

Gluten Free Selections

Salads

Garden-Fresh Salad without croutons

Caesar Salad without croutons

Entrées

Penne Rigate Pomodoro

Roma tomatoes, garlic, fresh basil, extra-virgin olive oil and marinara sauce tossed with gluten free penne pasta.

Choose lunch or dinner portion. Also available with grilled chicken or shrimp.

Penne Rigate with Marinara

Marinara sauce made with a blend of tomatoes, onions and Italian herbs. Served over gluten free penne pasta.

Choose lunch or dinner portion. Also available with grilled chicken or shrimp.

Steak Toscano

Grilled 12 oz choice center cut strip steak brushed with Italian herbs and extra-virgin olive oil. Served with grilled vegetables.

Herb-Grilled Salmon

Salmon filet brushed with Italian herbs and extra-virgin olive oil. Served with broccoli and red bell peppers.

Mixed Grill

Grilled steak and chicken marinated in Italian herbs and extra-virgin olive oil. Served with broccoli and roasted asparagus.

Also available with all chicken.

Kids' Entrées

Grilled Chicken

Grilled chicken breast with sides of grapes and gluten free penne pasta with marinara sauce.

Penne Rigate with Marinara

Gluten free penne pasta with marinara sauce. Served with a side of grapes.

Olive Garden created this menu for our gluten intolerant guests. Please be aware that the handcrafted nature of our menu items, variety of procedures in our kitchens, cross-contamination with ingredients containing gluten and our reliance on suppliers may result in variations in the ingredients of these menu items. We, therefore, make no guarantees regarding the gluten content of these items.

Gluten Free Selections

Insalate (Salads)	CAL	FAT g	SAT FAT g	SOD mg	CARBS g	FIBER g	PROTEIN g
Garden-Fresh Salad without croutons	110	9	1.5	680	6	2	1
Caesar Salad without croutons	560	54	12	820	10	4	0
Entrées							
Penne Rigate Pomodoro (Lunch)	370	7	1	1080	72	6	6
Penne Rigate Pomodoro (Dinner)	520	10	1.5	1570	98	9	9
Penne Rigate with Marinara (Lunch)	370	6	1	1130	73	6	6
Penne Rigate with Marinara (Dinner)	490	8	1	1510	97	8	9
Add Chicken	100	2	0.5	390	0	0	20
Add Shrimp	50	0.5	0	430	0	0	10
Steak Toscano	520	24	5	1130	39	8	37
Herb-Grilled Salmon	430	19	4	115	7	0	55
Mixed Grill	540	25	5	1380	14	4	69
Mixed Grill (all chicken)	700	29	4.5	1440	24	4	89
Kids' Entrées							
Kids' Grilled Chicken	390	6	1	1040	59	4	27
Kids' Penne Rigate with Marinara	250	4	0.5	750	49	4	4

