

Olive Garden Nutrition Guide

A complete reference of calories, fat, sodium, carbs, fiber, sugar and protein for Olive Garden menu items — compiled for olivegardenmenuwithprides.us

Olive Garden offers a wide range of menu options, and nutrition values can vary slightly due to handcrafted preparation, substitutions, ingredient variability, and regional or seasonal differences. This guide reflects standard recipe nutrition values and is intended as a general reference. A 2,000 calorie daily diet is used as the basis for general nutrition advice, but individual calorie needs vary. Values are based on data compiled from Olive Garden's published nutrition information.

Appetizers

Menu Item	Cal	Cal from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Calamari	670	380	42	3.5	0	300	1600	48	2	3	24
add marinara	35	20	2	0	0	0	320	4	<1	2	<1
add spicy ranch	240	230	26	4.5	0	15	740	2	0	<1	1
Shrimp Fritto Misto	1280	710	79	5	0	240	5010	101	9	9	41
add marinara	35	20	2	0	0	0	320	4	<1	2	<1
add spicy ranch	240	230	26	4.5	0	15	740	2	0	<1	1
Fried Mozzarella	800	450	49	17	0	65	1990	57	4	3	33
add marinara	35	20	2	0	0	0	320	4	<1	2	<1
Lasagna Fritta	1130	680	76	31	1.5	185	1800	75	5	6	39
Meatballs Parmigiana	1040	750	83	40	3.5	145	2800	27	6	5	51
Spinach-Artichoke Dip with flatbread crisps	1160	730	81	21	1	70	2440	75	7	8	33
Stuffed Ziti Fritta	500	240	26	11	0	60	1040	40	3	<1	27
add alfredo	220	190	22	14	0.5	70	300	3	0	<1	4
add marinara	35	20	2	0	0	0	320	4	<1	2	<1
Toasted Ravioli	650	280	31	10	0	45	1330	69	4	5	25
add marinara	35	20	2	0	0	0	320	4	<1	2	<1

Dipping Sauces for Breadsticks

Menu Item	Cal	Cal from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Alfredo	440	390	43	27	1	140	600	5	0	1	8
Alfredo (Large)	870	780	87	54	2	285	1200	11	0	2	15
Five Cheese Marinara	200	150	17	9	0.5	40	650	9	1	5	5
Five Cheese Marinara (Large)	400	300	33	17	1	80	1300	17	3	10	11
Marinara	70	40	4.5	0	0	0	640	8	2	5	2
Marinara (Large)	150	80	9	0.5	0	0	1280	17	4	10	4

Soups, Salad & Breadsticks

Menu Item	Cal	Cal from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Breadstick with garlic topping (1 ea.)	140	20	2.5	0.5	0	0	460	25	<1	1	4
Breadstick, plain (1 ea.)	130	10	1	0	0	0	280	25	1	2	4
Chicken & Gnocchi Soup	230	100	12	4.5	0	55	1290	22	1	4	11
Minestrone Soup	110	10	1	0	0	0	810	17	4	4	5
Pasta Fagioli Soup	150	50	5	2	0	15	710	16	3	4	8
Zuppa Toscana Soup	220	130	15	7	0	40	790	15	2	2	7

Menu Item	Cal	Cal from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Stellini Soup (Regional)	200	70	7	2.5	0	20	1240	22	1	2	9
Salad with Signature Italian Dressing	150	90	10	1.5	0	<5	770	13	2	4	3
Salad without Dressing	70	15	2	0	0	0	250	11	2	2	2
Italian Dressing (1 fl oz)	80	70	8	1.5	0	<5	520	2	0	2	0
Low-Fat Italian Dressing (1 fl oz)	30	20	2	0	0	5	410	2	0	2	0

Create Your Own Pasta — Pastas

Menu Item	Cal	Cal from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Angel Hair	350	25	2.5	0	0	0	10	67	3	2	12
Bucatini (where available)	410	25	3	0	0	0	0	81	3	3	15
Gluten-Free Rotini	380	30	3.5	0	0	100	260	77	5	0	9
Rigatoni	440	50	6	0.5	0	0	10	83	3	5	14
Spaghetti	340	30	3.5	0	0	0	10	67	3	4	12

Create Your Own Pasta — Sauces

Menu Item	Cal	Cal from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Creamy Mushroom Sauce	860	780	87	54	2	250	1090	13	0	7	10
Five Cheese Marinara	400	300	33	17	1	80	1300	17	3	10	11
Marinara	150	80	9	0.5	0	0	1280	17	4	10	4
Meat Sauce	300	170	19	7	0	60	1040	19	2	13	14

