | 510 | 270 | 30 | 10 | 0 | 100 | 940 | 39 | 2 | 5 | 22 |
| Parmesan Zucchini Bites (a sampler portion) | 290 | 150 | 17 | 6 | 0 | 55 | 530 | 22 | 1 | 3 | 12 |
| add marinara sauce | 45 | 20 | 2.5 | 0 | 0 | 0 | 240 | 6 | less than 1 g | 3 | less than 1 g |
| Shrimp Scampi Fritta - Classic | 580 | 330 | 36 | 11 | 0 | 220 | 1870 | 36 | less than 1 g | 3 | 22 |

| Menu Item | Calories | Calories from Fat | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbohydrate (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) |
|--|----------|-------------------|---------------|-------------------|---------------|------------------|-------------|------------------------|-------------------|---------------|---------------|
| Shrimp Scampi Fritta - Spicy | 560 | 330 | 37 | 6 | 0 | 200 | 1920 | 34 | 0 | 2 | 22 |
| Spicy Calabrian Chicken Tenders | 900 | 600 | 67 | 15 | 0.5 | 185 | 2250 | 19 | 4 | less than 1 g | 56 |
| add Gorgonzola sauce | 170 | 150 | 17 | 4 | 0 | 20 | 350 | 2 | 0 | 1 | 2 |
| Spinach Artichoke Dip | 780 | 440 | 49 | 21 | 1.5 | 95 | 1930 | 50 | 6 | 7 | 31 |
| Stuffed Mushrooms | 380 | 270 | 30 | 8 | 0 | 20 | 860 | 13 | 1 | 3 | 15 |
| Toasted Beef & Pork Ravioli | 340 | 140 | 15 | 2.5 | 0 | 15 | 750 | 39 | 3 | 3 | 12 |
| add marinara sauce | 45 | 20 | 2.5 | 0 | 0 | 0 | 240 | 6 | less than 1 g | 3 | less than 1 g |
| Piadinás, Flatbread & Pizza Bowl | | | | | | | | | | | |
| NEW! Meatball Pizza Bowl | 860 | 440 | 49 | 24 | 0.5 | 125 | 2220 | 63 | 5 | 7 | 40 |
| Chicken & Cheese Piadina | 720 | 400 | 44 | 14 | 0.5 | 95 | 1360 | 46 | 4 | 4 | 35 |
| Grilled Vegetable & Cheese Piadina | 630 | 340 | 37 | 12 | 0.5 | 50 | 990 | 52 | 5 | 7 | 22 |
| add marinara sauce (served with Piadina) | 45 | 20 | 2.5 | 0 | 0 | 0 | 240 | 6 | less than 1 g | 3 | less than 1 g |
| Chicken Alfredo Flatbread | 720 | 410 | 45 | 24 | 0.5 | 150 | 2230 | 42 | 2 | 4 | 36 |
| Soups & Salad | | | | | | | | | | | |
| Chicken & Gnocchi | 230 | 100 | 12 | 4.5 | 0 | 55 | 1290 | 22 | 1 | 4 | 11 |
| Minestrone | 110 | 10 | 1 | 0 | 0 | 0 | 810 | 17 | 4 | 4 | 5 |
| Zuppa Toscana | 220 | 130 | 15 | 7 | 0 | 40 | 790 | 15 | 2 | 2 | 7 |
| Pasta e Fagioli | 150 | 50 | 5 | 2 | 0 | 15 | 710 | 16 | 3 | 4 | 8 |
| Stellini Soup (Regional) | 200 | 70 | 7 | 2.5 | 0 | 20 | 1240 | 22 | 1 | 2 | 9 |
| Famous House Salad with signature Italian dressing | 150 | 90 | 10 | 1.5 | 0 | less than 5 mg | 770 | 13 | 2 | 4 | 3 |
| Famous House Salad with low-fat Italian dressing | 100 | 35 | 4 | 0 | 0 | 5 | 660 | 13 | 2 | 4 | 2 |
| Famous House Salad without dressing | 70 | 15 | 2 | 0 | 0 | 0 | 250 | 11 | 2 | 2 | 2 |
| Create Your Own Pasta | | | | | | | | | | | |
| Pastas | | | | | | | | | | | |
| Angel Hair | 350 | 25 | 2.5 | 0 | 0 | 0 | 10 | 67 | 3 | 2 | 12 |