Beverage Selections

Wines	CAL	FAT g	SAT FAT g	SOD mg	CARBS g
Sparkling Glass	130	0	0	20	8
Sparkling Bottle	550	0	0	90	35
Red, White, Blush Glass	150	0	0	20	8
Red, White, Blush Quartino	230	0	0	30	12
Red, White, Blush Bottle	640	0	0	90	35
Red, White, Blush Magnum Bottle	1360	0	0	190	74
Signature Cocktails					
Skinny Margarita	180	0	0	25	14
Skinny Strawberry Lemon Martini	150	0	0	15	17
Italian Margarita	240	0	0	10	32
Berry Sangria Glass	230	0	0	15	35
Berry Sangria Pitcher	910	0	0	50	138
Peach Sangria Glass	250	0	0	50	40
Peach Sangria Pitcher	1010	0	0	200	158
Roscato Berry Cocktail	200	0	0	10	39
Strawberry Fresco Cocktail	230	0	0	5	31
Strawberry-Limoncello Martini	300	0	0	15	42
Mango Martini	180	0	0	0	31
Frozen Cocktails					
Peach Bellini	170	0	0	0	33
Strawberry Daiquiri	250	0	0	15	47
Peach Daiquiri	270	0	0	10	51
Mango Daiquiri	240	0	0	10	43
Wild Berry Daiquiri	270	0	0	5	50
Strawberry Frozen Margarita	340	0	0	25	67
Strawberry-Mango Frozen Margarita	350	0	0	20	68
Wild Berry Frozen Margarita	290	0	0	20	55
Beer					
Regular Bottle	150	0	0	15	12
Regular Draft 14 oz	170	0	0	15	13
Regular Draft 20 oz	250	0	0	25	19
Light Bottle	100	0	0	15	6
Light Draft 14 oz	130	0	0	20	8
Light Draft 20 oz	190	0	0	25	11
Non-Alcoholic Bottle	60	0	0	5	13
Non-Alcoholic Beverages					
Blackberry Blood Orange Tea	45	0	0	0	11
Strawberry Passion Fruit Limonata	170	0	0	60	43
Pomegranate Citrus Acqua Fresca	0	0	0	15	1
Italian Sodas	120	0	0	5	29
Strawberry Smoothie	330	1	0.5	200	74
Wild Berry Smoothie	300	1	0	210	69
Peach-Mango Smoothie	300	1	0	160	70
Caffè la Toscana Coffee	0	0	0	5	0
Lavazza Espresso	0	0	0	10	0
Caramel Hazelnut Macchiato	220	4.5	2.5	40	43
Caffè Mocha	400	11	7	100	68
Cappuccino	90	4.5	3	50	9
Cappuccino with Whipped Cream	160	8	5	70	17
Frozen Cappuccino	320	10	6	60	52
Caffè Latte	150	7	4	75	15
Herbal and Flavored Hot Teas	0	0	0	0	0
Bellini Peach-Raspberry Iced Tea	70	0	0	0	16
Fresh Brewed Iced Tea	0	0	0	0	0
Raspberry Lemonade	110	0	0	15	29
Apple Juice	150	0	0	10	36
Cranberry Juice	160	0	0	0	42
Orange Juice	140	0	0	0	33
Pineapple Juice	240	0	0	20	56
Coca-Cola	100	0	0	5	27
Diet Coke	0	0	0	10	0
Coke Zero	0	0	0	30	0
Sprite	100	0	0	20	26
Dr Pepper	100	0	0	35	27
Fanta Zero Orange	0	0	0	40	0
Minute Maid Limeade	100	0	0	20	33

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Garden Fare® Nutrition Guide

For years Italians have turned fresh ingredients into flavorful, balanced meals.

Our Garden Fare choices allow you to personalize your Italian meal to help meet your needs.



If You're Looking for Low Fat Options...

This olive branch highlights our delicious low fat items.

- Ask for low fat salad dressing with any of our salads.

If You're Watching Carbohydrates...

- Savor one of our grilled entrées with fresh vegetables in place of potatoes.
- To calculate Net Carbohydrates, subtract the grams of fiber from the total carbohydrate count of the food item.

If You're Looking to Increase Fiber...

- Choose whole wheat linguine with your pasta selection for a good source of fiber, providing 3.75 grams of fiber in our lunch portions and 6 grams of fiber in our dinner portions.

Olive Garden has made an effort to provide complete and current nutrition information, but the handcrafted nature of our menu items and changes in recipes, ingredients and kitchen procedures can cause variations from these values to occur. Therefore, the values shown here should be considered approximations.



Our low fat entrées and Minestrone soup meet the U.S. Food and Drug Administration low fat definition and contain no more than 30% of their calories from fat and 3 grams or less of fat per 100 grams. The low fat designation refers only to the specific menu items highlighted in this brochure or on our menu.

In addition, guests who have special food sensitivities, food allergies or dietary needs should not rely on this information as the basis for deciding whether to consume a particular menu item.

For more information, please visit olivegarden.com or contact one of our Guest Relations Representatives at 1-800-331-2729.