Create Your Own Pasta — Toppings

Menu Item	Cal	Cal from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Crispy Chicken Fritta	240	110	12	1.5	0	50	730	14	1	<1	20
Grilled Chicken	130	25	2.5	0.5	0	75	540	<1	0	0	26
Italian Sausage (2 Links)	470	360	39	14	0	115	1140	2	<1	2	27
Meatballs (3)	480	360	40	19	2	65	1060	7	3	0	23
Sauteed Shrimp	170	30	3.5	0	0	245	410	1	<1	0	33
Broccoli	150	110	13	1	0	0	220	8	3	2	4

Entrees — Lunch-Sized Favorites

Menu Item	Cal	Cal from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Cheese Ravioli with Marinara Sauce	440	200	22	11	0	75	1330	38	3	4	25
Cheese Ravioli with Meat Sauce	500	230	26	14	0	100	1240	39	2	6	29
Chicken Parmigiana	630	260	29	7	0	75	1970	61	5	10	36
Eggplant Parmigiana	660	290	32	7	0	30	1540	75	7	13	21
Fettuccine Alfredo	650	410	45	27	1	140	610	47	2	3	15
add broccoli	130	110	12	1	0	0	200	4	2	1	2
Five Cheese Ziti al Forno	630	310	35	18	0.5	85	1220	57	4	9	24
Lasagna Classico	500	270	30	16	0.5	105	1290	33	3	7	29
Shrimp Scampi	460	160	18	7	0	100	1020	52	4	5	20
Spaghetti with Marinara Sauce	290	60	6	0	0	0	650	50	4	7	9

Menu Item	Cal	Cal from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Spaghetti with Meat Sauce	360	100	12	3.5	0	30	530	51	3	9	14
Spaghetti with Marinara Sauce & Meatballs	610	300	33	13	1.5	45	1350	55	5	7	25
Spaghetti with Meat Sauce & Meatballs	680	340	38	17	1.5	75	1230	56	4	9	30
Spaghetti with Marinara Sauce & Italian Sausage	520	230	26	7	0	60	1220	51	4	8	22
Spaghetti with Meat Sauce & Italian Sausage	600	280	31	10	0	90	1100	52	3	10	28

Entrees — Dinner Entrees

Menu Item	Cal	Cal from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Cheese Ravioli with Marinara Sauce	750	340	38	19	0	125	2370	63	5	8	41
Cheese Ravioli with Meat Sauce	860	410	46	24	0	170	2190	65	4	11	50
Chicken & Shrimp Carbonara	1370	820	91	47	2.5	390	2050	75	3	10	64
Chicken Alfredo (with crispy chicken frita)	1710	1020	113	57	2	385	2670	106	5	6	67
Chicken Alfredo (with grilled chicken)	1480	850	95	56	2	430	2290	79	4	5	79
add broccoli	150	110	13	1	0	0	220	8	3	2	4
Chicken Parmigiana	1020	460	51	14	0	155	3300	80	7	13	64
Chicken Scampi	1050	400	45	16	1	130	2470	106	5	8	49
Chicken Tortelloni Alfredo	1980	1180	131	76	2.5	650	3720	95	5	9	112
Eggplant Parmigiana	1070	520	58	14	0	60	2440	108	11	20	35
Fettuccine Alfredo	1220	800	89	55	2	285	1210	78	3	5	27
add broccoli	150	110	13	1	0	0	220	8	3	2	4
Five Cheese Ziti al Forno	1170	620	69	36	1.5	170	2440	98	6	16	46
Grilled Chicken Margherita	650	350	39	11	0	185	2120	15	5	5	65
Herb-Grilled Salmon	610	400	45	11	0	130	1360	9	4	3	45
Herb-Grilled Salmon Coho (Regional)	510	270	31	9	0	130	1020	9	4	2	50
Lasagna Classico	940	490	55	30	1	200	2260	61	6	11	54
Ravioli Carbonara	1390	930	104	63	2.5	325	2660	63	3	6	53
Seafood Alfredo	1370	830	93	55	2	435	1690	81	3	5	53
Shrimp Alfredo	1390	830	93	55	2	525	1620	79	4	5	60
Shrimp Carbonara	1200	720	81	46	2.5	450	1710	63	4	10	58
Shrimp Scampi	490	160	18	7	0.5	165	1120	52	4	5	29
Spaghetti with Marinara	490	110	12	1	0	0	1290	83	6	13	15
Spaghetti with Meat Sauce	640	200	22	7	0	60	1050	85	4	17	26
Spaghetti with Meat Sauce & Meatballs (3)	1120	560	62	27	2.5	130	2110	92	7	17	49
Spaghetti with Meat Sauce & Sausage (2)	1110	560	62	21	0	180	2190	87	5	19	52
Steak Gorgonzola Alfredo	1580	950	105	63	2.5	410	2750	85	5	8	74
Stuffed Chicken Marsala	1090	580	65	30	1.5	270	3300	53	6	9	72
Tour of Italy	1550	880	97	50	1.5	325	3220	99	7	12	72
6 oz. Sirloin	980	560	62	36	2	275	1840	49	2	3	57
Braised Beef Tortelloni (where available)	1300	630	70	34	1.5	270	2870	98	5	15	67
Ravioli di Portobello (where available)	1020	710	79	47	2.5	240	1870	64	7	10	23
Calabrian Steak & Shrimp Bucatini (where available)	1220	580	65	31	2	360	2960	82	6	11	78
Calabrian Steak Bucatini (where available)	1130	580	65	31	2	225	2730	81	6	11	59