| Cavatappi | 430 | 35 | 4 | 0.5 | 0 | 0 | 10 | 83 | 3 | 4 | 15 |
| Gluten-Free Rotini | 430 | 50 | 6 | 0.5 | 0 | 0 | 0 | 87 | 2 | 0 | 8 |
| Rigatoni | 440 | 50 | 6 | 0.5 | 0 | 0 | 10 | 83 | 3 | 5 | 14 |
| Spaghetti | 340 | 30 | 3.5 | 0 | 0 | 0 | 10 | 67 | 3 | 4 | 12 |
| Whole Grain Linguine | 350 | 50 | 6 | 0 | 0 | 0 | 10 | 57 | 14 | 2 | 17 |
| Sauces | | | | | | | | | | | |
| Asiago Garlic Alfredo | 940 | 820 | 91 | 57 | 2 | 295 | 1320 | 14 | 0 | 6 | 19 |
| Five Cheese Marinara | 440 | 310 | 35 | 18 | 0.5 | 90 | 1080 | 22 | 3 | 12 | 10 |
| Parmesan Pesto | 530 | 490 | 55 | 7 | 0 | 10 | 760 | 5 | 2 | 2 | 6 |
| Traditional Marinara | 190 | 80 | 10 | 1 | 0 | 0 | 960 | 22 | 3 | 13 | 3 |
| Traditional Meat Sauce | 300 | 170 | 19 | 7 | 0 | 60 | 1040 | 19 | 2 | 13 | 14 |
| Toppings | | | | | | | | | | | |
| Crispy Chicken Fritta | 240 | 110 | 12 | 1.5 | 0 | 50 | 730 | 14 | 1 | less than 1 g | 20 |
| Grilled Chicken | 140 | 30 | 3.5 | 1 | 0 | 95 | 230 | 0 | less than 1 g | 0 | 28 |
| Italian Sausage (2 links) | 470 | 360 | 39 | 14 | 0 | 115 | 1140 | 2 | less than 1 g | 2 | 27 |
| Meatballs (3) | 480 | 360 | 40 | 19 | 2 | 65 | 1060 | 7 | 3 | 0 | 23 |
| Sautéed Shrimp | 60 | 0 | 0 | 0 | 0 | 130 | 580 | 0 | 0 | 0 | 14 |

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|---|----------|-------------------|---------------|-------------------|---------------|------------------|-------------|------------------------|-------------------|------------|---------------|
| Breadstick Sandwiches | | | | | | | | | | | |
| Chicken Parmigiana Sandwich | 630 | 290 | 33 | 10 | 0 | 85 | 1760 | 49 | 3 | 4 | 37 |
| Eggplant Parmigiana Sandwich | 650 | 320 | 36 | 10 | 0 | 40 | 1330 | 63 | 5 | 8 | 22 |
| Italian Meatball Sandwich | 650 | 400 | 45 | 20 | 1.5 | 75 | 1420 | 37 | 3 | 2 | 27 |
| Spicy Calabrian Chicken Sandwich | 520 | 270 | 30 | 8 | 0 | 65 | 1190 | 38 | 2 | 2 | 26 |
| add fries (served with sandwich) | 270 | 110 | 12 | 1 | 0 | 0 | 720 | 36 | 3 | 0 | 3 |
| add ketchup (served with fries) | 80 | 0 | 0 | 0 | 0 | 0 | 640 | 20 | less than 1 g | 16 | less than 1 g |
| Tastes of the Mediterranean | | | | | | | | | | | |
| NEW! Spiralized Veggie Pasta | 560 | 250 | 28 | 15 | 0 | 60 | 950 | 62 | 13 | 7 | 16 |
| Chicken Giardino | 600 | 150 | 17 | 7 | 0 | 115 | 2240 | 70 | 5 | 9 | 41 |
| Chicken Margherita (lunch) | 370 | 200 | 22 | 7 | 0 | 120 | 700 | 8 | 2 | 3 | 37 |
| Chicken Margherita (dinner) | 590 | 290 | 32 | 11 | 0 | 230 | 1100 | 9 | 3 | 4 | 69 |
| Chicken Piccata (lunch) | 350 | 180 | 21 | 9 | 0 | 125 | 1230 | 11 | 2 | 3 | 33 |
| Chicken Piccata (dinner) | 500 | 220 | 24 | 10 | 0 | 220 | 1460 | 11 | 3 | 4 | 61 |
