VEGETARIAN AND VEGAN MENU INFORMATION

(U.S. Restaurants, excludes Hawaii)

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

Menu Item ● indicates fried item.	Fried	Vegetarian or Vegan	Contains Egg	Contains Dairy
SOUPS, SALAD & BREADSTICKS:				
Breadstick with garlic topping		Vegan	NO	NO
Minestrone Soup		Vegan	NO	NO
Salad w/Olive Oil & Balsamic Vinegar (no croutons, no dressing)		Vegan	NO	NO
CREATE YOUR OWN PASTA:				
Angel Hair		Vegan	NO	NO
Fettuccine		Vegan	NO	NO

Menu Item ● indicates fried item.	Fried	Vegetarian or Vegan	Contains Egg	Contains Dairy
Gluten-Free Rotini		Vegetarian	YES	NO
Rigatoni		Vegan	NO	NO
Small Shells		Vegan	NO	NO
Spaghetti		Vegan	NO	NO
Alfredo Sauce		Vegetarian	NO	YES
Creamy Mushroom Sauce		Vegetarian	NO	YES
Five Cheese Marinara Sauce		Vegetarian	YES	YES
Marinara		Vegan	NO	NO
Tomato Sauce		Vegan	NO	NO
ENTRÉES:				
Eggplant Parmigiana	●	Vegetarian	NO	YES
Fettuccine Alfredo		Vegetarian	NO	YES
Spaghetti with Marinara Sauce		Vegan	NO	NO
Cheese Pizza		Vegetarian	NO	YES
DESSERTS:				
Pumpkin Cheesecake		Vegetarian	YES	YES
Seasonal Sicilian Cheesecake		Vegetarian	YES	YES
Tiramisu		Vegetarian	YES	YES
Warm Italian Doughnuts	●	Vegetarian	NO	YES
chocolate Sauce		Vegetarian	NO	YES
raspberry Sauce		Vegan	NO	NO