Menu Item	Cal	Cal from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Calabrian Shrimp Bucatini (where available)	1040	520	58	29	2	360	2160	81	6	11	51
Tuscan Pork Chop (where available)	640	260	29	8	0	165	1800	38	5	5	57

Entrees — Lighter Portions (Where Available)

Menu Item	Cal	Cal from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Cheese Ravioli with Marinara Sauce	440	200	22	11	0	75	1330	38	3	4	25
Cheese Ravioli with Meat Sauce	500	230	26	14	0	100	1240	39	2	6	29
Chicken Parmigiana	630	260	29	7	0	75	1970	61	5	10	36
Eggplant Parmigiana	660	290	32	7	0	30	1540	75	7	13	21
Fettuccine Alfredo	920	600	67	41	1.5	215	910	58	2	3	20
add broccoli	130	110	12	1	0	0	200	4	2	1	2
Five Cheese Ziti al Forno	630	310	35	18	0.5	85	1220	57	4	9	24
Lasagna Classico	500	270	30	16	0.5	105	1290	33	3	7	29
Spaghetti with Meat Sauce	480	150	17	5	0	45	790	64	3	13	19
Spaghetti with Marinara	370	80	9	0.5	0	0	970	63	5	10	11
Spaghetti with Marinara Sauce & Meatballs	690	320	36	14	1.5	45	1670	67	6	10	27
Spaghetti with Meat Sauce & Meatballs	800	390	43	18	1.5	90	1490	69	5	13	35
Spaghetti with Meat Sauce & Italian Sausage	720	330	36	12	0	105	1360	65	4	14	33

Sides

Menu Item	Cal	Cal from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Grilled Chicken	130	25	2.5	0.5	0	75	540	<1	0	0	26
Italian Sausage (2 Links)	510	370	42	14	0	115	1460	6	2	4	27
Mashed Potatoes	200	80	8	3	0	10	580	27	3	1	4
Meatballs (3)	520	380	42	20	2	65	1380	11	4	3	24
Parmesan Garlic Broccoli	150	110	13	1	0	0	450	8	3	2	5

Desserts

Menu Item	Cal	Cal from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Apple Breadstick Pudding (where available)	570	150	16	10	0	130	380	91	2	62	9
Black Tie Mousse Cake	750	450	50	30	1	155	290	76	4	59	9
Chocolate Lasagna	980	520	58	27	0	140	630	116	6	86	13
Pumpkin Cookie Butter Cheesecake	620	340	38	21	0.5	165	65	57	2	29	10
Sicilian Cheesecake with Strawberry Topping	730	380	42	26	1.5	155	450	78	2	63	12
Strawberry Cream Cake	540	240	26	17	0.5	170	370	69	2	47	9
Tiramisu	470	240	27	17	0	215	125	54	0	35	6
Warm Italian Doughnuts	810	250	28	3.5	0	0	510	119	6	25	20
add chocolate sauce	220	25	3	2	0	10	110	48	<1	42	2
add raspberry sauce	210	0	0	0	0	0	10	51	0	35	0
Mint candy (1 ea.)	25	15	1.5	1.5	0	0	0	3	0	2	0

