



## ALLERGEN INFORMATION

(CANADA RESTAURANTS)

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.

Here are a few key points to know when reviewing this guide:

1. 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, and suggest you check our allergen information each time you dine with us. Please also note that this information does not indicate which items may have been made in a facility with an allergen.
2. Because of the handcrafted nature of our menu items, the shared cooking and preparation areas in our kitchens and our reliance on our suppliers for accurate information, we cannot completely eliminate the risk of cross-contact or guarantee that any item is free of any allergen. Items cooked on our grill or in our fryer present a special risk for cross-contamination, so we've clearly identified those for you. In addition, our pastas with egg and without egg are cooked in the same pasta cooker.
3. Note on Gluten... Our menu items are freshly prepared in our kitchens, which are not free of gluten. Cross-contact with other food items that contain gluten is possible. While we aim to accommodate the dietary needs of our guests, we cannot ensure that these items meet the definition of "gluten-free." Please let your server know you are avoiding gluten.
4. Note on Soy... According to the U.S. Food and Drug Administration, highly refined soybean oil is not considered major food allergen and therefore is not listed here.
5. If you have questions about this information, please ask to speak to a restaurant manager. Please know that due to limited ingredient information available in our kitchen, we may not be able to answer all of your questions. In these cases, please contact us online at [www.olivegarden.com/contact-us](http://www.olivegarden.com/contact-us) or by phone at 1- 800-331-2729 (Monday - Friday between the hours of 10am - 4pm Eastern.) Please know that depending on your questions, we may need from several days to up to two weeks to investigate.

**Before placing your order, please inform your server if a person in your party has a food allergy.**

THE INFORMATION BELOW DETAILS WHICH OF THE MOST COMMON ALLERGENS ARE PRESENT IN EACH MENU ITEM. PLEASE NOTE THIS DOES NOT INCLUDE WHICH ITEMS MAY HAVE BEEN MADE IN A FACILITY WITH THE ALLERGEN. BEFORE PLACING YOUR ORDER, PLEASE INFORM YOUR SERVER IF A PERSON IN YOUR PARTY HAS A FOOD ALLERGY.

KEY TO THIS GUIDE Y Menu item contains this specific allergen (includes all cooking sauces, condiments and fixed accompaniments). • Menu item presents a special risk of cross-contamination of all allergens due to the cooking method.	PREPARATION		COMMON ALLERGENS											
	Fried	Grilled	Dairy	Egg	Fish	Crustacea (crab, lobster, shrimp)	Mollusk (mussel, oyster, scallop)	Tree Nut	Peanut	Wheat	Gluten	Soy	Sesame	Sulfites
<b>APPETIZERS:</b>														
Calamari	●		Y	Y			Y			Y	Y	Y		
Fried Mozzarella	●		Y	Y						Y	Y	Y		
Lasagna Fritta	●		Y	Y						Y	Y	Y		
Meatballs Parmigiana			Y	Y						Y	Y	Y		
Shrimp Fritto Misto	●		Y	Y		Y				Y	Y	Y		
Spinach-Artichoke Dip with flatbread crisps	●		Y							Y	Y			
Stuffed Ziti Fritta	●		Y	Y						Y	Y	Y		
<b>SOUPS, SALAD &amp; BREADSTICKS:</b>														
Breadstick with garlic topping										Y	Y	Y		
Salad with Signature Italian Dressing			Y	Y						Y	Y			Y
Chicken & Gnocchi Soup			Y	Y						Y	Y	Y		
Minestrone Soup										Y	Y	Y		Y
Pasta Fagioli Soup										Y	Y	Y		
Zuppa Toscana Soup			Y							Y	Y	Y		
<b>CREATE YOUR OWN PASTA:</b>														
Angel Hair										Y	Y			
Bucatini										Y	Y			
Fettuccine										Y	Y			
Gluten-Free Rotini				Y										
Rigatoni										Y	Y			
Small Shells										Y	Y			
Spaghetti										Y	Y			
Alfredo Sauce			Y							Y	Y			
Creamy Mushroom Sauce			Y							Y	Y	Y		Y
Five Cheese Marinara Sauce			Y							Y	Y	Y		

