



OLIVE GARDEN



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Appetizer

	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrate (g)	Fiber (g)	Protein (g)
Toasted Beef & Pork Ravioli (Create a Sampler Portion)	340	2.5	750	39	3	12
Chicken Fingers	220	3.5	430	12	0	19
Calamari (Sampler Portion)	330	1.5	800	24	1	12
Add Marinara Sauce	45	0	240	6	0	0

Soups & Salads

Famous House Salad (one serving without dressing)	70	0	250	11	2	2
Famous House Salad (one serving of low-fat dressing)	100	0	660	13	2	2
Famous House Salad (one serving with dressing)	150	1.5	770	13	2	3
Pasta e Fagioli (one serving)	150	2	710	16	3	8
Minestrone (one serving)	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 (Lunch portion)	360	3.5	530	51	3	14
Chicken Margarita (Lunch Portion)	380	10	810	11	2	35
Shrimp Scampi (Lunch portion)	480	7	850	53	4	20
Spaghetti with Marinara	360	0	490	53	3	9
Zoodles Primavera	280	7	570	16	4	6
Zoodles Primavera with Grilled Chicken	440	8	810	17	4	33

Create Your Own Pasta

	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrate (g)	Fiber (g)	Protein (g)
Pastas						
Spaghetti	340	0	15	83	3	15
Angel Hair	350	0	10	67	3	12
Whole Grain Linguine	350	0	10	57	14	17
Gluten-Free Rotini	380	0	260	77	5	9
Zoodles	45	0	20	8	2	3
Homemade Sauces						
Traditional Marinera	190	1	960	22	3	3
Traditional Meat Sauce	300	7	1040	19	2	14
Spicy Marinera	150	1	180	17	4	4
Toppings						
Garden Veggies	35	1	35	6	2	2
Grilled Chicken	150	0	240	0	0	27
Sauteed Shrimp	60	0	580	0	0	12

Taste of the Mediterranean

Herb-Grilled Salmon	460	8	960	9	5	45
Chicken Margarita	550	10	810	11	4	63
Shrimp Scampi	510	7	960	54	4	29
Chicken Piccata	500	11	1500	12	3	59

Dinner Entrees

Grilled Chicken Parmesan	860	15	2070	53	6	80
Egg Plant Parmesan	1060	12	1990	113	11	30

Dinner Sides

Parmesan Crusted Zoodles	70	2.5	200	5	<1	3
Steamed Broccoli	35	0	35	7	4	4

Kid's Meal

	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrate (g)	Fiber (g)	Protein (g)
Kids' Create Your Own Pasta						
Spaghetti	170	0	5	33	1	6
Fettuccine	170	0	0	34	1	6
Small Shells	210	0	5	42	2	7
Whole Grain Linguine	220	0	5	36	9	11
Sauce						
Tomato Sauce	80	0.5	420	8	1	1
Meat Sauce	110	2.5	390	7	<1	5
Toppings						
Grilled Chicken	150	1	240	0	0	27
Shrimp	30	0	290	0	0	7
Kids' Entrees						
Cheese Tortellini	350	4.5	860	44	1	13
Chicken Fingers & Pasta	400	1.5	720	42	2	24
Kids' Sides						
Grapes	40	0	0	11	<1	0
Steamed Broccoli	35	0	35	7	4	4
Spaghetti w/ tomato sauce	180	0.5	290	30	2	5

Winter 2020