

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

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

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	220	18	3	1360	12	4	3
Caesar Salad without croutons	560	54	12	820	10	4	0
Entrées							
Penne Rigate Pomodoro (Lunch)	370	6	1	1130	73	6	6
Penne Rigate Pomodoro (Dinner)	490	8	1	1510	97	8	9
Penne Rigate with Marinara (Lunch)	370	7	1	1080	72	6	6
Penne Rigate with Marinara (Dinner)	520	10	1.5	1570	98	9	9
Add Chicken	100	2	0.5	390	0	0	20
Add Shrimp	80	3.5	0	460	1	0	6
Steak Toscano	500	21	5	1030	41	9	37
Herb-Grilled Salmon	510	26	6	760	5	4	64
Mixed Grill	750	23	6	1760	24	4	112
Mixed Grill (all chicken)	640	19	4	1260	27	7	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					
Italian Margarita	240	0	0	10	32
Roscato Berry Splash	200	0	0	10	39
Moscato Aperol Spritz	180	0	0	10	33
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
Venetian Sunset	190	0	0	10	38
Strawberry Fresco	230	0	0	5	31
Pomegranate Margarita Martini	290	0	0	5	44
Strawberry-Limoncello Martini	300	0	0	15	42
Mango Martini	180	0	0	0	31
Chocolate Martini	260	3.5	2	45	36
Antipasto Bloody Mary	130	0	0	950	15
Frozen Cocktails					
Peach Bellini	170	0	0	0	33
Strawberry Bellini	220	0	0	0	46
Wild Berry Bellini	160	0	0	10	31
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
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
Chocolate Almond Amore	600	21	13	135	82
Beer					
Regular Bottle	160	0	0	15	12
Regular Draft 14 oz	170	0	0	15	13
Regular Draft 20 oz	250	0	0	25	19
Light Bottle	110	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					
Skinny Pomegranate Limetta	50	0	0	0	12
Skinny White Peach Cooler	130	0	0	25	31
Strawberry-Mango Limonata	200	0	0	30	50
Bella Limonata	190	0	0	35	48
Italian Sodas	120	0	0	5	29
Strawberry Frullato Smoothie	330	1	0.5	200	74
Wild Berry Frullato Smoothie	300	1	0	210	69
Peach-Mango Frullato 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	14
Herbal and Flavored Hot Teas	0	0	0	0	0
Coca-Cola	100	0	0	5	27
Diet Coke	0	0	0	10	0
Sprite	100	0	0	20	26
Dr Pepper	100	0	0	35	27
Fresh Brewed Iced Tea	0	0	0	0	0
Bellini Peach-Raspberry Iced Tea	70	0	0	0	16
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



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 Entrées	CAL	FAT g	SAT FAT g	SOD mg	CARBS g	FIBER g	PROTEIN g
Parmesan Crusted Shrimp	760	38	20	1930	54	7	51
Parmesan Crusted Steak	1060	65	36	1920	65	6	53
Grilled Chicken Parmesan	1070	51	22	2500	76	4	76
Grilled Chicken Parmesan with Marinara Sauce	870	29.5	7	2030	78	7	74
Eggplant Parmigiana	850	35	10	1900	98	19	36
Featured Beverages							
Cappuccino Viva Italiano	200	9	3	55	17	n/a	5

Appetizers

Antipasti (Appetizers)	CAL	FAT g	SAT FAT g	SOD mg	CARBS g	FIBER g	PROTEIN g
Create a Sampler Italiano							
Calamari	440	27	2.5	1160	32	0	18
Stuffed Mushrooms	280	19	5	720	15	3	14
Fried Zucchini	370	20	1.5	630	42	4	5
Chicken Fingers	330	16	1.5	930	22	0	24
Fried Mozzarella	370	22	9	800	26	2	17
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
Shrimp Scampi Fritta	600	37	10	2250	39	1	28
Caprese Flatbread	600	36	11	1520	46	5	24
Grilled Chicken Flatbread	760	44	15	1500	47	5	44
Mussels di Napoli	180	8	4	1770	13	0	15
Hot Artichoke-Spinach Dip	650	31	15	1430	68	6	25
Lasagna Fritta	1030	63	21	1590	82	9	0
Smoked Mozzarella Fonduta	940	48	28	1940	72	7	54
Breadstick (with garlic-butter spread)	150	2	0	400	28	2	6
Alfredo Dipping Sauce	410	38	24	520	8	1	7
Marinara Dipping Sauce	70	2.5	0	400	9	3	2
Five Cheese Marinara Dipping Sauce	190	15	8	520	10	3	4
Sicilian Scampi	500	22	10	1850	43	7	31
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)	290	20	3.5	1530	23	4	5
Garden-Fresh Salad (one serving without dressing)	130	4	0.5	530	19	4	4
Grilled Chicken Caesar Salad	610	40	8	1230	19	5	43

Panini

Panini (Grilled Sandwiches)							
Grilled Chicken Caprese	560	23	9	1440	53	5	35
Grilled Chicken Florentine	570	25	7	1270	52	3	33
Grilled Steak & Portobello	580	26	9	1350	50	4	37

Pizzas

Pizze (Pizzas)							
Create Your Own Pizza (with cheese and sauce only)	930	22	9	2760	148	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

 This olive branch highlights our delicious low fat entrées.