Kids Menu — Create Your Own Pasta

Menu Item	Cal	Cal from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Fettuccine	220	15	1.5	0	0	0	5	42	2	2	7
Small Shells	210	20	2	0	0	0	5	42	2	2	7
Spaghetti	170	15	1.5	0	0	0	5	33	1	2	6
Alfredo Sauce	440	390	43	27	1	140	600	5	0	1	8
Meat Sauce	110	60	7	2.5	0	25	390	7	<1	5	5
Tomato Sauce	80	45	5	0.5	0	0	420	8	1	5	1
Grilled Chicken	130	25	2.5	0.5	0	75	540	<1	0	0	26
Crispy Chicken Fritta	240	110	12	1.5	0	50	730	14	1	<1	20
Meatball	160	120	13	6	0.5	20	350	2	<1	0	8
Shrimp	45	0	0	0	0	75	130	0	0	0	10

Kids Menu — Entrees

Menu Item	Cal	Cal from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Cheese Ravioli	340	150	16	8	0	50	980	33	3	6	17
Cheese Pizza	400	120	13	7	0	25	720	54	3	4	17
add pepperoni	60	50	5	2	0	15	210	0	0	0	2
Chicken Fingers	300	140	15	1.5	0	65	580	15	0	0	25
Macaroni & Cheese	360	120	14	8	0	40	870	45	2	6	16

Kids Menu — Sides

Menu Item	Cal	Cal from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Grapes	40	0	0	0	0	0	0	11	<1	9	0
French Fries	290	130	14	1	0	0	310	37	5	0	5
add ketchup	80	0	0	0	0	0	640	20	<1	16	<1
Mashed Potatoes	200	80	8	3	0	10	580	27	3	1	4
Parmesan Garlic Broccoli	150	110	13	1	0	0	450	8	3	2	5
Spaghetti with Tomato Sauce	180	40	4.5	0.5	0	0	290	30	2	5	5

Kids Menu — Drinks

Menu Item	Cal	Cal from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Milk, 1%	100	20	2.5	1.5	0	10	105	12	0	12	8
Chocolate Milk, 1%	180	25	2.5	1.5	0	10	135	31	0	29	8
Whole Chocolate Milk	210	80	8	5	0	30	150	26	2	24	8
Raspberry Lemonade	110	0	0	0	0	0	10	30	0	28	0
Juice, Apple	170	0	0	0	0	0	50	42	0	42	0
Juice, Cranberry	180	0	0	0	0	0	50	45	0	45	0
Juice, Orange	180	0	0	0	0	0	10	40	0	36	3
Juice, Pineapple	200	0	0	0	0	0	5	48	<1	45	1
Smoothie, Strawberry	220	0	0	0	0	0	0	60	0	55	0
Smoothie, Peach	240	0	0	0	0	0	10	61	0	59	0

Gluten Sensitive Menu

Menu Item	Cal	Cal from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Zuppa Toscana Soup (U.S. only)	220	130	15	7	0	40	790	15	2	2	7
Salad without Croutons	110	80	8	1.5	0	<5	670	7	2	3	2
6 oz. Tuscan Sirloin	480	260	30	10	1	135	1680	9	4	2	46
Grilled Chicken Parmigiana	810	290	33	13	0	250	3040	59	7	10	75
Herb-Grilled Salmon	610	400	45	11	0	130	1360	9	4	3	45
Herb-Grilled Salmon Coho (Regional)	510	270	31	9	0	130	1020	9	4	2	50
Rotini Pasta with Marinara	530	110	12	0.5	0	100	1530	94	8	10	13
Rotini Pasta with Meat Sauce	680	200	22	7	0	160	1300	96	6	13	23
Kids Grilled Chicken with Rotini Pasta & Marinara	430	80	9	1	0	120	1310	58	5	14	33
Kids Rotini Pasta with Marinara	260	50	6	0	0	50	770	47	4	5	6
Kids Rotini Pasta with Meat Sauce	340	100	11	3.5	0	80	650	48	3	7	12