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Marinara												Y		
Meat Sauce												Y		
Tomato Sauce														
Crispy Chicken Fritta	•		Y							Y	Y	Y		
Grilled Chicken		•												
Meatballs			Y							Y	Y	Y		
Sautéed Shrimp						Y								
Seasoned Broccoli														
<b>ENTRÉES:</b>														
Braised Beef Tortelloni			Y	Y						Y	Y	Y		Y
Ravioli di Portobello			Y	Y						Y	Y	Y		Y
Calabrian Steak & Shrimp Bucatini		•	Y			Y				Y	Y	Y		Y
Calabrian Steak Bucatini		•	Y							Y	Y	Y		Y
Calabrian Shrimp Bucatini		•	Y			Y				Y	Y	Y		Y
Cheese Ravioli (No Sauce)			Y	Y						Y	Y			
Cheese Ravioli with Marinara Sauce			Y	Y						Y	Y	Y		
Cheese Ravioli with Meat Sauce			Y	Y						Y	Y	Y		
Chicken & Shrimp Carbonara			Y			Y				Y	Y	Y		
Chicken Alfredo (with grilled chicken)		•	Y							Y	Y			
Chicken Alfredo (with crispy chicken fritta)	•		Y							Y	Y	Y		
Chicken Parmigiana	•		Y							Y	Y	Y		
Chicken Scampi			Y							Y	Y	Y		Y
Chicken Tortelloni Alfredo		•	Y	Y						Y	Y	Y		
Eggplant Parmigiana	•		Y	Y						Y	Y	Y		Y
Fettuccine Alfredo			Y							Y	Y			
Five Cheese Ziti al Forno			Y							Y	Y	Y		

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Grilled Chicken Margherita		●	Y							Y	Y	Y		Y
Herb-Grilled Salmon		●	Y		Y					Y	Y			
Lasagna Classico			Y							Y	Y	Y		
Ravioli Carbonara			Y	Y						Y	Y	Y		
Seafood Alfredo			Y			Y	Y			Y	Y			
Shrimp Alfredo			Y			Y				Y	Y			
Shrimp Carbonara			Y			Y				Y	Y			
Shrimp Scampi			Y			Y				Y	Y	Y		Y
Spaghetti with Marinara Sauce										Y	Y	Y		
Spaghetti with Marinara Sauce & Meatballs			Y							Y	Y	Y		
Spaghetti with Meat Sauce										Y	Y	Y		
Spaghetti with Meat Sauce & Meatballs			Y							Y	Y	Y		
Steak Gorgonzola Alfredo		●	Y							Y	Y	Y		Y
Stuffed Chicken Marsala		●	Y							Y	Y	Y		Y
6 oz. Sirloin		●	Y							Y	Y			
Tour of Italy	●		Y							Y	Y	Y		
Take Home Four-Cheese Manicotti			Y	Y						Y	Y	Y		
<b>Kids Entrées:</b>														
Cheese Ravioli			Y	Y						Y	Y			
Cheese Pizza			Y							Y	Y			
add Pepperoni														
Chicken Fingers	●		Y	Y						Y	Y	Y		
Macaroni & Cheese			Y	Y						Y	Y			Y
<b>Sides:</b>														
French Fries	●													
Grapes														

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Mashed Potatoes			Y									Y		
Meatballs (with marinara)			Y							Y	Y	Y		
Parmesan Garlic Broccoli			Y											
Spaghetti with Tomato Sauce										Y	Y			
<b>GLUTEN-SENSITIVE:</b>														
Famous House Salad without croutons			Y	Y										Y
6 oz. Tuscan Sirloin		•	Y											
Grilled Chicken Parmigiana with Rotini & Marinara		•	Y	Y								Y		
Herb-Grilled Salmon		•	Y		Y									
Rotini Pasta with Marinara				Y								Y		
Rotini Pasta with Meat Sauce				Y								Y		
add Grilled Chicken		•												
add Shrimp						Y								
<b>DESSERTS:</b>														
Almond Biscotti (served on the side with specialty coffee)			Y	Y				Y	Y	Y	Y			
Black Tie Mousse Cake			Y	Y						Y	Y	Y		
Chocolate Lasagna			Y	Y						Y	Y	Y		
Sicilian Cheesecake with Strawberry Topping			Y	Y						Y	Y			
Strawberry Cream Cake			Y	Y						Y	Y			
Tiramisu			Y	Y						Y	Y			
Warm Italian Doughnuts	•		Y							Y	Y	Y		
chocolate sauce			Y											
raspberry sauce														
Mint candy			Y									Y		