Complete Olive Garden Menu With Prices & Calories March 2025

When hunger calls for a plate of comfort, Olive Garden answers with steaming bowls of pasta, cheesy goodness, and flavors that feel like a warm hug. Their menu for 2025 is packed with Italian-American classics that make every meal an event. Take the **Tour of Italy** ($25.49, 1,550 calories) — a legendary trio of Chicken Parmigiana, Lasagna Classico, and Fettuccine Alfredo. It's a plate that refuses to let you choose just one favorite.

Olive Garden has built its name on generous portions, unlimited breadsticks, and a menu that keeps families coming back. Whether it's the rich, creamy **Chicken Alfredo** ($20.99, 1,480 calories) or the comforting **Zuppa Toscana** ($5.99, 220 calories per bowl), there's always something calling your name. The 2025 lineup brings everything you love, with classic dishes, fresh salads, and those famous breadsticks that never stop coming.

The Olive Garden menu doesn't just stop at pasta. Hearty entrées, crispy appetizers, and desserts that demand a bite (or five) are all here. Ready to dig in? Let's break down every delicious option waiting at Olive Garden this year.

ITEM NAME	PRICE	CALORIES
Chicken Alfredo	$20.99	1,480 Cal
Lasagna Classico	$18.49	1,070 Cal
Shrimp Scampi	$21.99	510 Cal
Fried Mozzarella	$8.49	860 Cal
Tour of Italy	$25.49	1,550 Cal
Black Tie Mousse Cake	$9.49	750 Cal
Zuppa Toscana	$11.29	220 Cal

OLIVE GARDEN MENU PDF

Appetizers ↓ Family Meal ↓ Salad & Soup ↓ Desserts ↓ Beverages ↓ Kids Meals ↓ Catering ↓

Your Olive Garden's Favorite? Let's Hear It!

Olive Garden

○ Chicken Alfredo
○ Tour of Italy
○ Five Cheese Ziti al Forno
○ Shrimp Scampi
○ Other

SEE RESULTS

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CLASSIC ENTRÉES 2025

Olive Garden's Classic Entrées menu bring the bold flavors and hearty portions that make every meal unforgettable. These are the go-to dishes—rich sauces, perfectly cooked pasta, and that signature Italian comfort in every bite.

A standout? **Chicken Parmigiana** ($20.79, 1,020 calories). Crispy, golden chicken, topped with marinara and melty mozzarella, served with spaghetti. It's the kind of meal that never lets you down.

Chicken Alfredo
$26.49 | 1570 Cal

Chicken and Shrimp Carbonara
$30.79 | 1370 Cal

Shrimp Carbonara
$31.99 | 1200 Cal

Chicken Parmigiana
$25.99 | 1020 Cal

Tour of Italy
$29.99 | 1550 Cal

Shrimp Alfredo
$26.49 | 1570 Cal

Ravioli Carbonara
$26.49 | 1570 Cal

Lasagna Classico
$26.49 | 1570 Cal

Family-Style Lasagna Bundle (Serves 4-6)
$26.49 | 1570 Cal

Spaghetti & Meatballs
$30.79 | 1370 Cal

Spaghetti with Meat Sauce

$31.99 | 1200 Cal

Spaghetti with Marinara (V)

$25.99 | 1020 Cal

Fettuccine Alfredo (V)

$29.99 | 1550 Cal

Chicken Tortelloni Alfredo

$26.49 | 1570 Cal

Stuffed Chicken Marsala

$30.79 | 1370 Cal

Steak Gorgonzola Alfredo

$31.99 | 1200 Cal

Shrimp Scampi

$25.99 | 1020 Cal

Seafood Alfredo

$29.99 | 1550 Cal

Five Cheese Ziti al Forno

$26.49 | 1570 Cal

Cheese Ravioli

$26.49 | 1570 Cal

Chicken Scampi

$26.49 | 1570 Cal

Eggplant Parmigiana (V)

$26.49 | 1570 Cal

Grilled Chicken Margherita

$30.79 | 1370 Cal

Herb-Grilled Salmon

$31.99 | 1200 Cal

6 oz. Sirloin

$25.99 | 1020 Cal

Create Your Own Pasta – Cucina Mia!

$29.99 | 1550 Cal

Olive Garden Appetizers Menu 2025

Before the main course steals the show, Olive Garden's **Appetizers** set the stage with crispy, cheesy, and downright addictive bites. Perfect for sharing (or not), these starters bring bold flavors and that first taste of what's to come.

A fan favorite? **Lasagna Fritta** ($11.29, 1,070 calories). Crispy, golden-fried pasta stuffed with ricotta and topped with Parmesan, all sitting on a bed of marinara and Alfredo sauce. It's lasagna, but with a crunchy twist.