Featured Items

Featured Appetizers	CAL	FAT g	SAT FAT g	SOD mg	CARBS g	FIBER g	PROTEIN g
Spicy Calamari	860	58	5	2700	58	2	25
Portobello & Goat Cheese Flatbread	400	15	7	1490	49	3	17
Featured Dessert							
Tuscan Bread Pudding	750	45	24	290	77	9	11
Featured Cocktail							
Toasted Marshmallow Martini	490	14	9	85	74	0	4

Tastes and Toasts

Small Plates	CAL	FAT g	SAT FAT g	SOD mg	CARBS g	FIBER g	PROTEIN g
Parmesan Roasted Asparagus	70	5	1	203	5	2	3
Parmesan Sauce	210	19	11	307	6	1	4
Grilled Chicken Spiedini with Red Wine Sauce	270	4	1	660	27	0	33
Grilled Chicken Spiedini with Creamy Alfredo	350	16	4	890	43	2	9
Tortellini al Forno	400	25	14	720	28	2	15
Crispy Risotto Bites	350	16	4	890	43	2	9
Pizza Fritta Napoli	470	18	7	730	62	3	14
Five Cheese Marinara Sauce	90	7	4	260	5	2	2
Sun-dried Tomato Sauce	160	14	9	230	5	0	4
Meat Sauce	60	3.5	1.5	220	4	0	4
Tuscan White Bean Hummus	710	28	6	1440	95	6	22
Chicken Meatballs	260	9	3	910	17	3	28
Cocktails							
Spiced Pear Martini	400	0	0	25	69	2	0
Cosmopolitan	230	0	0	0	15	0	0
Classic Martini (Vodka)	200	2	0	390	2	0	0
Classic Martini (Gin)	220	2	0	390	2	0	0
Moscato Aperol Cocktail	180	0	0	10	33	0	0

Appetizers

Antipasti (Appetizers)	CAL	FAT g	SAT FAT g	SOD mg	CARBS g	FIBER g	PROTEIN g
Create a Sampler Italiano							
Calamari	340	22	2	650	24	0	12
Stuffed Mushrooms	280	19	5	720	15	3	14
Fried Zucchini	370	21	2	620	40	2	4
Chicken Fingers	330	17	1.5	920	18	2	26
Fried Mozzarella	330	20	8	590	22	1	15
Toasted Beef & Pork Ravioli	360	16	2.5	780	39	2	0
Tomato Sauce	45	1.5	0	270	6	1	0
Marinara Sauce	35	1.5	0	200	4	1	0
Parmesan-Peppercorn Sauce	300	30	5	340	6	1	1
Bruschetta	950	13	2.5	2860	173	6	35
Classic Shrimp Scampi Fritta	600	37	10	2250	39	1	28
Spicy Shrimp Scampi Fritta	550	34	6	2190	34	3	26
Caprese Flatbread	600	36	11	570	46	5	24
Grilled Chicken Flatbread	760	44	15	1500	47	5	44
Lasagna Fritta	1030	63	21	1590	82	9	0
Smoked Mozzarella Fonduta	940	48	28	1940	72	7	54
Breadstick (with garlic-butter spread)	140	2	0	370	26	2	5
Marinara Dipping Sauce	80	3.5	0	480	11	4	2
Alfredo Dipping Sauce	460	43	27	590	9	1	8
Five Cheese Marinara Dipping Sauce	190	15	8	520	10	3	4
Stuffed Mushrooms	280	19	5	720	15	3	14
Calamari	890	54	5	2340	64	2	36
Marinara Sauce	35	1.5	0	200	4	1	0
Parmesan-Peppercorn Sauce	300	30	5	340	6	1	1

Soups & Salads

Zuppe e Insalate (Soups & Salads)							
Chicken & Gnocchi (one serving)	250	8	3	1180	29	2	16
Pasta e Fagioli (one serving)	130	2.5	1	680	17	6	9
Minestrone (one serving)	100	1	0	1020	18	3	4
Zuppa Toscana (one serving)	170	4	2	960	24	2	10
Garden-Fresh Salad (one serving with dressing)	150	10	1.5	760	11	2	2
Garden-Fresh Salad (one serving without dressing)	60	2	0	270	9	2	2
Garden-Fresh Salad (one serving with low fat dressing)	90	4	0	620	11	2	2
Grilled Chicken Caesar Salad	610	40	8	1230	19	5	43

