



Olive Garden

Items	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrate (g)	Fiber (g)	Protein (g)
Appetizer						
Toasted Ravioli	650	6	1420	71	3	27
Calamari	670	3.5	1600	48	2	24
Add Marinara Sauce	45	0	240	6	0	0
Soups & Salads						
Famous House Salad <i>(1 serving no dressing)</i>	70	0	250	11	2	2
Famous House Salad <i>(1 serving w/ low-fat dressing)</i>	100	0	660	13	2	2
Famous House Salad <i>(1 serving w/ dressing)</i>	150	1.5	770	13	2	3
Pasta e Fagioli Soup <i>(1 serving)</i>	150	2	710	16	3	8
Minestrone <i>(1 serving)</i>	110	0	810	17	4	5
Bread Stick*	140	0.5	460	25	0	4
*Request no butter brushed for calorie savings						
Lunch Entrees						
Spaghetti with Meat Sauce*	360	3.5	530	51	3	14
Chicken Margarita*	380	10	810	11	2	35
Shrimp Scampi*	480	7	850	53	4	20
Spaghetti with Marinara	360	0	490	53	3	9
*Lunch Portion						
Taste of the Mediterranean						
Herb-Grilled Salmon	460	8	1110	8	5	45
Chicken Margarita	550	10	810	11	4	63
Shrimp Scampi	510	7	960	54	4	29
Eggplant Parmigiana	660	7	1330	74	7	21



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Create Your Own Pasta						
<i>Pastas</i>						
Spaghetti	340	0	10	67	3	12
Angel Hair	350	0	10	67	3	12
Gluten-Free Rotini	380	0	260	77	5	9
<i>Homemade Sauces</i>						
Traditional Marinera	190	1	960	22	3	3
Traditional Meat Sauce	300	7	1040	19	2	14
<i>Toppings</i>						
Garden Veggies	35	1	35	6	2	2
Grilled Chicken	150	0	240	0	0	27
Sautéed Shrimp	60	0	580	0	0	14
Dinner Entrees						
Grilled Chicken Margherita	520	9	1410	5	7	64
Egg Plant Parmigiana	1060	12	1990	113	11	30
Dinner Sides						
Steamed Broccoli	35	0	35	7	4	4
Kids' Entrees						
Cheese Ravioli	340	8	980	33	3	17
Chicken Fingers & Pasta	400	1.5	720	42	2	24
Kids' Sides						
Grapes	40	0	0	11	0	0
Steamed Broccoli	35	0	35	7	4	4
Spaghetti w/ Tomato Sauce	180	0.5	290	30	2	5

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Kids' Create Your Own Pasta						
Spaghetti	170	0	5	42	2	7
Fettuccine	200	0	0	34	1	6
Small Shells	210	0	5	42	2	7
<i>Sauce</i>						
Tomato Sauce	80	0.5	420	8	1	1
Meat Sauce	110	2.5	390	7	<1	5
<i>Toppings</i>						
Grilled Chicken	150	1	240	0	0	27
Shrimp	30	0	290	0	0	7