



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.

*When you're here,
you're Family®*



Printed information is valid- 12/2/2013- 2/24/2014

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	<i>Fried</i> <small>in 100% soybean oil</small>	<i>Grilled</i>	<i>Peanut</i>	<i>Tree Nut</i>	<i>Soy</i>	<i>Egg</i>	<i>Dairy</i>	<i>Wheat</i>	<i>Finfish</i>	<i>Molluscan Shellfish</i> <small>oysters, clams, mussels, scallops</small>	<i>Crustacean Shellfish</i> <small>shrimp, crab, lobster</small>	
Limited Time Offers												
Portobello & Goat Cheese Flatbread					Y		Y	Y				
Tuscan Bread Pudding						Y	Y	Y				
Spicy Calamari	•				Y	Y	Y	Y		Y		

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Kids' Menu											
CYO - Fettuccine, Spaghetti, Whole Wheat Linguine, Penne 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 Sausage											
CYO - Add Shrimp											Y
Cheese Ravioli						Y	Y	Y			
Chicken Fingers & Pasta	●						Y	Y			
Cheese Pizza					Y		Y	Y			
Add Pepperoni											
Macaroni & Cheese							Y	Y			

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Gluten Free: For More Information, See our Gluten Free Menu

Garden Salad - No Croutons						Y	Y			
Caesar Salad - No Croutons						Y	Y		Y	
Penne Rigate with Marinara				Y		Y				
Penne Rigate Pomodoro				Y		Y				
Kids Grilled Chicken with Penne Marinara (Order from the gluten free menu)		•		Y		Y				
Herb-Grilled Salmon (Order from the gluten free menu)		•						Y		
Mixed Grill with Broccoli (Order from the gluten free menu)		•		Y		Y				
Mixed Grill - All Chicken with Broccoli (Order from the gluten free menu)		•				Y				
Steak Toscano with Grilled Vegetables (Order from the gluten free menu)		•		Y		Y				

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Antipasti (Appetizers)												
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			
Calamari	•					Y	Y	Y	Y		Y	
Stuffed Mushrooms						Y		Y	Y		Y	
Fried Zucchini	•					Y		Y	Y			
Chicken Fingers	•							Y	Y			
Fried Mozzarella	•							Y	Y			
Toasted Beef & Pork Ravioli	•						Y	Y	Y			
Bruschetta								Y	Y			
Shrimp Scampi Fritta	•					Y	Y	Y	Y			Y
Spicy Shrimp Fritta	•					Y	Y	Y	Y			Y
Caprese Flatbread						Y	Y	Y	Y			
Grilled Chicken Flatbread	•					Y	Y	Y	Y			
Lasagna Fritta	•					Y	Y	Y	Y			
Smoked Mozzarella Fonduta						Y		Y	Y			
Tomato Sauce												
Marinara Sauce						Y		Y				

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Tastes of Italy "Small Plates"											
Parmesan Roasted Asparagus							Y				
Parmesan Sauce							Y	Y			
Grilled Chicken Spiedini with Sweet Red Wine Sauce		•			Y			Y			
Grilled Chicken Spiedini with Creamy Alfredo		•			Y		Y	Y			
Tortellini al Forno						Y	Y	Y			
Crispy Risotto Bites	•				Y	Y	Y	Y			
Pizza Fritta Napoli	•				Y		Y	Y			
Five Cheese Marinara Sauce					Y	Y	Y	Y			
Sun-dried Tomato Sauce					Y		Y	Y			
Meat Sauce					Y						
Tuscan White Bean Hummus							Y	Y			
Chicken Meatballs					Y	Y	Y	Y			
Zuppe e Insalate (Soups & Salads)											
Chicken & Gnocchi					Y	Y	Y	Y			
Minestrone					Y		Y	Y			
Pasta e Fagioli					Y			Y			
Zuppa Toscana					Y		Y	Y			
Garden-Fresh Salad					Y	Y	Y	Y			
Grilled Chicken Caesar		•			Y	Y	Y	Y	Y		
Garden-Fresh Salad (one serving with low-fat dressing)					Y	Y	Y	Y			