Lunch Entrées

Cucina Classica (Classic Recipes)							
Lasagna Classico	580	32	18	1930	35	7	36
Five Cheese Ziti al Forno	770	32	17	1450	89	5	31
Spaghetti with Meat Sauce	550	21	8	1040	59	6	30
Spaghetti with Meatballs	680	30	12	1320	63	6	39
Spaghetti with Italian Sausage	830	44	16	1920	61	9	48
Spaghetti with Chicken Meatballs	720	20	7	1310	83	7	51
Chicken Parmigiana	570	18	5	1720	67	18	36
Fettuccine Alfredo	800	48	30	810	69	4	24
Eggplant Parmigiana	620	26	8	1540	70	11	27
Cheese Ravioli with Marinara Sauce	530	18	9	1160	64	6	26
Cheese Ravioli with Meat Sauce	600	22	12	1210	65	8	36
Tour of Italy	1450	74	33	3830	97	10	99

Pollo, Pesce e Carne (Chicken, Seafood, Beef & Pork)

Seafood Alfredo	670	36	21	1320	59	5	30
Chicken Scampi	740	38	14	1350	57	7	42
Chicken Alfredo	910	52	30	1150	71	4	41
Spicy Shrimp Vesuvio	490	14	3	1740	63	4	27
Braised Beef & Tortelloni	740	41	17	1280	60	5	32
Grilled Sausage & Peppers Rustica	700	37	14	1740	58	5	32

Lighter Italian Fare

Venetian Apricot Chicken	310	5	1.5	1060	39	5	29
Linguine alla Marinara	310	4	1	190	55	5	12
Add Grilled Chicken	110	2.5	0.5	280	0	0	22
Add Grilled Shrimp	50	0.5	0	430	0	0	10
Capellini Pomodoro	430	10	1	1100	69	9	12
Add Grilled Chicken	110	2.5	0.5	280	0	0	22
Add Grilled Shrimp	50	0.5	0	430	0	0	10
Ravioli di Portobello	450	19	11	960	53	8	18

Calzones & Italian Sandwiches

Calzones & Italian Sandwiches							
Chicken Alfredo Calzone	440	13	7	687	54	3	26
Alfredo Sauce	200	18	11	253	5	0	4
Pizzaiola Calzone	540	25	11	947	54	3	24
Marinara Sauce	40	2	0	243	5	2	1
Italian Meatball Sandwich (Half)	630	39	13	1550	40	7	30
Italian Meatball Sandwich (Whole)	1210	76	26	2810	73	12	59
Chicken Parmigiana Sandwich (Half)	430	16	3.5	1290	39	3	34
Chicken Parmigiana Sandwich (Whole)	870	31	7	2580	78	5	69
Classic Shrimp Scampi Fritta Sandwich (Half)	470	26	7	1290	43	2	16
Classic Shrimp Scampi Fritta Sandwich (Whole)	940	52	13	2590	87	4	31
Spicy Shrimp Scampi Fritta Sandwich (Half)	520	31	5	1370	44	3	16
Spicy Shrimp Scampi Fritta Sandwich (Whole)	1040	62	10	2750	89	6	32
Sausage & Peppers Sandwich (Half)	630	39	13	1550	40	7	30
Sausage & Peppers Sandwich (Whole)	1210	76	26	2810	73	12	59
Italiano Burger	1020	66	21	1800	49	2	48
Parmesan Garlic Fries	270	12	1	720	36	3	3

Pizzas

Pizze (Pizzas)							
Create Your Own Pizza (with cheese and sauce only)	930	22	9	2760	147	9	35
Add Pepperoni	120	11	4	460	0	0	5
Add Italian Sausage	130	11	4	360	1	0	7
Add Mushrooms	5	0	0	0	1	0	0
Add Onions	15	0	0	0	4	1	0
Add Bell Peppers	10	0	0	0	2	1	0
Add Black Olives	45	4	0.5	350	3	1	0
Add Roma Tomatoes	10	0	0	0	2	1	0
Chicken Alfredo Pizza	1310	46	22	3200	164	13	61

