



VEGETARIAN AND VEGAN MENU INFORMATION

(U.S. Restaurants)

This chart of vegetarian and vegan menu suggestions is based on the most current information from our food suppliers. For these purposes, Vegetarian is defined as not including meat, stock or gelatin from an animal. Vegan is defined as not including animal meat, stock, rennet, gelatin or ingredients derived from animals, including honey. We've also outlined if the item contains egg, dairy or cheese (and what the source of the rennet is - microbial, animal, or vegetable).

Because many of our recipes contain poultry, meat and fish products, our kitchens are not "animal free". While we use safe food handling procedures, it is possible for any food item to come into contact with animal products during preparation and/or cooking process. Items cooked in our fryer present a special risk for cross-contamination with animal products, so we've clearly identified those for you. All menu items listed as-served, unless otherwise noted.

Some menu items may not be available at all restaurants; limited time offers, regional items, or test products may not be included.

IF A DISH OR ITEM IS NOT LISTED HERE, YOU CAN ASSUME IT IS NOT VEGETARIAN OR VEGAN.

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

Menu Item ● indicates fried item.	Fried	Vegetarian or Vegan	Contains Egg	Contains Dairy	Source of cheese rennet
Buy One Take One					
Cheese Ravioli with Marinara		Vegetarian	Yes	Yes	animal & microbial
Fettuccine Alfredo		Vegetarian	No	Yes	microbial
Five Cheese Ziti Al Forno		Vegetarian	Yes	Yes	animal & microbial
Limited Time Offers					
Entrees:					

Menu Item ● indicates fried item.	Fried	Vegetarian or Vegan	Contains Egg	Contains Dairy	Source of cheese rennet
Cheese Stuffed Gnocchi		Vegetarian	No	Yes	animal & microbial
Beverage:					
Italian Ice Milkshake		Vegetarian	No	Yes	-
Appetizers					
Breadstick		Vegan	No	No	-
Five Italian Cheese Fonduta		Vegetarian	Yes	Yes	animal & microbial
Fried Mozzarella	●	Vegetarian	Yes	Yes	microbial
Lasagna Fritta	●	Vegetarian	Yes	Yes	animal & microbial
Parmesan Zucchini Bites	●	Vegetarian	Yes	Yes	animal & microbial
Spinach Artichoke Dip		Vegetarian	Yes	Yes	animal & microbial
Pizza Bowl & Piadinas					
Grilled Vegetable & Cheese Piadina		Vegetarian	Yes	Yes	animal & microbial
Soups & Salad					
Famous House Salad with dressing		Vegetarian	Yes	Yes	animal & microbial
Salad with olive oil and balsamic vinegar (no croutons, no dressing)		Vegan	No	No	-
Minestrone Soup		Vegan	No	No	-
Create Your Own Pasta					
Pastas:					
Angel Hair		Vegan	No	No	-
Cavatappi		Vegan	No	No	-
Fettuccine		Vegan	No	No	-
Gluten-Free Rotini		Vegan	No	No	-
Rigatoni		Vegan	No	No	-
Small Shells		Vegan	No	No	-
Spaghetti		Vegan	No	No	-
Whole Grain Linguine		Vegan	No	No	-

Menu Item ● indicates fried item.	Fried	Vegetarian or Vegan	Contains Egg	Contains Dairy	Source of cheese rennet
Sauces:					
Creamy Mushroom Sauce		Vegetarian	No	Yes	microbial
Creamy Pesto Sauce		Vegetarian	No	Yes	microbial
Alfredo Sauce		Vegetarian	No	Yes	microbial
Five Cheese Marinara Sauce		Vegetarian	Yes	Yes	microbial
Marinara Sauce		Vegan	No	No	-
Tomato Sauce		Vegan	No	No	-
Toppings:					
Garden Veggies		Vegan	No	No	-
Breadstick Sandwiches					
Eggplant Parmigiana Sandwich	●	Vegetarian	Yes	Yes	animal & microbial
Classic Recipes					
Cheese Ravioli with Marinara Sauce		Vegetarian	Yes	Yes	animal & microbial
Eggplant Parmigiana	●	Vegetarian	No	Yes	microbial
Fettuccine Alfredo (lunch or dinner)		Vegetarian	No	Yes	microbial
Five Cheese Ziti al Forno		Vegetarian	Yes	Yes	animal & microbial
Ravioli di Portobello (lunch or dinner)		Vegetarian	Yes	Yes	microbial
Sides					
Garlic Parmesan Fries	●	Vegetarian	No	Yes	animal & microbial
Garlic Mashed Potatoes		Vegetarian	No	Yes	-
Parmesan Crusted Zucchini		Vegetarian	No	Yes	microbial
Steamed Broccoli		Vegan	No	No	-
Desserts					
Biscotti Almond (served on the side with specialty coffee)		Vegetarian	Yes	Yes	-
Cannoli Trio:					
Cannoli, traditional		Vegetarian	Yes	Yes	-

Menu Item ● indicates fried item.	Fried	Vegetarian or Vegan	Contains Egg	Contains Dairy	Source of cheese rennet
Cannoli, strawberry		Vegetarian	Yes	Yes	-
Cannoli, chocolate		Vegetarian	Yes	Yes	-
Seasonal Sicilian Cheesecake		Vegetarian	Yes	Yes	vegetable
Tiramisu		Vegetarian	Yes	Yes	-
Warm Apple Crostata		Vegetarian	Yes	Yes	-
Zeppoli (no sauce)	●	Vegetarian	No	Yes	-
chocolate sauce		Vegetarian	No	Yes	-
raspberry sauce		Vegan	No	No	-
Dolcini mini desserts:					
Chocolate Mousse		Vegetarian	Yes	Yes	-
Limoncello Mousse		Vegetarian	Yes	Yes	-
Strawberry & White Chocolate		Vegetarian	Yes	Yes	-
Kids					
Cheese Pizza		Vegetarian	No	Yes	microbial
Cheese Ravioli		Vegetarian	Yes	Yes	animal & microbial
Cheese Tortelloni		Vegetarian	Yes	Yes	animal & microbial
Macaroni & Cheese		Vegetarian	No	Yes	animal & microbial
Dessert - Sundae		Vegetarian	No	Yes	-
Misc.					
Cheese grated at tableside		Vegetarian	No	Yes	microbial