

Olive Garden Gluten-Sensitive Menu (2025)

Category	Item	Price	Calories	Allergens
Soups & Salads	Zuppa Toscana	\$8.99	220	Dairy, Soy
Soups & Salads	House Salad (no croutons)	\$7.99	110	Dairy, Soy (dressing)
Entrées	Grilled Chicken Parmigiana	\$20.79	810	Dairy
Entrées	Herb-Grilled Salmon	\$22.29	610	Fish
Entrées	6 oz Sirloin	\$20.29	480	None
Pasta Dishes	Rotini Pasta with Marinara	\$13.99	530	None
Pasta Dishes	Rotini Pasta with Meat Sauce	\$13.99	680	Dairy
Kids' Meals	Rotini with Marinara	\$6.99	260	None
Kids' Meals	Rotini with Meat Sauce	\$6.99	340	Dairy
Kids' Meals	Grilled Chicken with Rotini & Marinara	\$9.28	430	Dairy
Sides	Parmesan Garlic Broccoli	\$4.29	150	Dairy
Sides	Garlic Mashed Potatoes	\$3.99	210	Dairy
Sides	Grilled Asparagus	\$4.49	100	None
Sides	Steamed Vegetables	\$3.79	80	None
Desserts	Flourless Chocolate Cake	\$6.99	450	Dairy, Eggs
Desserts	Seasonal Fruit Salad	\$5.49	150	None