Dinner Entrées

Cucina Classica (Classic Recipes)							
Lasagna Classico	850	47	25	2830	39	19	68
Five Cheese Ziti al Forno	1050	48	26	2370	112	10	44
Spaghetti with Meat Sauce	710	22	8	1340	94	9	36
Spaghetti with Meatballs	920	36	14	1770	98	9	50
Spaghetti with Italian Sausage	1270	67	24	3090	97	15	70
Spaghetti with Chicken Meatballs	960	27	10	1840	108	9	71
Cheese Ravioli with Marinara Sauce	660	22	11	1440	84	7	32
Cheese Ravioli with Meat Sauce	790	28	14	1510	88	12	48
Fettuccine Alfredo	1220	75	47	1350	99	5	36
Chicken Parmigiana	1090	49	18	3380	79	27	83
Ravioli di Portobello	670	30	17	1400	74	15	25
Eggplant Parmigiana	850	35	10	1900	98	19	36
Tour of Italy	1450	74	33	3830	97	10	99

Lighter Italian Fare

Baked Tilapia with Shrimp	340	11	5	1070	14	5	48
Venetian Apricot Chicken	420	8	2	1350	39	5	51
Herb-Grilled Salmon	520	32	6	500	9	4	49
Capellini Pomodoro	540	13	1.5	1280	89	11	15
Grilled Chicken	110	2.5	0.5	280	0	0	22
Grilled Shrimp	50	0.5	0	430	0	0	10
Garlic Rosemary Chicken	560	21	8	1810	32	4	63
Seafood Brodetto	480	16	3	2250	35	7	47
Lasagna Primavera with Grilled Chicken	560	29	10	1700	41	4	38

Pollo (Chicken)

Grilled Chicken Toscano	700	21	11	1700	66	0	63
Chicken Scampi	1070	53	20	2220	88	8	63
Stuffed Chicken Marsala	800	36	16	2830	40	6	80
Chicken Marsala	770	37	5	1800	59	16	51
Smoked Mozzarella Chicken	960	47	24	1590	84	7	52
Chicken Alfredo	1440	82	48	2070	103	5	71
Chicken & Shrimp Carbonara	1210	75	35	2270	73	0	60

Dinner Entrées (continued)

Pesce (Fish & Seafood)	CAL	FAT g	SAT FAT g	SOD mg	CARBS g	FIBER g	PROTEIN g
Baked Parmesan Shrimp	940	48	24	1310	82	7	45
Spicy Shrimp Vesuvio	680	21	2.5	1870	93	12	31
Seafood Alfredo	1020	52	31	2430	88	9	50
Parmesan Crusted Tilapia	610	29	13	980	38	6	49
Lobster Cannelloni with Shrimp	510	25	15	1710	41	4	31

Kids' Selections

Entrées							
Create Your Own Pasta							
Fettuccine	180	1.5	0	5	35	0	7
Spaghetti	180	1.5	0	5	34	0	7
Penne	200	1	0	5	38	0	9
Small Shells	230	1	0	15	45	2	9
Whole Wheat Linguine	190	1.5	0	0	35	0	8
Tomato Sauce	70	3	0.5	360	8	2	1
Meat Sauce	100	5	2	330	6	1	6
Alfredo Sauce	340	32	20	440	7	0	6
Add Grilled Chicken	110	2	0	410	0	0	24
Add Shrimp	30	0.5	0	260	0	0	6
Add Italian Sausage	240	20	7	570	1	0	12
Add Meatball	140	9	4	340	4	1	9
Macaroni & Cheese	340	6	2.5	1000	58	3	13
Cheese Pizza	420	10	4.5	830	65	3	17
Pepperoni Pizza	480	15	6.5	1070	65	3	20
Cheese Ravioli	290	8	3.5	470	43	3	12
Chicken Fingers & Pasta	510	17	2	1140	58	3	30

Sides

Grapes	40	0	0	0	10	0.5	0
Steamed Broccoli	15	0	0	10	2	2	1
Garlic Mashed Potatoes	200	10	6	630	22	2	5

Beverage Selections

1% Low Fat Milk	110	2.5	1.5	130	13	n/a	9
1% Low Fat Chocolate Milk	160	2.5	1.5	210	27	n/a	8
Apple Juice	100	0	0	10			