| Herb-Grilled Salmon | 460 | 250 | 28 | 8 | 0 | 125 | 570 | 8 | 4 | 3 | 43 |
| Ravioli di Portobello (lunch) | 570 | 280 | 31 | 16 | 0.5 | 110 | 790 | 52 | 4 | 6 | 19 |
| Salmon Piccata | 590 | 360 | 40 | 13 | 0 | 140 | 1250 | 12 | 2 | 3 | 45 |
| Shrimp Scampi | 500 | 170 | 19 | 9 | 0 | 150 | 1150 | 56 | 6 | 1 | 26 |
| Classic Recipes | | | | | | | | | | | |
| Cheese Ravioli with Marinara Sauce | 780 | 350 | 39 | 20 | 0 | 125 | 2140 | 68 | 5 | 11 | 41 |
| Cheese Ravioli with Meat Sauce | 860 | 410 | 46 | 24 | 0 | 170 | 2190 | 65 | 4 | 11 | 50 |
| Chicken Parmigiana | 1060 | 470 | 52 | 14 | 0 | 155 | 2980 | 86 | 7 | 16 | 63 |
| Grilled Chicken Parmigiana | 760 | 260 | 29 | 9 | 0 | 225 | 2000 | 54 | 6 | 13 | 75 |
| Eggplant Parmigiana | 1060 | 490 | 54 | 12 | 0 | 45 | 1990 | 113 | 11 | 23 | 30 |
| Fettuccine Alfredo Mini Pasta Bowl (lunch) | 650 | 410 | 45 | 27 | 1 | 140 | 610 | 47 | 2 | 3 | 15 |
| Fettuccine Alfredo (dinner) | 1010 | 500 | 56 | 34 | 1.5 | 155 | 850 | 97 | 7 | 5 | 30 |
| Five Cheese Ziti al Forno | 1220 | 640 | 71 | 36 | 1 | 185 | 2160 | 103 | 6 | 19 | 45 |
| Lasagna Classico (lunch) | 640 | 330 | 36 | 20 | 1 | 145 | 1430 | 39 | 5 | 12 | 40 |
| Lasagna Classico (dinner) | 930 | 470 | 53 | 28 | 1.5 | 210 | 2070 | 56 | 8 | 18 | 58 |
| Ravioli di Portobello (dinner) | 820 | 410 | 46 | 24 | 1 | 160 | 1150 | 73 | 6 | 8 | 27 |
| Spaghetti with Meat Sauce Mini Pasta Bowl (lunch) | 360 | 100 | 12 | 3.5 | 0 | 30 | 530 | 51 | 3 | 9 | 14 |
| Tour of Italy | 1520 | 860 | 96 | 48 | 1.5 | 340 | 3250 | 92 | 6 | 19 | 75 |
| Chicken | | | | | | | | | | | |
| Chicken & Shrimp Carbonara | 1590 | 1020 | 114 | 61 | 2 | 475 | 2410 | 78 | 4 | 12 | 66 |
| Chicken Alfredo | 1480 | 850 | 94 | 56 | 2 | 395 | 1480 | 95 | 4 | 9 | 63 |
| Chicken Scampi | 1260 | 640 | 72 | 28 | 0 | 200 | 1990 | 105 | 4 | 7 | 49 |
| Stuffed Chicken Marsala | 950 | 520 | 58 | 27 | 1 | 310 | 1950 | 33 | 4 | 8 | 74 |
| Seafood | | | | | | | | | | | |
| Seafood Alfredo | 1250 | 670 | 75 | 45 | 2 | 310 | 1480 | 95 | 4 | 8 | 49 |
| Seafood Lasagna Sauté | 1260 | 720 | 80 | 46 | 2 | 400 | 1630 | 79 | 5 | 10 | 59 |
| Shrimp Alfredo | 1150 | 620 | 69 | 41 | 1.5 | 340 | 1490 | 92 | 4 | 5 | 40 |
| Beef & Pork | | | | | | | | | | | |

| Menu Item | Calories | Calories from Fat | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbohydrate (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) |
|--------------------------------------|----------|-------------------|---------------|-------------------|---------------|------------------|-------------|------------------------|-------------------|---------------|-------------|
| NEW! Braised Beef Bolognese | 1040 | 410 | 46 | 21 | 0.5 | 145 | 2240 | 106 | 6 | 11 | 51 |
