

Olive Garden Gluten Sensitive / Gluten-Free Items

Safe Options for Guests Avoiding Gluten

This PDF lists the Olive Garden menu items that are suitable for guests avoiding gluten or following a gluten-sensitive diet. Please note that the kitchen is not completely gluten-free; cross-contact is possible. Always confirm with your server before ordering.

Dish	Notes	Price
Gluten-Free Rotini Pasta	Made from brown rice flour, available in select locations.	\$14.99
Herb-Grilled Salmon	Grilled without breading, naturally gluten-sensitive.	\$18.99
Zuppa Toscana (without pasta)	Check with server for gluten-free version.	\$9.99
Famous House Salad (without croutons)	Gluten-sensitive, ask to remove croutons.	\$7.49
Caesar Salad (without croutons)	Gluten-sensitive, croutons removed, dressing safe.	\$7.99
Grilled Chicken	Served without breading, check preparation.	\$16.49
Roasted Chicken	Seasoned with herbs, naturally gluten-sensitive.	\$15.99
Shrimp Scampi (with GF pasta option)	Gluten-free pasta available upon request.	\$19.49
Steamed Broccoli	Naturally gluten-sensitive, safe as a side.	\$5.99
Roasted Potatoes	Gluten-sensitive, cooked separately.	\$5.99

These items are suitable for gluten-sensitive guests. Prices are indicative and may vary by location. Always consult the server for the most accurate and safe preparation.