



NUTRITIONAL AND ALLERGEN INFORMATION

All these products are analyzed at FSSAI approved, NABL accredited, and ISO 17025 certified laboratories based on actual testing. An average active adult requires 2,000 kcal energy per day; however, calorie needs may vary.

All our Pizzas and Pastas contains Gluten & Milk. Any of the product served in our restaurant may contains traces of Gluten and Milk since all products are prepared in the same kitchen.

Substitutions of ingredients may alter nutritional values. Although this data is based on standard portion product guidelines, variations can be expected due to seasonal influences, minor differences in product assembly per restaurant and other factors. certain locations may at times offer test products, limited-time offerings or other regional menu choices not listed here.

Data mentioned in based on current formulations as on date of posting. If you have any questions about Olive Garden and nutrition or are particularly sensitive or specific ingredients or food, then please contact us.

Name of the Dish	Allergen Info	Energy (Kcal) Per 100g Serve	Name of the Dish	Allergen Info	Energy (Kcal) Per 100g Serve
APPETIZERS			NEVER-ENDING DIPPING SAUCE		
Toasted Chicken Ravioli		371.72	Homemade Marinara		89.45
Shrimp Fritto Misto		273.22	Alfredo		221.08
Calamari		291.62	4 Cheese Marinara		169.45
Bruschetta		172.93	Spicy Bomba Alfredo		169.40
Toasted Vegetable Ravioli		345.23	Chicken Meat Sauce		105.57
Fried Mozzarella		320.22	NEVER-ENDING FAVORITES		
Lasagna Fritta		320.06	Famous House Garden Salad		105.17
Meatballs Parmigiana		308.98	Minestrone		36.81
Sicilian Shrimp Scampi		210.74	Potato Porcini		68.06
Pesto Chicken Wings		201.18	Pasta e Fagioli		70.59
Calabrian Chicken Wings		205.64	Chicken & Gnocchi		126.81
Parmesan Chicken Wings		186.37	AMAZING ALFREDOS		
Non-Vegetarian Sampler		212.04	Chicken Alfredo		227.65
Fritto Misto		301.56	Fettuccine Alfredo		242.49
Sicilian Mushroom Scampi		274.03	Spicy Bomba Alfredo		169.40
Stuffed Mushrooms		109.97	Shrimp Alfredo		178.89
Spicy Bomba Alfredo Fries		254.40	Chicken & Shrimp Alfredo		232.03
Vegetarian Sampler		162.63			

ALLERGEN LEGEND Contain : Vegetarian Non-Vegetarian

Spicy Pork Gluten Crustacean Milk Fish Egg Nuts Soy Sulphites

Name of the Dish	Allergen Info	Energy (Kcal) Per 100g Serve	Name of the Dish	Allergen Info	Energy (Kcal) Per 100g Serve
OG SIGNATURE FAVORITES			PIZZAS		
Tour of Italy		211.75	Four Cheese Pizza		308.73
Vegetarian Tour of Italy		208.70	The Garden Pizza		278.18
Lasagna Classico		191.68	OG's Margherita Pizza		278.84
Homemade Chicken Parmigiana		187.35	Chicken Alfredo Pizza		254.40
Eggplant Parmigiana		195.49	Meat Lovers Pizza		310.29
Vegetarian Lasagna Classico		152.83	Pepperoni Pizza		239.65
Potato Parmigiana		167.07			
CLASSICS			WEEKDAY LUNCH-SIZED FAVORITES		
Spaghetti & Chicken Meatballs			Diavolo Arrabbiata		121.32
Italian Orzo Bowl - Chicken		155.30	Spaghetti with Marinara		101.30
Italian Orzo Bowl - Shrimp		182.13	Fettuccine Alfredo		242.49
Italian Orzo Bowl - Paneer		160.10	Four Cheese Penne al Forno		225.41
Spaghetti with Chicken Meat Sauce		153.41	Spaghetti with Chicken Meat Sauce		153.41
Spaghetti with Marinara		101.30			
Diavolo Arrabbiata		121.32	DESSERTS		
Cheese Ravioli		154.24	Tiramisu		318.17
			Red Velvet Chocolate Chip Brownie		387.56
			Sicilian Cheesecake		366.21
			Chocolate Lasagna		348.76
			Italian Cream Cake		357.10
			Black Tie Mousse Cake		381.16
SIDES					
Mixed Vegetables		85.91			
Asparagus		31.50			
Mashed Potatoes		113.96			
Seasoned Fries		333.60			
Parmesan Fries		255.68			
ADD A TOPPING					
Steamed Broccoli		58.35			
SPECIALTIES					
Four Cheese Penne al Forno		225.41			
Stuffed Cottage Cheese with Creamy Mushroom Sauce		280.47			
Chicken Scampi		176.36			
Stuffed Chicken with Creamy Mushroom Sauce		158.14			
Chicken & Shrimp Carbonara		189.05			
TASTES OF THE MEDITERRANEAN					
Shrimp Scampi		210.74			
Vegetarian Scampi		133.67			
Herb-Grilled Salmon		190.06			
Grilled Chicken Margherita		170.89			
Grilled John Dory		170.54			
CREATE YOUR OWN PASTA - SAUCE					
Traditional Marinara Sauce		89.45			
Four Cheese Marinara Sauce		169.45			
Spicy Arrabbiata Sauce		121.32			
Chicken Meat Sauce		105.17			
Alfredo Sauce		221.08			

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