



## VEGETARIAN AND VEGAN MENU INFORMATION

(U.S. Restaurants)

This chart of vegetarian and vegan menu suggestions is based on the most current information from our food suppliers. For these purposes, Vegetarian is defined as not including meat, stock or gelatin from an animal. Vegan is defined as not including animal meat, stock, rennet, gelatin or ingredients derived from animals, including honey. We've also outlined if the item contains egg, dairy or cheese (and what the source of the rennet is – microbial, animal, or vegetable).

Because many of our recipes contain poultry, meat and fish products, our kitchens are not “animal free”. While we use safe food handling procedures, it is possible for any food item to come into contact with animal products during preparation and/or cooking process. Items cooked in our fryer present a special risk for cross-contamination with animal products, so we've clearly identified those for you. All menu items listed as-served, unless otherwise noted. Some menu items may not be available at all restaurants; limited time offers, regional items, or test products may not be included.

### IF A DISH OR ITEM IS NOT LISTED HERE, YOU CAN ASSUME IT IS NOT VEGETARIAN OR VEGAN.

If you have any questions about this information, please contact one of our Guest Relations Representatives at 1-800-331-2729 or by visiting [www.olivegarden.com/contact-us](http://www.olivegarden.com/contact-us)

Menu Item ● indicates fried item.	Fried	Vegetarian or Vegan	Contains Egg	Contains Dairy	Source of cheese rennet
CYO LASAGNA MIA					
FOUR-CHEESE LASAGNA ROLLATA		Vegetarian	YES	YES	animal & microbial
SAUCES:					
ALFREDO SAUCE		Vegetarian	NO	YES	microbial
MARINARA		Vegan	NO	NO	-
FIVE CHEESE MARINARA		Vegetarian	YES	YES	microbial
TOPINGS:					

Menu Item ● indicates fried item.	Fried	Vegetarian or Vegan	Contains Egg	Contains Dairy	Source of cheese rennet
GARDEN VEGGIES		Vegan	NO	NO	-
STUFFED ZITI FRITTA	●	Vegetarian	YES	YES	animal & microbial
<b>APPETIZERS</b>					
FRIED MOZZARELLA	●	Vegetarian	YES	YES	microbial
SPINACH ARTICHOKE DIP WITH PASTA CHIPS	●	Vegetarian	YES	YES	animal & microbial
LASAGNA FRITTA	●	Vegetarian	YES	YES	animal & microbial
<b>SOUPS, SALAD &amp; BREADSTICKS</b>					
BREADSTICK WITH GARLIC TOPPING		Vegan	NO	NO	-
SALAD WITH SIGNATURE ITALIAN DRESSING		Vegetarian	YES	YES	animal & microbial
SALAD WITH OLIVE OIL & BALSAMIC VINEGAR (no croutons, no dressing)		Vegan	No	No	-
MINISTRONE SOUP		Vegan	NO	NO	-
<b>CREATE YOUR OWN PASTA</b>					
PASTAS:					
ANGEL HAIR		Vegan	NO	NO	-
CAVATAPPI		Vegan	NO	NO	-
FETTUCCINE		Vegan	NO	NO	-
GLUTEN-FREE ROTINI		Vegetarian	YES	NO	-
RIGATONI		Vegan	NO	NO	-
SMALL SHELLS		Vegan	NO	NO	-
SPAGHETTI		Vegan	NO	NO	-
WHOLE GRAIN LINGUINE		Vegan	NO	NO	-
ZOODLES		Vegan	NO	NO	-
SAUCES:					
ALFREDO SAUCE		Vegetarian	NO	YES	microbial
CREAMY MUSHROOM SAUCE		Vegetarian	NO	YES	microbial
CREAMY PESTO SAUCE		Vegetarian	NO	YES	microbial