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Pizza (Pizzas)											
Chicken Alfredo Pizza					Y	Y	Y	Y			
Create Your Own Pizza - Cheese					Y		Y	Y			
Calzone e Panini (Calzone & Italian Sandwiches)											
Chicken Alfredo Calzone		•			Y	Y	Y	Y			
Alfredo Sauce							Y	Y			
Pizzaiola Calzone					Y		Y	Y			
Marinara Sauce					Y		Y				
Parmesan Garlic Fries	•				Y		Y	Y			
Italiano Burger	•	•			Y	Y	Y	Y			
Italian Meatball Sandwich (Half)	•				Y	Y	Y	Y			
Italian Meatball Sandwich (Whole)	•				Y	Y	Y	Y			
Chicken Parmigiana Sandwich (Half)	•				Y		Y	Y			
Chicken Parmigiana Sandwich (Whole)	•				Y		Y	Y			
Shrimp Scampi Fritta Sandwich (Half)	•				Y	Y	Y	Y			Y
Shrimp Scampi Fritta Sandwich (Whole)	•				Y	Y	Y	Y			Y
Spicy Shrimp Scampi Fritta Sandwich (Half)	•				Y	Y	Y	Y			Y
Spicy Shrimp Scampi Fritta Sandwich (Whole)	•				Y	Y	Y	Y			Y
Sausage & Pepper Sandwich (Half)	•				Y		Y	Y			
Sausage & Pepper Sandwich (Whole)	•				Y		Y	Y			

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Cucina Classica (Classic Recipes)												
Lasagna Classico					Y	Y	Y	Y				
Five Cheese Ziti al Forno					Y	Y	Y	Y				
Spaghetti & Italian Sausage					Y			Y				
Spaghetti & Meatballs					Y	Y	Y	Y				
Spaghetti with Meat Sauce					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				
Ravioli di Portobello					Y	Y	Y	Y				
Eggplant Parmigiana	●				Y	Y	Y	Y				
Tour of Italy	●				Y	Y	Y	Y				
Lighter Italian Fare												
Venetian Apricot Chicken		●			Y		Y	Y				
Herb-Grilled Salmon		●							Y			
Garlic Rosemary Chicken		●			Y		Y	Y				
Baked Tilapia with Shrimp							Y	Y	Y		Y	
Capellini Pomodoro					Y		Y	Y				
Seafood Brodetto					Y		Y	Y	Y	Y	Y	
Lasagna Primavera with Grilled Chicken		●			Y	Y	Y	Y				
Linguine alla Marinara					Y		Y	Y				

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Pollo (Chicken)											
Smoked Mozzarella Chicken					Y		Y	Y			
Grilled Chicken Toscano		●			Y		Y	Y			
Chicken Alfredo		●			Y		Y	Y			
Stuffed Chicken Marsala					Y		Y	Y			
Chicken Marsala	●				Y		Y	Y			
Chicken Scampi					Y		Y	Y			
Chicken & Shrimp Carbonara					Y		Y	Y			Y
Pesce (Fish & Seafood)											
Baked Parmesan Shrimp							Y	Y			Y
Seafood Alfredo					Y		Y	Y	Y	Y	Y
Spicy Shrimp Vesuvio					Y		Y	Y			Y
Parmesan Crusted Tilapia					Y		Y	Y	Y		
Lobster Cannelloni with Shrimp					Y	Y	Y	Y	Y	Y	Y
Carne (Beef & Pork)											
Mixed Grill	●	●			Y		Y	Y			
Sausage & Peppers Rustica		●			Y		Y	Y			
Grilled Pork Veneto		●			Y	Y	Y	Y			
Steak Gorgonzola-Alfredo		●			Y		Y	Y			
Braised Beef & Tortelloni					Y	Y	Y	Y			
Steak Toscano	●	●			Y		Y	Y			

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Dessert												
Tiramisu						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	Y			
Dolcini - Dark Chocolate Caramel Cream						Y	Y	Y	Y			
Celebration Cake						Y	Y	Y	Y			
Child Sundae								Y				