

## Olive Garden

Items	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrate (g)	Fiber (g)	Protein (g)
<b>Appetizer</b>						
Toasted Ravioli	650	6	1420	71	6	25
Calamari	670	3.5	1600	48	2	24
Add Marinara Sauce	35	0	320	4	0	0
<b>Soups &amp; Salads</b>						
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 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						
<b>Lunch Entrees</b>						
Spaghetti with Meat Sauce*	360	3.5	530	51	3	14
Shrimp Scampi*	480	7	850	53	4	20
Spaghetti with Marinara	290	0	650	50	4	9
*Lunch Portion						

Items	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrate (g)	Fiber (g)	Protein (g)
<b>Create Your Own Pasta</b>						
<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 Marinara	150	0.5	1280	17	4	4
Traditional Meat Sauce	300	7	1040	19	2	14
<i>Toppings</i>						
Grilled Chicken	130	0.5	540	0	0	26
Shrimp	150	0	410	1	0	33
<b>Dinner Entrees</b>						
Grilled Chicken Margherita	540	10	1930	14	6	65
Egg Plant Parmigiana	1060	12	1990	113	11	30
Herb-Grilled Salmon	460	8	1110	8	5	45
Shrimp Scampi	510	7	960	54	4	29
<b>Kids' Entrees</b>						
Cheese Ravioli	340	8	980	33	3	17
Chicken Fingers & Pasta	400	1.5	720	42	2	24
<b>Kids' Sides</b>						
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