



# Garden Fare<sup>®</sup>

## NUTRITION INFORMATION 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 will lead you to delicious low fat items on our menu.

- 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.
- 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.

### If You're Limiting Sugar...

- Try our delicious no sugar added Torta di Chocolate dessert, sweetened with sugar alcohols.

In addition to these items, we proudly offer delicious choices for our **Gluten Intolerant** guests.

For more information, ask for a manager.

Our cooking oils are trans fat free.

Please contact one of our Guest Relations Representatives at 1-800-331-2729 or [www.olivegarden.com](http://www.olivegarden.com) if you have questions about this guide.



*Our low fat selections meet the U.S. Food and Drug Administration low fat definition, our entrees and soup contain no more than 30% of their calories from fat and 3 grams or less fat per 100 grams and our dressings contain 3 grams or less fat per fluid ounce and 3 grams or less fat per 50 grams. The low fat designation refers to the specific menu selection and does not include accompaniments such as beverages, soup, salad or breadsticks.*

# Garden Fare®



## LOW FAT SELECTIONS

Information based on full portion as served.	CALORIES	TOTAL FAT g	% CALORIES FROM FAT	FIBER g
<b>LUNCH ENTRÉES AND SOUP</b>				
Capellini Pomodoro	480	11	21%	11
Venetian Apricot Chicken	280	3	10%	8
Linguine alla Marinara	310	4	12%	5
Shrimp Primavera	510	9	16%	12
Minestrone Soup	100	1.5	14%	3
<b>DINNER ENTRÉES</b>				
Capellini Pomodoro	840	17	18%	19
Venetian Apricot Chicken	380	4	9%	8
Linguine alla Marinara	430	6	13%	9
Shrimp Primavera	730	12	15%	14
<b>KIDS ENTRÉE</b>				
Grilled Chicken	310	5	15%	3
<b>SALAD DRESSINGS</b>				
Low fat Italian Dressing	Dressings contain 2 grams or less fat per fluid ounce. Our serving size is 2 fluid ounces.			
Low fat Parmesan-Peppercorn Dressing				

## SELECTIONS UNDER 20g NET CARBOHYDRATES

Information based on full portion as served.	CARBS g	FIBER g	NET CARBS g
<b>APPETIZERS</b>			
Stuffed Mushrooms	20	3	17
Mussels di Napoli	13	0	13
<b>LUNCH ENTRÉE</b>			
Grilled Chicken Spiedini**	21	8	13
<b>DINNER ENTRÉES</b>			
Herb-Grilled Salmon	5	2	3
Pork Filetino*	8	4	4
Steak Toscano*	9	4	5
Mixed Grill**	26	11	15

\* Served with seasoned broccoli or grilled vegetables in place of potatoes, per guest request.

\*\* Served with seasoned broccoli in place of potatoes, per guest request.

## NO SUGAR ADDED DESSERT SELECTION

Information based on full portion as served.	CARBS g	FIBER g	SUGAR ALCOHOLS g
<b>DESSERT</b>			
Torta di Chocolate	75	4	49

Olive Garden has made an effort to provide complete and current nutrition information, but changes in recipes and the hand-crafted nature of our menu items mean that variations from these values can occur from time to time. Therefore, the values shown here should be considered approximations. In addition, guests who have special food sensitivities or dietary needs should not rely solely on this information as the basis for deciding whether to consume a particular menu item.