| 6 oz. Sirloin with Fettucine Alfredo | 980 | 540 | 60 | 32 | 1.5 | 240 | 2000 | 54 | 4 | 6 | 58 |
| Braised Beef & Tortelloni | 1120 | 520 | 58 | 24 | 1.5 | 230 | 2370 | 83 | 6 | 16 | 67 |
| Steak Gorgonzola-Alfredo | 1380 | 760 | 85 | 51 | 2 | 330 | 2810 | 88 | 6 | 8 | 68 |
| Sides | | | | | | | | | | | |
| Garlic Parmesan Fries | 270 | 110 | 12 | 1 | 0 | 0 | 720 | 36 | 3 | 0 | 3 |
| Garlic Mashed Potatoes | 150 | 70 | 8 | 3 | 0 | 10 | 460 | 17 | 2 | 3 | 3 |
| Parmesan Crusted Zucchini | 90 | 60 | 7 | 2 | 0 | 5 | 190 | 5 | 1 | 3 | 4 |
| Steamed Broccoli | 35 | 0 | 0 | 0 | 0 | 0 | 35 | 7 | 4 | 3 | 4 |
| Desserts | | | | | | | | | | | |
| NEW! Cannoli Trio | | | | | | | | | | | |
| Cannoli, traditional | 280 | 120 | 14 | 7 | 0 | 20 | 45 | 33 | less than 1 g | 18 | 5 |
| Cannoli, strawberry | 280 | 120 | 14 | 6 | 0 | 20 | 45 | 33 | less than 1 g | 18 | 5 |
| Cannoli, chocolate | 300 | 130 | 14 | 8 | 0 | 20 | 50 | 33 | less than 1 g | 18 | 5 |
| Black Tie Mousse Cake | 750 | 450 | 50 | 30 | 1 | 155 | 290 | 76 | 4 | 59 | 9 |
| Lemon Cream Cake | 550 | 280 | 31 | 17 | 0 | 70 | 440 | 60 | 0 | 45 | 6 |
| Seasonal Sicilian Cheesecake | 730 | 370 | 42 | 26 | 1.5 | 155 | 440 | 78 | 2 | 64 | 12 |
| Tiramisu | 470 | 240 | 27 | 17 | 0 | 215 | 125 | 54 | 0 | 35 | 6 |
| Warm Apple Crostata | 630 | 260 | 29 | 15 | 0 | 35 | 420 | 83 | 2 | 41 | 7 |
| Zeppoli (no sauce) | 810 | 250 | 28 | 3.5 | 0 | 0 | 510 | 119 | 6 | 25 | 20 |
| add chocolate sauce | 220 | 25 | 3 | 2 | 0 | 10 | 110 | 48 | less than 1 g | 42 | 2 |
| add raspberry sauce | 210 | 0 | 0 | 0 | 0 | 0 | 10 | 51 | 0 | 35 | 0 |
| Dolcini mini desserts | | | | | | | | | | | |
| Amaretto Tiramisu | 220 | 150 | 17 | 10 | 0 | 90 | 65 | 14 | 0 | 11 | 3 |
| Chocolate Mousse | 240 | 160 | 18 | 10 | 0 | 55 | 125 | 18 | 1 | 12 | 2 |
| Dark Chocolate Caramel Cream | 240 | 140 | 16 | 8 | 0 | 50 | 110 | 23 | less than 1 g | 17 | 2 |
| Limoncello Mousse | 240 | 130 | 15 | 10 | 0 | 45 | 85 | 26 | 0 | 20 | 2 |
| Strawberry & White Chocolate | 190 | 100 | 11 | 6 | 0 | 30 | 100 | 23 | 0 | 18 | 1 |
| Kids Menu | | | | | | | | | | | |
| Kids Create Your Own Pasta | | | | | | | | | | | |
| Pastas | | | | | | | | | | | |
| Fettuccine | 170 | 10 | 1.5 | 0 | 0 | 0 | 0 | 34 | 1 | 1 | 6 |
| Small Shells | 210 | 20 | 2 | 0 | 0 | 0 | 5 | 42 | 2 | 2 | 7 |
| Spaghetti | 170 | 15 | 1.5 | 0 | 0 | 0 | 5 | 33 | 1 | 2 | 6 |
| Whole Grain Linguine | 220 | 30 | 3.5 | 0 | 0 | 0 | 5 | 36 | 9 | 1 | 11 |
| Sauces | | | | | | | | | | | |
| Alfredo Sauce | 330 | 290 | 32 | 20 | 1 | 105 | 450 | 4 | 0 | less than 1 g | 6 |
| Five Cheese Marinara | 750 | 450 | 50 | 30 | 1 | 155 | 290 | 76 | 4 | 59 | 9 |
| Meat Sauce | 110 | 60 | 7 | 2.5 | 0 | 25 | 390 | 7 | less than 1 g | 5 | 5 |