Menu Item ● indicates fried item.	Fried	Vegetarian or Vegan	Contains Egg	Contains Dairy	Source of cheese rennet
FIVE CHEESE MARINARA SAUCE		Vegetarian	YES	YES	microbial
TRADITIONAL MARINARA		Vegan	NO	NO	-
TOMATO SAUCE		Vegan	NO	NO	-
TOPPINGS:					
GARDEN VEGGIES		Vegan	NO	NO	-
<b>LUNCH</b>					
ASIAGO TORTELLONI WITH MARINARA SAUCE		Vegetarian	YES	YES	microbial
CHEESE RAVIOLI WITH MARINARA SAUCE		Vegetarian	YES	YES	animal & microbial
CREAMY MUSHROOM RAVIOLI		Vegetarian	YES	YES	microbial
FETTUCCINE ALFREDO		Vegetarian	NO	YES	microbial
SPAGHETTI WITH MARINARA SAUCE		Vegan	NO	NO	-
FIVE CHEESE ZITI AL FORNO		Vegetarian	YES	YES	animal & microbial
EGGPLANT PARMIGIANA	●	Vegetarian	NO	YES	microbial
PIADINA SANDWICH GRILLED VEGETABLE & CHEESE		Vegetarian	YES	YES	animal & microbial
TASTES OF THE MEDITERRANEAN					
ZOODLES PRIMAVERA (LUNCH OR DINNER)		Vegetarian	NO	YES	microbial
<b>CLASSIC RECIPES</b>					
CHEESE RAVIOLI WITH MARINARA SAUCE		Vegetarian	YES	YES	animal & microbial
CREAMY MUSHROOM RAVIOLI		Vegetarian	YES	YES	microbial
EGGPLANT PARMIGIANA	●	Vegetarian	NO	YES	microbial
FETTUCCINE ALFREDO		Vegetarian	NO	YES	microbial
FIVE CHEESE ZITI AL FORNO		Vegetarian	YES	YES	animal & microbial
<b>SIDES</b>					
GARLIC PARMESAN FRIES	●	Vegetarian	NO	YES	animal & microbial
GARLIC MASHED POTATOES		Vegetarian	NO	YES	microbial
PARMESAN CRUSTED ZUCCHINI		Vegetarian	NO	YES	microbial

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STEAMED BROCCOLI		Vegan	NO	NO	-
<b>DESSERTS</b>					
BISCOTTI ALMOND (SERVED ON THE SIDE WITH SPECIALTY COFFEE)		Vegetarian	YES	YES	-
CHOCOLATE BROWNIE LASAGNA		Vegetarian	YES	YES	animal & vegetable
MOLTEN CHOCOLATE AMORE (WHERE AVAILABLE)		Vegetarian	YES	YES	-
SEASONAL SICILIAN CHEESECAKE		Vegetarian	YES	YES	vegetable
TIRAMISU		Vegetarian	YES	YES	-
WARM APPLE CROSTATA		Vegetarian	YES	YES	-
ZEPPOLI (NO SAUCE)	●	Vegetarian	NO	YES	-
CHOCOLATE SAUCE		Vegetarian	NO	YES	-
RASPBERRY SAUCE		Vegan	NO	NO	-
DOLCINI - CHOCOLATE MOUSSE		Vegetarian	YES	YES	-
DOLCINI - LIMONCELLO MOUSSE		Vegetarian	YES	YES	animal
DOLCINI - STRAWBERRY & WHITE CHOCOLATE		Vegetarian	YES	YES	-
<b>KIDS</b>					
CHEESE PIZZA		Vegetarian	NO	YES	microbial
CHEESE RAVIOLI		Vegetarian	YES	YES	animal & microbial
CHEESE TORTELLONI		Vegetarian	YES	YES	microbial
MACARONI & CHEESE		Vegetarian	NO	YES	animal & microbial
DESSERT - SUNDAE		Vegetarian	NO	YES	-
<b>MISC.</b>					
CHEESE GRATED AT TABLESIDE		Vegetarian	No	Yes	microbial