Drinks — Cocktails

Menu Item	Cal	Cal from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Amaretto Sour	260	0	0	0	0	0	20	44	2	38	0
Blue Capri	290	0	0	0	0	0	20	49	2	45	0
Italian Margarita	380	0	0	0	0	0	30	58	4	49	<1
Italian Rum Punch	320	0	0	0	0	0	30	48	3	41	0
Strawberry Limoncello Margarita	280	0	0	0	0	0	15	43	2	38	0
Sicilian Sunset	230	0	0	0	0	0	5	35	0	33	0
Spiked Strawberry Lemonade	160	0	0	0	0	0	10	21	0	20	0
Peach Bellini	210	0	0	0	0	0	10	23	0	21	<1

Drinks — Sangrias

Menu Item	Cal	Cal from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Green Apple Moscato Sangria (Glass)	200	0	0	0	0	0	15	39	0	37	0
Green Apple Moscato Sangria (Pitcher)	830	0	0	0	0	0	50	161	3	150	2
Berry Sangria (Glass)	210	0	0	0	0	0	5	30	0	27	0
Berry Sangria (Pitcher)	870	0	0	0	0	0	25	126	3	112	1
Watermelon Moscato Sangria (Glass)	180	0	0	0	0	0	15	34	0	31	0
Watermelon Moscato Sangria (Pitcher)	720	0	0	0	0	0	60	138	3	128	<1

Drinks — Wines & Beers

Menu Item	Cal	Cal from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Whites and Rose - Glass	150	0	0	0	0	0	10	4	0	2	0
Whites and Rose - Grande Pour	220	0	0	0	0	0	15	6	0	3	0
Whites and Rose - Bottle	630	0	0	0	0	0	35	16	0	7	<1
Reds - Glass	160	0	0	0	0	0	0	5	0	1	0
Reds - Grande Pour	230	0	0	0	0	0	0	8	0	2	0
Reds - Bottle	660	0	0	0	0	0	0	21	0	5	<1
Sparkling Prosecco - Glass	160	0	0	0	0	0	10	10	0	10	<1

Menu Item	Cal	Cal from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Sparkling Prosecco - Bottle	660	0	0	0	0	0	0	21	0	5	<1
Light Draft (16 oz)	140	0	0	0	0	0	15	6	0	6	1
Light Draft (22 oz)	190	0	0	0	0	0	20	8	0	8	2
Regular Draft (16 oz)	230	0	0	0	0	0	5	16	0	14	3
Regular Draft (22 oz)	310	0	0	0	0	0	5	22	0	20	4
Bottle, Light	100	0	0	0	0	0	10	5	0	5	<1
Bottle, Regular	150	0	0	0	0	0	10	11	0	11	1
Bottle, Angry Orchard Hard Cider	220	0	0	0	0	0	10	31	0	23	0
Bottle, Non-Alcoholic	70	0	0	0	0	0	10	13	0	13	<1

Non-Alcoholic Drinks

Menu Item	Cal	Cal from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Coffee	0	0	0	0	0	0	0	0	0	0	0
Tea	0	0	0	0	0	0	5	<1	0	0	0
Cappuccino	150	60	6	3	0	30	70	13	<1	10	9
Iced Coffee - Caramel	250	60	7	4	0	20	90	40	0	31	7
Iced Coffee - Traditional	210	60	7	4	0	20	90	29	0	21	7
Iced Coffee - Vanilla	240	60	7	4	0	20	90	38	0	30	7
Lavazza Espresso	60	10	1.5	0	0	15	15	6	<1	3	5
Iced Tea, Bellini Peach-Raspberry	80	0	0	0	0	0	10	18	0	17	0
Iced Tea, Mango-Passion Fruit	100	0	0	0	0	0	15	26	0	24	0
Italian Bottled Water	0	0	0	0	0	0	0	0	0	0	0
Lemonade, Classic	170	0	0	0	0	0	20	43	0	42	0
Lemonade, Raspberry	160	0	0	0	0	0	15	45	0	42	0
Limonata, Desert Pear	240	0	0	0	0	0	20	60	0	57	0
Limonata, Strawberry-Passion Fruit	180	0	0	0	0	0	30	48	0	44	0

Non-Alcoholic Drinks — Fountain & Juices

Menu Item	Cal	Cal from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Coke	140	0	0	0	0	0	45	39	0	39	0
Coke Zero	0	0	0	0	0	0	40	0	0	0	0
Diet Coke	0	0	0	0	0	0	40	0	0	0	0
Dr. Pepper	150	0	0	0	0	0	55	41	0	41	0
Minute Maid Lemonade	170	0	0	0	0	0	20	43	0	42	0
Sprite	140	0	0	0	0	0	65	38	0	38	0
Juice, Apple	210	0	0	0	0	0	65	53	0	53	0
Juice, Cranberry	230	0	0	0	0	0	65	56	0	56	0
Juice, Grapefruit	190	0	0	0	0	0	45	42	0	32	4
Juice, Orange	230	0	0	0	0	0	10	51	0	45	4
Juice, Pineapple	250	0	0.5	0	0	0	10	60	<1	56	2
Juice, Tomato	90	0	0	0	0	0	1280	19	4	13	4

