



# 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.
- Our cooking oils are trans fat free.

### **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.

### **If You're Looking for Gluten Free Choices...**

- Olive Garden offers delicious gluten free versions of some of your favorite recipes. Please refer to our Gluten Free Menu listed inside this guide or ask for a manager.

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.

# 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
Grilled Chicken Spiedini*	380	12	29%	8
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
Mixed Grill*	760	24	29%	11
Mixed Grill (all chicken)*	660	20.5	28%	11
<b>KIDS ENTRÉES</b>				
Grilled Chicken	310	5	15%	6
Spaghetti & Tomato Sauce	250	3	11%	4
<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
Mixed Grill*	26	11	15
Mixed Grill (all chicken)*	30	11	19
Pork Filetino*	7	3	4
Steak Toscano*	8	3	5

\* Served with 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

# Gluten Free Menu

*Olive Garden created this menu for our gluten intolerant guests in accordance with the 2000 American Dietetic Association guidelines.*

## Insalate (salads)

**Garden-Fresh Salad without croutons**

**Caesar Salad without croutons**

## Entrées

### **Steak Toscano**

Grilled 14 oz choice center cut Strip steak brushed with Italian herbs and extra-virgin olive oil. Served with grilled vegetables.

### **Pork Filetino**

Grilled pork tenderloin marinated in extra-virgin olive oil and rosemary. Served with broccoli and red bell peppers.

### **Herb-Grilled Salmon**

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

### **Mixed Grill**

Skewers of grilled steak and chicken marinated in Italian herbs and extra-virgin olive oil. Served with broccoli and grilled vegetables.

### **Mixed Grill (all chicken)**


Skewered chicken marinated in Italian herbs and extra-virgin olive oil. Served with broccoli and grilled vegetables.


### **Children's Grilled Chicken**

Grilled chicken breast served with broccoli and grilled vegetables.

*Please be aware that the handcrafted nature of our menu items, variety of procedures in our kitchens 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.*





 *Our low fat selections meet the U.S. Food and Drug Administration low fat definition, our entrées 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.*

*Olive Garden has made an effort to provide complete and current nutrition information, but the hand-crafted 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. 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.*