



Printed information is valid 1.25.16 – 5.29.16

Vegetarian & Vegan Menu Suggestions

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 or gelatin from an animal or any animal by-products of any kind 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 processes. If a dish or item is not on this list, you can assume that 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.

Dish	Vegetarian or Vegan	Contains Egg	Contains Dairy	Source of Cheese
APPETIZERS & SMALL PLATES				
- Breadsticks	Vegan	N	N	-
- Alfredo	Vegetarian	N	Y	Microbial
- Five Cheese Marinara	Vegetarian	Y	Y	Microbial
- Bruschetta Caprese	Vegetarian	N	Y	Microbial
Flatbreads				
- Mediterranean Flatbread	Vegetarian*	N	Y	Microbial
Create a Sampler Italiano				
- Fried Mozzarella	Vegetarian*	Y	Y	Microbial
SOUP & SALAD				
- Garden Salad with Dressing	Vegetarian	Y	Y	Microbial/Animal
- Garden Salad (no croutons)	Vegetarian	Y	Y	Microbial/Animal
- Minestrone Soup	Vegetarian	N	Y	-
ENTREES				
- Cheese Ravioli (no sauce)	Vegetarian	Y	Y	Microbial/Animal
- Eggplant Parmigiana	Vegetarian*	Y	Y	Microbial
- Fettuccine Alfredo	Vegetarian	N	Y	Microbial
- Five Cheese Ziti al Forno	Vegetarian	Y	Y	Microbial
- Ravioli di Portobello	Vegetarian	Y	Y	Microbial/Vegetable
KID'S ENTREES				
- Kid's Cheese Pizza	Vegetarian	N	Y	Microbial
- Kid's Mac & Cheese	Vegetarian	N	Y	Microbial/Animal
SIDES				
- Mashed Potatoes	Vegetarian	N	Y	Vegetable
- Steamed Broccoli	Vegan	N	N	-

PASTAS & SAUCES				
Pasta:				
- Cavatappi	Vegan	N	N	-
- Fettuccine	Vegan	N	N	-
- Gluten-Free Rotini	Vegan	N	N	-
- Rigatoni	Vegan	N	N	-
- Spaghetti	Vegan	N	N	-
- Tri-Colored Vegetable Penne	Vegan	N	N	-
- Whole Wheat Linguine	Vegan	N	N	-
- Ziti	Vegan	N	N	-
Sauces:				
- Alfredo	Vegetarian	N	Y	Microbial
- Asiago Garlic Alfredo	Vegetarian	N	Y	Microbial
- Five Cheese Marinara	Vegetarian	Y	Y	Microbial
- Kids Tomato Sauce	Vegan	N	N	-
- Marinara	Vegan	N	N	-
- Primavera	Vegetarian	N	Y	Microbial
- Garlic White Wine Sauce	Vegetarian	N	Y	Microbial
DESSERTS				
- Chocolate Mousse Dolcini	Vegetarian	Y	Y	-
- Limoncello Mousse Dolcini	Vegetarian	Y	Y	-
- White Chocolate Strawberry Dolcini	Vegetarian	Y	Y	-
- Zeppoli (No Sauce)	Vegetarian*	N	Y	-
- Chocolate Dipping Sauce	Vegetarian	N	Y	-
- Raspberry Dipping Sauce	Vegan	N	N	-

**This menu item is prepared in our fryer, and could come in contact with animal products.*