



US Vegetarian & Vegan Menu Guide

Information Valid May 30, 2016 - August 14, 2016

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.

Because we are continually bringing new dishes for our guests, limited time offers, test products, and regional items are not included in the posted information. The information below includes everyday menu items only.

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

KEY TO THIS GUIDE Y - Menu dish contains this specific item (includes all cooking sauces, condiments and fixed accompaniments). N - Menu dish doesn't contain this specific item (includes all cooking sauces, condiments and fixed accompaniments). ● - Menu item is prepared in our fryer, and could come in contact with animal products.	Fried	Vegetarian or Vegan	Contains Eggs	Contains Dairy	Source of Cheese
ANTIPASTI (APPETIZERS)					
Breadsticks		Vegan	N	N	-
Dipping Sauce for Breadsticks - Alfredo		Vegetarian	N	Y	Microbial
Dipping Sauce for Breadsticks - Marinara		Vegan	N	N	-
Dipping Sauce for Breadsticks - Five Cheese Marinara		Vegetarian	Y	Y	Microbial
Five Italian Cheese Fonduta		Vegetarian	N	Y	Animal /Microbial
Bruschetta Caprese		Vegetarian	N	Y	Microbial
Lasagna Fritta	●	Vegetarian	Y	Y	Animal /Microbial
Fried Mozzarella	●	Vegetarian	Y	Y	Microbial

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PIADINA & FLATBREADS					
Grilled Vegetable & Cheese Piadina		Vegetarian	Y	Y	Animal /Microbial
ZUPPE E INSALATA (SOUPS & SALADS)					
Minestrone Soup		Vegetarian	N	Y	-
Garden-Fresh Salad (one serving with regular or low-fat dressing)		Vegetarian	Y	Y	Animal /Microbial
ENTRÉES					
Eggplant Parmigiana	●	Vegetarian	N	Y	Microbial
Five Cheese Ziti al Forno		Vegetarian	Y	Y	Microbial
Cheese Ravioli with Marinara Sauce		Vegetarian	Y	Y	Animal /Microbial
Ravioli di Portobello		Vegetarian	Y	Y	Microbial
Fettuccine Alfredo		Vegetarian	N	Y	Microbial
Sandwich, Eggplant Parmigiana Breadstick with fries	●	Vegetarian	N	Y	Microbial
KIDS SELECTIONS					
Cheese Ravioli		Vegetarian	Y	Y	Animal /Microbial
Cheese Pizza		Vegetarian	N	Y	Microbial
Macaroni & Cheese		Vegetarian	N	Y	Animal /Microbial
Cheese Tortelloni		Vegetarian	Y	Y	Animal /Microbial
SIDES					
Garlic Parmesan Fries	●	Vegetarian	N	Y	Microbial
Mashed Potatoes		Vegetarian	N	Y	-
Parmesan Crusted Zucchini		Vegetarian	N	Y	Microbial

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	Fried	Vegetarian or Vegan	Contains Eggs	Contains Dairy	Source of Cheese
Steamed Broccoli		Vegan	N	N	-
PASTAS & SAUCES					
PASTA					
Angel Hair		Vegan	N	N	-
Cavatappi		Vegan	N	N	-
Fettuccine		Vegan	N	N	-
Gluten-Free Rotini		Vegan	N	N	-
Rigatoni		Vegan	N	N	-
Small Shells (Kids)		Vegan	N	N	-
Spaghetti		Vegan	N	N	-
Whole Wheat Linguine		Vegan	N	N	-
SAUCE					
Alfredo Sauce		Vegetarian	N	Y	Microbial
Asiago Garlic Alfredo	●	Vegetarian	N	Y	Microbial
Five Cheese Marinara		Vegetarian	Y	Y	Microbial
Garlic White Wine Sauce		Vegetarian	N	Y	Microbial
Marinara sauce		Vegan	N	N	-
Tomato Sauce (Kids)		Vegan	N	N	-
Vodka Sauce (where available)		Vegetarian	N	Y	Microbial
DESSERT					
Dolcini - Chocolate Mousse		Vegetarian	Y	Y	-

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Dolcini - Limoncello Mousse		Vegetarian	Y	Y	-
Dolcini - Strawberry & White Chocolate		Vegetarian	Y	Y	-
Kids' Sundae		Vegetarian	N	Y	-
Zeppoli (no sauce)	●	Vegetarian	N	Y	-
Chocolate Dipping Sauce		Vegetarian	N	Y	-
Raspberry Dipping Sauce		Vegan	N	N	-