Fried Mozzarella

$11.99 | 800 Cal

Stuffed Ziti Fritta

$12.29 | 500 Cal

Dipping Sauces Includes Breadsticks (V)

$6.29-$8.49 | 440-870 Cal

Calamari

$15.99 | 35-670 Cal

Meatballs Parmigiana

$14.99 | 1040 Cal

Spinach-Artichoke Dip

$14.49 | 1160 Cal

Lasagna Fritta

$14.99 | 1130 Cal

Shrimp Fritto Misto

$17.49 | 35-1280 Cal

Toasted Ravioli

$12.79 | 650 Cal

Olive Garden
ITALIAN KITCHEN

Breadsticks (V)

$5.49 | 140 Cal

Family Style Meals

Olive Garden's **Family Style Meals** bring big portions and even bigger flavors, perfect for sharing. These bundles pack all the Italian comfort food favorites, making gatherings easy and delicious.

A must-try? **Family-Style Lasagna Bundle** ($66.99, 6,700 calories). Layers of pasta, rich meat sauce, and melty cheese, baked to perfection—because lasagna is always better when there's plenty to go around.

Family Bundles

Family-Style Lasagna Bundle (Serves 4-6)
$66.99 | 6,700 Cal

Large Family-Style Lasagna Bundle (Serves up to 12)
$97.99 | 13,030 Cal

Our Famous Jumbo House Salad includes 12 Breadsticks (Serves 6)
$24.99-$8.49 | 1650 Cal

Family Bundles

Chicken Alfredo (Serves 4 – 6)
$67.99-$76.99 | 6,050-6,660 Cal

Chicken Parmigiana (Serves 4 – 6)
$62.99 | 4,790 Cal

Fettuccine Alfredo (Serves 4 – 6)
$52.99-$61.99 | 5,010-5,620 Cal

Shrimp Alfredo (Serves 4 – 6)
$73.99 | 5,680 Cal

Five Cheese Ziti al Forno (Serves 4 – 6)
$54.49 | 4,680 Cal

Spaghetti with Meat Sauce** (Serves 4 – 6)
$50.49-$59.99 | 2,840-4,830 Cal

Spaghetti with Marinara Sauce (Serves 4 – 6)
$50.49-$59.99 | 2,270-4,260 Cal

Chicken Tortelloni Alfredo (serves 4 – 6)
$72.79 | 7,930 Cal

Lasagna Classico (Serves up to 6)
$53.49 | 3,420 Cal

Our Famous Jumbo House Salad includes 12 Breadsticks (Serves 6)
$67.99 | 4,190 Cal

Chicken and Shrimp Carbonara (Serves 4 – 6)
$73.99 | 5,460 Cal

Shrimp Scampi (Serves 4 – 6)
$71.99 | 1980 Cal

Cheese Ravioli with Marinara or Meat Sauce (Serves 4 – 6)
$54.99 | 3,170-3,510 Cal

Olive Garden
Homemade Soups Large (Serves 12)
$31.99 | 1,700-3,750 Cal

Olive Garden
Homemade Soups (Serves 6)
$20.29 | 850-1,870 Cal

Breadsticks (V)
$5.49 | 140 Cal

Oven Baked Pastas Menu

Chicken Tortelloni Alfredo
$29.49 | 1,980 Cal

Five Cheese Ziti al Forno
$21.49 | 1,170 Cal

Three-Meat Manicotti
$22.99 | 1,060 Cal

Four-Cheese Manicotti
$17.99 | 710 Cal

Amazing Alfredos!

Chicken Alfredo

$26.49 | 1,570 Cal

Shrimp Alfredo

$27.79 | 1,470 Cal

Fettuccine Alfredo (V)

$20.99 | 1,310 Cal

Chicken Tortelloni Alfredo

$29.49 | 1,980 Cal

Seafood Alfredo

$28.79 | 1,450 Cal

Soups, Salad & Breadsticks

Nothing says **Olive Garden** like a fresh bowl of soup, a crisp house salad, and those warm, garlicky breadsticks that just keep coming. Light but satisfying, this lineup is perfect for a quick bite or a cozy start to any meal. A must-have? **Soup, Salad & Breadsticks Combo** ($16.49, 400-520 calories). Unlimited refills, fresh ingredients, and that signature Italian touch—because some classics never go out of style.

WEEKDAY Lunch Special (Mon-Fri 11-2:30PM)

$13.49 | 400-520 Cal

Soup AND Salad AND Breadsticks

$16.49 | 400-520 Cal

Homemade Soups

$11.29 | 110-230 Cal

Our Famous House Salad

$11.29 | 290 Cal

Dipping Sauces Includes Breadsticks (V)

$6.29-$8.49 | 440-870 Cal

Breadsticks (V)

$5.49 | 140 Cal

Lunch-Sized Favorites

Lasagna Classico

$15.49 | 500 Cal

Chicken Parmigiana

$15.49 | 630 Cal

Fettuccine Alfredo (V)

$14.49 | 650 Cal

Shrimp Scampi

$15.49 | 460 Cal

Spaghetti

$14.49 290-360 Cal

Eggplant Parmigiana (V)

$14.49 | 660 Cal

Spaghetti & Meatballs

$15.49 | 610-680 Cal

Cheese Ravioli

$14.49 | 450-500 Cal

Five Cheese Ziti al Forno

$14.49 | 630 Cal

Soup, Salad and Breadsticks | Lunch

$13.49 | 400-520 Cal

Desserts

Olive Garden's **Desserts** bring rich, indulgent flavors to end every meal on a high note. From creamy to chocolatey, there's no wrong choice. A must-try? **Black Tie Mousse Cake** ($9.49, 750 calories). Layers of chocolate cake, cheesecake, and silky mousse—pure decadence on a plate.

