



VEGETARIAN & VEGAN MENU GUIDE
U.S. RESTAURANTS. Valid 5/30/2017 - 7/30/2017

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 All menu items listed as served unless otherwise noted. Y - Menu dish contains this specific item. N - Menu dish doesn't contain this specific item. ● - 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 Rennet
APPETIZERS					
Breadstick		Vegan	N	N	-
Five Italian Cheese Fonduta		Vegetarian	N	Y	Animal and Microbial
Fried Mozzarella	●	Vegetarian	Y	Y	Microbial
Lasagna Fritta	●	Vegetarian	Y	Y	Animal and Microbial
Parmesan Crusted Zucchini		Vegetarian	N	Y	Microbial
Grilled Vegetable & Cheese Piadina		Vegetarian	Y	Y	Animal and Microbial
SOUP & SALAD					
Famous House Salad with dressing		Vegetarian	Y	Y	Animal and Microbial
Minestrone Soup		Vegan	N	N	-
BREADSTICK SANDWICH					
Eggplant Parmigiana Sandwich	●	Vegetarian	Y	Y	Animal and Microbial
CREATE YOUR OWN PASTA					
PASTAS					
Angel Hair		Vegan	N	N	-
Cavatappi /corkscrew		Vegan	N	N	-
Fettuccine		Vegan	N	N	-
Gluten-Free Rotini		Vegan	N	N	-
Rigatoni		Vegan	N	N	-
Small Shells		Vegan	N	N	-
Spaghetti		Vegan	N	N	-
Whole Grain Linguine		Vegan	N	N	-
SAUCES					
Alfredo Sauce		Vegetarian	N	Y	Microbial
Asiago Garlic Alfredo Sauce	●	Vegetarian	N	Y	Microbial
Five Cheese Marinara Sauce		Vegetarian	Y	Y	Microbial
Marinara Sauce		Vegan	N	N	-

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Parmesan Pesto Sauce		Vegetarian	N	Y	Microbial
Tomato Sauce		Vegan	N	N	-
CLASSIC RECIPES					
Cheese Ravioli with Marinara Sauce		Vegetarian	Y	Y	Animal and Microbial
Eggplant Parmigiana	●	Vegetarian	N	Y	Microbial
Fettuccine Alfredo (lunch or dinner)		Vegetarian	N	Y	Microbial
Five Cheese Ziti al Forno		Vegetarian	Y	Y	Animal and Microbial
Ravioli di Portobello		Vegetarian	Y	Y	Microbial
SIDES					
Garlic Parmesan Fries	●	Vegetarian	N	Y	Animal and Microbial
Garlic Mashed Potatoes		Vegetarian	N	Y	-
Parmesan Crusted Zucchini		Vegetarian	N	Y	Microbial
Roasted Potatoes		Vegetarian	N	Y	-
Steamed Broccoli		Vegan	N	N	-
DESSERTS					
Warm Apple Crostata		Vegetarian	Y	Y	-
Zeppoli (no sauce)	●	Vegetarian	N	Y	-
Chocolate sauce		Vegetarian	N	Y	-
Raspberry sauce		Vegan	N	N	-
DOLCINI					
Chocolate Mousse		Vegetarian	Y	Y	-
Limoncello Mousse		Vegetarian	Y	Y	-
Strawberry & White Chocolate		Vegetarian	Y	Y	-
KIDS					
Cheese Pizza		Vegetarian	N	Y	Microbial
Cheese Ravioli		Vegetarian	Y	Y	Animal and Microbial
Cheese Tortelloni		Vegetarian	Y	Y	Animal and Microbial
Macaroni & Cheese		Vegetarian	N	Y	Animal and Microbial
Kids Dessert - Sundae		Vegetarian	N	Y	-