



## ALLERGEN MENU

At **Olive Garden**, we're committed to making the dining experience for every guest, including our guests with food allergies, an exceptional one. That's why we are proud to offer this information to help you make an informed food selection.

The information inside details which menu items contain the most common allergens and intolerances, based on the information provided by our suppliers. We work to keep this information as up-to-date as possible, which is why we print it out in the restaurant for you.

Because all of our dishes are prepared-to-order, our normal kitchen operations may involve shared cooking and preparation areas. Therefore, we cannot guarantee that any menu item can be completely free of allergens. Items cooked on our grill or in our fryer present a special risk for cross-contamination, so we've clearly identified those for you.

**When dining with us, please make your server aware of your allergies so that we can inform the kitchen.**

Please know that due to limited ingredient information available in our kitchen, we may not be able to answer all of your questions.

*We're all family here.®*



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Y Menu item contains this specific allergen (includes all cooking sauces, condiments and fixed accompaniments)

- Menu item presents a special risk of cross-contamination of all allergens due to the cooking method

	PREPARATION		COMMON ALLERGENS								
	Fried <i>in 100% canola oil</i>	Grilled	Peanut	Tree Nut	Soy	Egg	Dairy	Wheat	Finfish	Molluscan Shellfish <i>oysters, clams, mussels, scallops</i>	Crustacean Shellfish <i>shrimp, crab, lobster</i>
<b>Tuscan Dinner for 2</b>											
Pappardelle Portobello Alfredo					Y		Y	Y			
Tuscan Three Meat Fettuccine					Y		Y				
Florentine Rollatini					Y	Y	Y	Y			
Creamy Chicken Firenze							Y	Y			
Garlic Rosemary Chicken	•	•			Y		Y	Y			
Florentine Rollatini with Chicken					Y	Y	Y	Y			
Pecorino Parmesan Ravioli with Shrimp							Y	Y			Y
<b>Tuscan Duos / Trios</b>											
Spaghetti with Meat Sauce					Y			Y			
Tri-Colored Penne with Basil Garlic Bowl					Y		Y	Y			
Crispy Risotto Bites	•				Y	Y	Y	Y			
Artichoke Fritti with Citrus Aioli	•				Y	Y	Y	Y			
Fettuccine Alfredo Pasta Bowl							Y	Y			
Italian Mac & Cheese Pasta Bowl							Y	Y			
Tortellini al Forno Mini Pasta Bowl						Y	Y	Y			
Breadstick Bun Chicken Parmigiana	•				Y		Y	Y			
Breadstick Bun Italian Meatball					Y	Y	Y	Y			
Parmesan Garlic Fries	•						Y				
Shrimp Fresco						Y	Y				Y
Mediterranean Flatbread	•				Y		Y	Y			
Grilled Chicken Flatbread					Y	Y	Y	Y			
Pizzaiola Flatbread					Y		Y	Y			



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<b>Limited Time Offers</b>											
Shrimp Fresco						Y	Y				Y
Vanilla Pana Cotta with Fresh Blueberries					Y	Y	Y	Y			



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<b>Kids' Menu</b>											
CYO - Fettuccine, Spaghetti, Whole Wheat Linguine, Cavatappi or Small Shells								Y			
CYO - Tomato											
CYO - Meat Sauce					Y						
CYO - Alfredo							Y	Y			
CYO - Add Chicken		•					Y				
CYO - Add Meatball					Y	Y	Y	Y			
CYO - Add Italian Sausage											
CYO - Add Shrimp											Y
Cheese Ravioli						Y	Y	Y			
Chicken Fingers & Pasta	•				Y		Y	Y			
Cheese Pizza					Y		Y	Y			
Add Pepperoni											
Macaroni & Cheese							Y	Y			
<b>Kids' Sides Menu</b>											
Grapes											
Steamed Broccoli											
<b>Gluten Sensitive: For More Information, See our Gluten Sensitive Menu</b>											
Garden Salad - No Croutons						Y	Y				
Caesar Salad - No Croutons						Y	Y		Y		
Grilled Chicken Caesar Salad		•				Y	Y		Y		



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Rotini with Marinara (Order from the gluten sensitive menu)					Y		Y				
Rotini with Meat Sauce (Order from the gluten sensitive menu)					Y						
Rotini Primavera (Order from the gluten sensitive menu)					Y		Y				
Add Grilled Chicken		●					Y				
Add Grilled Shrimp		●									Y
Add Italian Sausage											
Herb-Grilled Salmon (Order from the gluten sensitive menu)		●					Y		Y		
Steak Toscano (Order from the gluten sensitive menu)		●			Y		Y				
Kids' Grilled Chicken (Order from the gluten sensitive menu)		●			Y		Y				
Kids' Rotini with Marinara (Order from the gluten sensitive menu)					Y		Y				
Kids' Rotini with Meat Sauce (Order from the gluten sensitive menu)					Y						



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<b>Antipasti (Appetizers)</b>											
Breadsticks					Y			Y			
Dipping Sauces for Breadsticks - Alfredo							Y	Y			
Dipping Sauces for Breadsticks - Marinara					Y		Y				
Five Cheese Marinara Dipping Sauce					Y	Y	Y	Y			
Artichoke Fritti with Citrus Aioli	●				Y	Y	Y	Y			
Calamari	●				Y	Y	Y	Y		Y	
Spicy Calamari	●				Y	Y	Y	Y		Y	
Stuffed Mushrooms					Y		Y	Y		Y	
Fried Zucchini	●						Y	Y			
Chicken Fingers	●				Y		Y	Y			
Fried Mozzarella	●					Y	Y	Y			
Toasted Beef & Pork Ravioli	●				Y	Y	Y	Y			
Tomato Sauce											
Marinara Sauce					Y		Y				
Parmesan-Peppercorn Sauce							Y				
Bruschetta							Y	Y			
Shrimp Scampi Fritta	●				Y	Y	Y	Y			Y
Spicy Shrimp Fritta	●				Y	Y	Y	Y			Y
Lasagna Fritta	●				Y	Y	Y	Y			
Smoked Mozzarella Fonduta					Y		Y	Y			
<b>Flatbreads</b>											
Mediterranean Flatbread	●				Y		Y	Y			