To Go & Catering — Take Home Entrees

Menu Item	Cal	Cal from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Fettuccine Alfredo	1220	800	89	55	2	285	1210	78	3	5	27
Five Cheese Ziti al Forno	1050	530	59	31	1	145	2060	93	6	14	42
Four-Cheese Manicotti	710	330	37	20	0	125	2060	62	5	18	35
Spaghetti with Meat Sauce	640	200	22	7	0	60	1050	85	4	17	26

To Go & Catering — Soups & Salad

Menu Item	Cal	Cal from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Famous House Salad To Go	290	150	17	2.5	0	10	1380	30	6	10	8
Chicken & Gnocchi (Per Serving, Serves Two)	230	100	12	4.5	0	55	1290	22	1	4	11
Minestrone (Per Serving, Serves Two)	110	10	1	0	0	0	810	17	4	4	5
Pasta Fagioli (Per Serving, Serves Two)	150	50	5	2	0	15	710	16	3	4	8
Zuppa Toscana (Per Serving, Serves Two)	220	130	15	7	0	40	790	15	2	2	7
Stellini Soup (Per Serving, Serves Two)	200	70	7	2.5	0	20	1240	22	1	2	9

Catering — Soups & Salad

Menu Item	Cal	Cal from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Jumbo Famous House Salad (Serves 6)	1650	1020	114	17	1.5	55	8260	134	17	36	30
Half-Gallon Chicken & Gnocchi (Serves 6)	1870	840	93	38	2	460	10280	177	10	31	88
Half-Gallon Minestrone (Serves 6)	850	80	9	1.5	0	0	6460	140	31	31	40
Half-Gallon Pasta Fagioli (Serves 6)	1170	390	44	17	2	140	5690	131	24	29	62
Half-Gallon Zuppa Toscana (Serves 6)	1760	1060	117	52	1.5	300	6350	123	15	17	59
Half-Gallon Stellini Soup (Regional, Serves 6)	1570	530	59	21	1.5	160	9910	180	11	15	73
One-Gallon Chicken & Gnocchi (Serves 12)	3750	1670	186	76	4	915	20570	353	20	63	175
One-Gallon Minestrone (Serves 12)	1700	150	18	2.5	0	0	12920	279	63	63	81
One-Gallon Pasta Fagioli (Serves 12)	2350	790	87	33	4	280	11380	261	47	59	124
One-Gallon Zuppa Toscana (Serves 12)	3520	2110	234	105	2.5	600	12700	246	29	33	118
One-Gallon Stellini Soup (Regional, Serves 12)	3130	1060	118	43	3	320	19820	359	22	31	145

Catering — Pans (Serves 4-6 unless noted)

Menu Item	Cal	Cal from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Cheese Ravioli with Marinara	2990	1370	153	78	0.5	500	9490	254	21	33	166
Cheese Ravioli with Meat Sauce	3510	1780	198	98	2	660	9790	246	16	22	195
Chicken and Shrimp Carbonara	5460	3270	365	190	10	1560	8190	300	14	39	255
Chicken Parmigiana	4790	1680	188	37	0.5	510	13070	529	40	71	266
Chicken Scampi	4190	1600	178	65	3.5	530	9900	424	21	32	196
Chicken Tortelloni Alfredo	7930	4700	523	305	11	2600	14870	380	20	35	446