Lunch Entrées

Cucina Classica (Classic Recipes)	CAL	FAT g	SAT FAT g	SOD mg	CARBS g	FIBER g	PROTEIN g
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
Linguine alla Marinara	310	4	1	670	55	5	12
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
Capellini Pomodoro	480	11	2	970	78	11	17
Spaghetti & Meatballs	680	30	12	1320	63	6	39
Spaghetti & Italian Sausage	830	44	16	1920	61	9	48
Tour of Italy	1450	74	33	3830	97	10	99
Pollo e Pesce (Chicken & Seafood)							
Shrimp Primavera	510	9	1.5	1130	79	12	30
Seafood Alfredo	670	36	21	1320	59	5	30
Chicken Alfredo	910	52	30	1150	71	4	41
Chicken Scampi	740	38	14	1350	57	7	42
Venetian Apricot Chicken	290	4.5	1.5	1010	34	6	29
Grilled Shrimp Caprese	810	44	23	2290	74	8	29
Pasta Ripiena (Filled Pastas)							
Braised Beef & Tortelloni	740	41	17	1280	60	5	32
Ravioli di Portobello	450	19	11	960	53	8	18
Cheese Ravioli With Marinara Sauce	530	18	9	1160	64	6	26
Cheese Ravioli With Meat Sauce	600	22	12	1210	65	8	36
Lasagna Rollata al Forno	840	49	28	1830	65	8	36

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	9	44
Spaghetti with Meat Sauce	710	22	8	1340	94	9	36
Linguine alla Marinara	430	6	1	900	76	9	18
Chicken Parmigiana	1090	49	18	3380	79	27	83
Fettuccine Alfredo	1220	75	47	1350	99	5	36
Eggplant Parmigiana	850	35	10	1900	98	19	36
Capellini Pomodoro	840	17	3	1250	141	19	31
Spaghetti & Meatballs	920	36	14	1770	98	9	50
Spaghetti & Italian Sausage	1270	67	24	3090	97	15	70
Tour of Italy	1450	74	33	3830	97	10	99
Carne (Beef & Pork)							
Mixed Grill	830	28	5	1840	72	10	73
Chianti Braised Short Ribs	1060	58	26	2970	71	17	64
Steak Toscano	590	20	4.5	1460	62	6	39
Steak Gorgonzola-Alfredo	1310	73	41	2190	82	9	81
Parmesan Crusted Bistecca	690	35	19	1480	40	7	55
Grilled Sausage & Peppers Rustica	1320	80	30	2860	91	10	59
Pasta Ripiena (Filled Pastas)							
Braised Beef & Tortelloni	1020	53	22	2060	82	10	53
Ravioli di Portobello	670	30	17	1400	74	15	25
Cheese Ravioli with Marinara Sauce	660	22	11	1440	84	7	32
Cheese Ravioli with Meat Sauce	790	28	14	1510	88	12	48
Lasagna Rollata al Forno	1170	68	39	2510	90	11	52
Pollo (Chicken)							
Venetian Apricot Chicken	400	7	2	1290	34	6	51
Chicken Scampi	1070	53	20	2220	88	8	63
Chicken Alfredo	1440	82	48	2070	103	5	71
Stuffed Chicken Marsala	800	36	16	2830	40	6	80
Chicken Marsala	770	37	5	1800	59	16	51
Chicken & Shrimp Carbonara	1440	88	38	3000	80	9	82
Mediterranean Grilled Chicken	670	22	7	1610	56	5	60
Chicken Vino Bianco	760	39	9	2210	53	4	50
Pesce (Fish & Seafood)							
Shrimp Mezzaluna	630	31	18	1310	57	4	30
Shrimp Primavera	730	12	2	1620	110	14	46
Seafood Alfredo	1020	52	31	2430	88	9	50
Capellini di Mare	650	18	5	1830	82	7	41
Grilled Shrimp Caprese	990	54	28	2990	83	7	41
Seafood Portofino	800	33	14	1880	85	16	43
Shrimp & Crab Tortelli Romana	840	42	24	1710	67	4	50
Herb-Grilled Salmon	510	26	6	760	5	2	64
Seafood Brodetto	480	16	3	2250	35	7	47
Parmesan Crusted Tilapia	590	25	10	910	42	6	50

Kids' Selections

Entrées	CAL	FAT g	SAT FAT g	SOD mg	CARBS g	FIBER g	PROTEIN g
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	440	6	0	2
Alfredo Sauce	330	30	19	440	8	0	6
Parmesan-Butter Sauce	120	10	6	260	3	0	5
Add Grilled Chicken	110	2	0	410	0	0	24
Add Shrimp	30	0	0	340	0	0	7
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	64	3	17
Pepperoni Pizza	480	15	6.5	1070	64	3	20
Cheese Ravioli	290	8	3.5	470	43	3	12
Chicken Fingers & Pasta	550	20	2.5	1250	63	2	31
Sides							
Grapes	40	0	0	0	10	0	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	120	0	0	10	29	n/a	0
Cranberry Juice	130	0	0	0	34	n/a	0
Orange Juice	110	0	0	0	26	n/a	0
Raspberry Lemonade	100	0	0	0	28	n/a	0
Coca-Cola	80	0	0	0	22	n/a	0
Diet Coke	0	0	0	10	0	n/a	0
Sprite	80	0	0	20	21	n/a	0
Dr Pepper	80	0	0	30	22	n/a	0
Desserts							
Strawberry Smoothie	200	0	0	110	45	0	3
Wild Berry Smoothie	190	0	0	105	43	0	3
Peach-Mango Smoothie	190	0	0	110	43	0	3
Sundae	190	8	6	50	26	0	4

Desserts