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Pizzaiola Flatbread					Y		Y	Y			
Grilled Chicken Flatbread					Y	Y	Y	Y			
<b>Tastes of Italy "Small Plates"</b>											
Tortellini al Forno		•				Y	Y	Y			
Crispy Risotto Bites	•				Y	Y	Y	Y			
Chicken Meatballs with Marinara Sauce					Y	Y	Y	Y			
Artichoke Fritti with Citrus Aioli	•				Y	Y	Y	Y			



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<b>Zuppe e Insalate (Soups &amp; Salads)</b>											
Chicken & Gnocchi					Y	Y	Y	Y			
Minestrone					Y		Y	Y			
Pasta e Fagioli					Y			Y			
Zuppa Toscana					Y		Y	Y			
Garden-Fresh Salad (one serving with regular or low-fat dressing)					Y	Y	Y	Y			
Grilled Chicken Caesar Salad		•				Y	Y		Y		
Antipasti Italian Meats & Cheese Topper							Y				
Grilled Chicken Salad Topper		•					Y				
<b>Cucina Classica (Classic Recipes)</b>											
Sausage Stuffed Giant Rigatoni					Y	Y	Y	Y			
Lasagna Classico					Y	Y	Y	Y			
Five Cheese Ziti al Forno					Y	Y	Y	Y			
Spaghetti with Meat Sauce					Y			Y			
Spaghetti & Meatballs					Y	Y	Y	Y			
Spaghetti & Italian Sausage					Y			Y			
Spaghetti with Chicken Meatballs					Y	Y	Y	Y			
Cheese Ravioli with Marinara Sauce					Y	Y	Y	Y			
Cheese Ravioli with Meat Sauce					Y	Y	Y	Y			
Fettuccine Alfredo							Y	Y			
Chicken Parmigiana	•				Y		Y	Y			
Eggplant Parmigiana	•				Y	Y	Y	Y			





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Tour of Italy	•				Y	Y	Y	Y			
<b>Lighter Italian Fare</b>											
Citrus Chicken Sorrento		•		Y	Y		Y				
Herb-Grilled Salmon		•					Y		Y		
Garlic Rosemary Chicken	•	•			Y		Y	Y			
Baked Tilapia with Shrimp		•			Y		Y	Y	Y		Y
Garden Primavera					Y		Y	Y			
Add Grilled Chicken		•					Y				
Add Grilled Shrimp		•									Y
Ravioli di Portobello					Y	Y	Y	Y			



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<b>Pollo (Chicken)</b>											
Chicken Alfredo		•					Y	Y			
Stuffed Chicken Marsala		•			Y		Y	Y			
Chicken Marsala	•				Y		Y	Y			
Chicken Scampi					Y		Y	Y			
Chicken & Shrimp Carbonara							Y	Y			Y
<b>Pesce (Fish &amp; Seafood)</b>											
Baked Parmesan Shrimp							Y	Y			Y
Seafood Alfredo					Y		Y	Y	Y	Y	Y
Pappardelle Pescatore					Y		Y	Y	Y	Y	Y
<b>Carne (Beef &amp; Pork)</b>											
Steak Gorgonzola-Alfredo		•			Y		Y	Y			
Steak Toscano		•			Y		Y				
Braised Beef & Tortelloni					Y	Y	Y	Y			
<b>Pastas</b>											
Spaghetti								Y			
Rigatoni								Y			
Cavatappi								Y			
Tri-Colored Vegetable Penne								Y			
Whole Wheat Linguine								Y			
Gluten-Free Rotini											
<b>Homemade Sauces</b>											
Garlic White Wine Sauce					Y		Y	Y			



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Asiago Garlic Alfredo	•						Y	Y			
Primavera					Y		Y				
Meat Sauce					Y						
<b>Toppings</b>											
Meatballs					Y	Y	Y	Y			
Italian Sausage											
Chicken Meatballs					Y	Y	Y	Y			
Sautéed Shrimp											Y
Grilled Chicken		•					Y				



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<b>Dessert</b>											
Tiramisu			Y	Y	Y	Y	Y	Y			
White Chocolate Raspberry Cheesecake					Y	Y	Y	Y			
Lemon Cream Cake					Y	Y	Y	Y			
Black Tie Mousse Cake					Y	Y	Y	Y			
Chocolate Mousse Cake				Y	Y	Y	Y	Y			
Zeppoli	•				Y		Y	Y			
Chocolate Sauce							Y				
Raspberry Sauce											
Dolcini - Strawberry & White Chocolate					Y	Y	Y	Y			
Dolcini - Chocolate Mousse					Y	Y	Y	Y			
Dolcini - Limoncello Mousse					Y	Y	Y	Y			
Dolcini - Amaretto Tiramisu				Y		Y	Y	Y			
Dolcini - Dark Chocolate Caramel Cream					Y	Y	Y	Y			
Celebration Cake					Y	Y	Y	Y			
Kids' Sundae							Y				