Menu Item	Cal	Cal from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Fettuccine Alfredo	5010	3050	339	205	8	1065	4550	376	15	20	116
Fettuccine Alfredo with Broccoli	5620	3490	389	209	8	1065	6340	409	29	29	134
Five Cheese Ziti al Forno	4680	2470	276	144	6	685	9750	391	26	65	183
Grilled Chicken Alfredo	6050	3240	360	209	8	1645	8870	381	19	22	322
Grilled Chicken Alfredo with Broccoli	6660	3680	410	213	8	1650	10660	414	32	32	340
Lasagna Classico (Serves up to 12)	6470	3280	364	208	7	1380	13900	448	36	71	370
Lasagna Classico (Serves up to 6)	3420	1760	196	110	3.5	730	7640	230	19	38	196
Shrimp Alfredo	5680	3160	352	207	8	2040	6200	382	18	22	248
Shrimp Scampi	1980	640	72	29	2	650	4470	208	16	20	114
Spaghetti with Marinara Sauce	2270	440	49	3	0	0	4840	396	27	55	72
Spaghetti with Marinara & Italian Sausage	4260	1920	214	58	0	465	10360	417	33	69	181
Spaghetti with Marinara Sauce & Meatballs	3980	1700	190	69	7	225	9340	433	39	62	153
Spaghetti with Meat Sauce	2840	790	88	27	1	230	3950	403	20	68	112
Spaghetti with Meat Sauce & Italian Sausage	4830	2270	252	82	1	695	9470	424	25	82	221
Spaghetti with Meat Sauce & Meatballs	4550	2050	228	93	8	455	8440	440	31	76	193
Create Your Own Pasta Station (Serves 10)	17280	8490	944	387	21	2480	45250	1531	103	206	702

Catering — Appetizers (Serves 4-6)

Menu Item	Cal	Cal from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Fried Mozzarella	3450	1910	212	72	2	290	8540	243	18	13	141
Toasted Ravioli	2590	1100	123	40	2	175	5310	274	17	18	98
add marinara	110	60	7	0.5	0	0	960	13	3	7	3
Spinach-Artichoke Dip with flatbread crisps	2310	1450	161	43	2	145	4880	151	14	17	66
Dipping Sauce - Alfredo (1 Pint)	1750	1560	173	109	4	570	2400	21	0	4	30
Dipping Sauce - Five Cheese Marinara (1 Pint)	800	600	67	34	2	160	2610	35	5	20	21
Dipping Sauce - Marinara (1 Pint)	290	150	17	1.5	0	0	2550	33	7	19	7
Dipping Sauce - Meat Sauce (1 Pint)	600	340	38	14	0.5	125	2070	37	3	26	28

Catering — Perfect Additions (Serves 4-6)

Menu Item	Cal	Cal from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Parmesan Garlic Broccoli	610	450	51	4	0	0	1790	33	14	9	18
Chicken Fingers	1350	620	69	7	0	305	2620	70	0	0	112
add ketchup	170	0	0	0	0	0	1280	39	2	33	1
Grilled Chicken	810	160	17	3.5	0	440	4530	7	3	3	156
Italian Meatballs	1710	1260	140	65	7	225	4500	37	11	8	81
Italian Sausage	1990	1480	164	55	0	465	5520	21	6	14	109

Catering — Desserts (per slice)

Menu Item	Cal	Cal from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Black Tie Mousse Cake, per slice	750	450	50	30	1	155	290	76	4	59	9

Menu Item	Cal	Cal from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Sicilian Cheesecake, per slice	730	380	42	26	1.5	155	450	78	2	63	12
Tiramisu, per slice	470	240	27	17	0	215	125	54	0	35	6

Catering — Beverages

Menu Item	Cal	Cal from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Iced Tea, Bellini Peach-Raspberry, 1 Gal	800	0	0	0	0	0	105	191	0	180	0
Iced Tea, Mango-Passion Fruit, 1 Gal	1140	0	0	0	0	<5	150	283	0	266	0
Iced Tea, Raspberry, 1 Gal	830	5	0	0	0	0	115	210	0	193	0
Iced Tea, Fresh Brewed, Unsweetened, 1 Gal	40	0	0	0	0	0	115	12	0	0	0
Lemonade, Classic, 1 Gal	1770	0	0	0	0	0	230	463	0	448	0
Lemonade, Raspberry, 1 Gal	1760	0	0	0	0	0	170	475	0	443	0
Coke, 2 Liter	790	0	0	0	0	0	250	220	0	220	0
Diet Coke, 2 Liter	0	0	0	0	0	0	230	0	0	0	0
Sprite, 2 Liter	790	0	0	0	0	0	370	214	0	214	0

Nutrition information compiled and reformatted for olivegardenmenuwithprides.us from data published by Olive Garden. Menu availability and nutrition values may vary by location and over time — please confirm with the restaurant before ordering if you have dietary restrictions or allergies. "<1" indicates less than 1 gram; "<5" indicates less than 5 mg.