| Tomato Sauce | 80 | 45 | 5 | 0.5 | 0 | 0 | 420 | 8 | 1 | 5 | 1 |
| Toppings | | | | | | | | | | | |
| Grilled Chicken | 140 | 30 | 3.5 | 1 | 0 | 95 | 230 | 0 | less than 1 g | 0 | 28 |

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|--|----------|-------------------|---------------|-------------------|---------------|------------------|-------------|------------------------|-------------------|------------|---------------|
| Meatball | 160 | 120 | 13 | 6 | 0.5 | 20 | 350 | 2 | less than 1 g | 0 | 8 |
| Shrimp | 30 | 0 | 0 | 0 | 0 | 65 | 290 | 0 | 0 | 0 | 7 |
| Kids Entrées | | | | | | | | | | | |
| Cheese Pizza | 400 | 120 | 13 | 7 | 0 | 25 | 720 | 54 | 3 | 4 | 17 |
| add Pepperoni | 60 | 50 | 5 | 2 | 0 | 10 | 240 | 0 | 0 | 0 | 2 |
| Cheese Ravioli | 340 | 150 | 16 | 8 | 0 | 50 | 980 | 33 | 3 | 6 | 17 |
| Cheese Tortelloni | 350 | 120 | 14 | 4.5 | 0 | 85 | 860 | 44 | 1 | 6 | 13 |
| Cheeseburger Sliders (2 ea.) | 540 | 250 | 28 | 13 | 1 | 100 | 1010 | 38 | less than 1 g | 7 | 34 |
| Cheesy Piadina | 530 | 320 | 35 | 13 | 0.5 | 55 | 800 | 37 | 2 | 1 | 17 |
| Chicken Fingers & Pasta | 400 | 140 | 16 | 1.5 | 0 | 50 | 720 | 42 | 2 | 5 | 24 |
| Macaroni & Cheese | 360 | 120 | 14 | 8 | 0 | 40 | 870 | 45 | 2 | 6 | 16 |
| Kids Sides | | | | | | | | | | | |
| Grapes | 40 | 0 | 0 | 0 | 0 | 0 | 0 | 11 | less than 1 g | 9 | 0 |
| Steamed Broccoli | 35 | 0 | 0 | 0 | 0 | 0 | 35 | 7 | 4 | 3 | 4 |
| French Fries | 250 | 100 | 11 | 1 | 0 | 0 | 360 | 36 | 3 | 0 | 3 |
| add ketchup (served with fries) | 80 | 0 | 0 | 0 | 0 | 0 | 640 | 20 | less than 1 g | 16 | less than 1 g |
| Kids Drinks | | | | | | | | | | | |
| Milk, 1% low fat | 100 | 20 | 2.5 | 1.5 | 0 | 10 | 105 | 12 | 0 | 12 | 8 |
| Chocolate Milk, 1% low fat | 180 | 25 | 2.5 | 1.5 | 0 | 10 | 135 | 31 | 0 | 29 | 8 |
| Juice, Apple | 170 | 0 | 0 | 0 | 0 | 0 | 50 | 42 | 0 | 42 | 0 |
| Juice, Cranberry | 180 | 0 | 0 | 0 | 0 | 0 | 50 | 45 | 0 | 45 | 0 |
| Juice, Orange | 180 | 0 | 0 | 0 | 0 | 0 | 10 | 40 | 0 | 36 | 3 |
| Raspberry Lemonade | 110 | 0 | 0 | 0 | 0 | 0 | 10 | 7 | 0 | 6 | 0 |
| Kids Desserts | | | | | | | | | | | |
| Smoothie, Strawberry-Banana | 120 | 0 | 0 | 0 | 0 | 0 | 30 | 30 | 2 | 22 | less than 1 g |
| Smoothie, Peach-Mango | 120 | 0 | 0 | 0 | 0 | 0 | 15 | 29 | less than 1 g | 23 | less than 1 g |
| Sundae with chocolate sauce | 190 | 70 | 8 | 5 | 0 | 30 | 45 | 28 | less than 1 g | 22 | 2 |
| Gluten-Sensitive Menu | | | | | | | | | | | |
| Gluten-Sensitive Soup & Salad | | | | | | | | | | | |
| Zuppa Toscana (U.S. only) | 220 | 130 | 15 | 7 | 0 | 40 | 790 | 15 | 2 | 2 | 7 |
| Famous House Salad without croutons | 110 | 80 | 8 | 1.5 | 0 | less than 5 mg | 670 | 7 | 2 | 3 | 2 |
| Gluten-Sensitive Entrées | | | | | | | | | | | |
| Grilled Chicken Parmigiana | 790 | 270 | 30 | 9 | 0 | 225 | 1980 | 63 | 6 | 11 | 73 |
| Herb-Grilled Salmon | 460 | 250 | 28 | 8 | 0 | 125 | 570 | 8 | 4 | 3 | 43 |
| Rotini with Marinara sauce | 610 | 130 | 15 | 1.5 | 0 | 0 | 970 | 109 | 5 | 13 | 10 |
| Rotini with Meat sauce | 730 | 220 | 25 | 8 | 0 | 60 | 1040 | 106 | 4 | 13 | 22 |
| Rotini with Parmesan Pesto sauce | 960 | 550 | 61 | 8 | 0 | 10 | 760 | 92 | 4 | 2 | 14 |
| Add Grilled Chicken | 140 | 30 | 3.5 | 1 | 0 | 95 | 230 | 0 | less than 1 g | 0 | 28 |
| Add Italian Sausage | 470 | 360 | 39 | 14 | 0 | 115 | 1140 | 2 | less than 1 g | 2 | 27 |
| Add Shrimp | 70 | 0 | 0 | 0 | 0 | 120 | 200 | less than 1 g | 0 | 0 | 16 |
| Gluten-Sensitive Kids Entrées | | | | | | | | | | | |
| Rotini with Marinara & Grilled Chicken (with grapes) | 490 | 100 | 11 | 1.5 | 0 | 95 | 710 | 66 | 4 | 16 | 34 |

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|---|----------|-------------------|---------------|-------------------|---------------|------------------|-------------|------------------------|-------------------|------------|---------------|
| Rotini with Marinara sauce | 310 | 70 | 8 | 0.5 | 0 | 0 | 480 | 55 | 3 | 6 | 5 |
| Rotini with Meat sauce | 360 | 110 | 12 | 4 | 0 | 30 | 520 | 53 | 2 | 7 | 11 |
| Drinks | | | | | | | | | | | |
| Wines | | | | | | | | | | | |
| Whites and Rosé - glass | 150 | 0 | 0 | 0 | 0 | - | 10 | 4 | 0 | 2 | 0 |
| Whites and Rosé - quartino | 220 | 0 | 0 | 0 | 0 | - | 15 | 6 | 0 | 3 | 0 |
| Whites and Rosé - bottle | 630 | 0 | 0 | 0 | 0 | - | 35 | 16 | 0 | 7 | less than 1 g |
| Whites and Rosé - magnum bottle | 1250 | 0 | 0 | 0 | 0 | - | 75 | 32 | 0 | 14 | 1 |
| Reds - glass | 160 | 0 | 0 | 0 | 0 | - | - | 5 | - | - | 0 |
| Reds - quartino | 230 | 0 | 0 | 0 | 0 | - | - | 8 | - | - | 0 |
| Reds - bottle | 660 | 0 | 0 | 0 | 0 | - | - | 21 | - | - | less than 1 g |
| Reds - magnum bottle | 1310 | 0 | 0 | 0 | 0 | - | - | 43 | - | - | 1 |
| Sparkling Prosecco - glass | 160 | 0 | 0 | 0 | 0 | 0 | 10 | 10 | 0 | 10 | less than 1 g |
| Sparkling Prosecco - bottle | 660 | 0 | 0 | 0 | 0 | - | - | 21 | - | - | less than 1 g |
| Cocktails | | | | | | | | | | | |
| NEW! Watermelon Moscato Sangria (glass) | 180 | 0 | 0 | 0 | 0 | 0 | 15 | 34 | 0 | 31 | 0 |
| NEW! Watermelon Moscato Sangria (pitcher) | 720 | 0 | 0 | 0 | 0 | 0 | 60 | 138 | 3 | 128 | less than 1 g |
| Berry Sangria (glass) | 210 | 0 | 0 | 0 | 0 | 0 | 5 | 30 | 0 | 27 | 0 |
| Berry Sangria (pitcher) | 870 | 0 | 0 | 0 | 0 | 0 | 25 | 126 | 3 | 112 | 1 |
| Peach Sangria (glass) | 230 | 0 | 0 | 0 | 0 | 0 | 5 | 35 | 0 | 32 | 0 |
| Peach Sangria (pitcher) | 940 | 0 | 0 | 0 | 0 | 0 | 25 | 143 | 3 | 130 | 1 |
| Green Apple Moscato (glass) | 200 | 0 | 0 | 0 | 0 | 0 | 15 | 39 | 0 | 37 | 0 |
| Green Apple Moscato (pitcher) | 830 | 0 | 0 | 0 | 0 | 0 | 50 | 161 | 3 | 150 | 2 |
| Frozen Strawberry Margarita | 290 | 0 | 0 | 0 | 0 | 0 | 20 | 52 | 4 | 42 | 0 |
| Frozen Strawberry-Mango Margarita | 340 | 0 | 0 | 0 | 0 | 0 | 20 | 65 | 4 | 52 | less than 1 g |
| Frozen Traditional Margarita | 290 | 0 | 0 | 0 | 0 | 0 | 25 | 48 | 4 | 39 | 0 |
| Italian Margarita | 300 | 0 | 0 | 0 | 0 | 0 | 15 | 39 | 2 | 33 | less than 1 g |
| Long Island Limoncello | 230 | 0 | 0 | 0 | 0 | 0 | 20 | 31 | 2 | 27 | 0 |
| Milan Mai Tai | 260 | 0 | 0 | 0 | 0 | 0 | 20 | 42 | 1 | 38 | 0 |
| Moscato Citrus Berry Cocktail | 200 | 0 | 0 | 0 | 0 | 0 | 45 | 37 | 0 | 31 | 0 |
| Moscow Mule | 170 | 0 | 0 | 0 | 0 | 0 | 5 | 17 | 1 | 15 | 0 |
| Peach Bellini | 240 | 0 | 0 | 0 | 0 | 0 | 0 | 41 | less than 1 g | 36 | less than 1 g |
| Raspberry Italian Ice Mule | 230 | 0 | 0 | 0 | 0 | 0 | 0 | 27 | 0 | 26 | 0 |
| Sangarita | 230 | 0 | 0 | 0 | 0 | 0 | 10 | 25 | 1 | 21 | 0 |
| Beer | | | | | | | | | | | |
| Light Draft (16 fl oz) | 140 | 0 | 0 | 0 | 0 | 0 | 15 | 6 | 0 | - | 1 |
| Light Draft (22 fl oz) | 190 | 0 | 0 | 0 | 0 | 0 | 20 | 8 | 0 | - | 2 |
| Regular Draft (16 fl oz) | 230 | 0 | 0 | 0 | 0 | 0 | 5 | 16 | 0 | 14 | 3 |
| Regular Draft (22 fl oz) | 310 | 0 | 0 | 0 | 0 | 0 | 5 | 22 | 0 | 20 | 4 |
| Bottle, Angry Orchard | 220 | 0 | 0 | 0 | 0 | 0 | 10 | 31 | 0 | 23 | 0 |
| Bottle, Imports & Specialty | 220 | 0 | 0 | 0 | 0 | 0 | 10 | 31 | 0 | 23 | 0 |
| Bottle, Light | 100 | 0 | 0 | 0 | 0 | 0 | 10 | 5 | 0 | - | less than 1 g |

| Menu Item | Calories | Calories from Fat | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbohydrate (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) |
|------------------------------------|----------|-------------------|---------------|-------------------|---------------|------------------|-------------|------------------------|-------------------|------------|---------------|
| Bottle, Regular | 150 | 0 | 0 | 0 | 0 | 0 | 10 | 11 | 0 | - | 1 |
| Bottle, Non-Alcoholic | 70 | 0 | 0 | 0 | 0 | 0 | 10 | 15 | - | - | less than 1 g |
| Non-alcoholic Drinks | | | | | | | | | | | |
| Handcrafted | | | | | | | | | | | |
| Limonata, Blueberry | 160 | 0 | 0 | 0 | 0 | 0 | 30 | 41 | 0 | 39 | 0 |
| Limonata, Kiwi-Melon | 160 | 0 | 0 | 0 | 0 | 0 | 35 | 43 | 0 | 39 | 0 |
| Limonata, Strawberry-Passion Fruit | 130 | 0 | 0 | 0 | 0 | 0 | 40 | 34 | 0 | 32 | 0 |
| Mixed Berry Sparkling Water | 30 | 0 | 0 | 0 | 0 | 0 | 55 | 7 | 0 | 6 | 0 |
| Smoothie, Peach-Mango | 180 | 0 | 0 | 0 | 0 | 0 | 20 | 44 | 1 | 34 | 1 |
| Smoothie, Strawberry-Banana | 190 | 0 | 0 | 0 | 0 | 0 | 45 | 45 | 3 | 33 | 1 |
| Coffee Tea | | | | | | | | | | | |
| NEW! Blackberry-Pineapple Iced Tea | 100 | 0 | 0 | 0 | 0 | 0 | 15 | 24 | 0 | 23 | 0 |
| NEW! Mango-Strawberry Iced Tea | 100 | 0 | 0 | 0 | 0 | 0 | 10 | 24 | 0 | 22 | 0 |
| Caffé Latte | 180 | 70 | 7 | 4 | 0 | 30 | 100 | 18 | less than 1 g | 15 | 11 |
| Caffé Mocha | 230 | 60 | 7 | 3.5 | 0 | 30 | 85 | 34 | 2 | 27 | 10 |
| Cappuccino | 140 | 50 | 5 | 2.5 | 0 | 25 | 70 | 15 | less than 1 g | 12 | 9 |
| Cappuccino with Whipped Cream | 150 | 60 | 6 | 3 | 0 | 30 | 70 | 13 | less than 1 g | 10 | 9 |
| Caramel Hazelnut Macchiato | 220 | 20 | 2.5 | 1 | 0 | 15 | 30 | 44 | less than 1 g | 39 | 5 |
| Frozen Cappuccino - Caramel | 320 | 100 | 11 | 7 | 0 | 35 | 55 | 54 | 0 | 51 | 3 |
| Frozen Cappuccino - Traditional | 370 | 100 | 11 | 7 | 0 | 35 | 55 | 67 | 0 | 63 | 3 |
| Frozen Cappuccino - Vanilla | 320 | 100 | 11 | 7 | 0 | 35 | 55 | 53 | 0 | 50 | 3 |
| Iced Coffee - Caramel | 250 | 60 | 7 | 4 | 0 | 20 | 90 | 40 | 0 | 31 | 7 |
| Iced Coffee - Traditional | 210 | 60 | 7 | 4 | 0 | 20 | 90 | 29 | 0 | 21 | 7 |
| Iced Coffee - Vanilla | 240 | 60 | 7 | 4 | 0 | 20 | 90 | 38 | 0 | 30 | 7 |
| Lavazza Espresso | 60 | 10 | 1.5 | 0 | 0 | 15 | 15 | 6 | less than 1 g | 3 | 5 |
| Coffee | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Hot Tea | 0 | 0 | 0 | 0 | 0 | 0 | 5 | less than 1 g | 0 | 0 | 0 |
| Hot Chocolate | 360 | 70 | 8 | 4 | 0 | 30 | 105 | 63 | 3 | 52 | 11 |
| Refreshing Favorites | | | | | | | | | | | |
| Bellini Peach-Raspberry Iced Tea | 80 | 0 | 0 | 0 | 0 | 0 | 10 | 18 | 0 | 17 | 0 |
| Fresh Brewed Iced Tea | 0 | 0 | 0 | 0 | 0 | 0 | 10 | 1 | 0 | 0 | 0 |
| Italian Bottled Water | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Raspberry Lemonade | 170 | 0 | 0 | 0 | 0 | 0 | 10 | 10 | 0 | 9 | 0 |
| Coke | 140 | 0 | 0 | 0 | 0 | 0 | 45 | 39 | 0 | 39 | 0 |
| Coke Zero | 0 | 0 | 0 | 0 | 0 | 0 | 40 | 0 | 0 | 0 | 0 |
| Diet Coke | 0 | 0 | 0 | 0 | 0 | 0 | 40 | 0 | 0 | 0 | 0 |
| Dr. Pepper | 150 | 0 | 0 | 0 | 0 | 0 | 50 | 41 | 0 | 41 | 0 |
| Minute Maid Limeade | 180 | 0 | 0 | 0 | 0 | 0 | 25 | 49 | 0 | 47 | 0 |
| Sprite | 140 | 0 | 0 | 0 | 0 | 0 | 65 | 38 | 0 | 38 | 0 |
| Juice, Apple | 210 | 0 | 0 | 0 | 0 | 0 | 65 | 53 | 0 | 53 | 0 |
| Juice, Cranberry | 230 | 0 | 0 | 0 | 0 | 0 | 65 | 56 | 0 | 56 | 0 |
| Juice, Orange | 230 | 0 | 0 | 0 | 0 | 0 | 10 | 51 | 0 | 45 | 4 |

| Menu Item | Calories | Calories from Fat | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbohydrate (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) |
|------------------|----------|-------------------|---------------|-------------------|---------------|------------------|-------------|------------------------|-------------------|------------|-------------|
| Juice, Pineapple | 250 | 0 | 0.5 | 0 | 0 | 0 | 10 | 60 | less than 1 g | 56 | 2 |