Chocolate Lasagna (V)

Black Tie Mousse Cake (V)

Tiramisu (V)

Strawberry Cream Cake (V)

Warm Italian Doughnuts (V)

$12.29 | 980 Cal

$12.49 | 750 Cal

$11.99 | 470 Cal

$12.29 | 540 Cal

$11.49 | 810 Cal

Sicilian Cheesecake with Strawberry Topping (V)

$11.99 | 700 Cal

Sides & Sauces

Olive Garden's Sides & Sauces add that extra touch to any meal. A favorite? Alfredo Dipping Sauce ($6.29-$8.49, 440-870 calories). Smooth, buttery, and packed with Parmesan—it's the perfect match for those warm, garlicky breadsticks.

Side of Meatballs

$4.99 | 520 Cal

Side of Grilled Chicken

$5.79 | 130 Cal

Side of Italian Sausage

$4.99 | 510 Cal

Side of Asparagus

$4.99 | 140 Cal

Side of Mixed Vegetables

$4.79 | 160 Cal

Side of Mashed Potatoes

$4.79 | 200 Cal

Side of Broccoli (V)

$4.79 | 150 Cal

Side of Alfredo Sauce (Large)

$11.49 | 1,750 Cal

Side of Marinara Sauce (Large)

$9.99 | 290 Cal

Side of Meat Sauce (Large)

$9.99 | 600 Cal

Side of Five Cheese Marinara Sauce (Large)

$9.99 | 800 Cal

Non-Alcoholic Beverages Menu

Gallon Iced Teas & Raspberry Lemonade

$6.99–$9.49 | 800-1,810 Cal

2-Liter Soda

$5.49 | 0-790 Cal

To Go Fountain Drinks

$4.69 | 0-180 Cal

Raspberry Lemonade

$4.99 | 170 Cal

Classic Lemonade

$4.69 | 170 Cal

Strawberry-Passion Fruit Limonata

$5.59 | 180 Cal

Mango-Strawberry Iced Tea

$4.99 | 100 Cal

Bellini Peach-Raspberry Iced Tea

$4.99 | 80 Cal

Fresh Brewed Sweet Iced Tea

$4.69 | 90 Cal

Fresh Brewed Iced Tea

$4.69 | 0 Cal

Cappuccino

$5.99 | 150 Cal

Lavazza Espresso

$4.99 | 60 Cal

Gluten Sensitive Options at Olive Garden

Olive Garden offers **gluten-sensitive favorites**, from fresh salads to hearty entrées. No flavor is sacrificed here. A standout? **Herb-Grilled Salmon** ($30.29, 610 calories). Tender, seasoned perfectly, and paired with steamed broccoli—it's a light yet satisfying choice.

Zuppa Toscana

$11.29 | 220 Cal

Famous House Salad without croutons

$11.29 | 110 Cal

Grilled Chicken Parmigiana

$25.99 | 810 Cal

Herb-Grilled Salmon

$30.29 | 610 Cal

6 oz Sirloin

$27.49 | 480 Cal

Rotini Pasta with Marinara

$17.99 | 530 Cal

Rotini Pasta with Meat Sauce

$17.99 | 680 Cal

Grilled Chicken with Rotini Pasta & Marinara (kids)

$10.98 | 430+100 Cal

Rotini with Marinara (kids)

$7.99 | 260+ Cal

Rotini with Meat Sauce (kids)

$7.99 | 340+ Cal

Kids Meals 2025

The Olive Garden Kids Menu brings smaller portions with big flavors, perfect for little appetites. A favorite? Chicken Fingers & Pasta ($5.69, 340+ calories). Crispy, golden chicken served with a side of pasta—because kids love a little crunch with their noodles.

Kids Alfredo Sauce with Choice of Pasta (V)

$7.99 | 440+

Kids Pizza

$7.99 | 440+

Kids Chicken Fingers

$7.99 | 300+ Cal

Kids Macaroni & Cheese

$7.99 | 360 Cal

Kids Meat Sauce with Choice of Pasta

$7.99 | 415-680 Cal

Kids Tomato Sauce with Choice of Pasta (V)

$7.99 | 385-650 Cal

Kids Five Cheese Marinara with Choice of Pasta (V)

$7.99 | 455-720 Cal

Kids Cheese Ravioli (V)

$7.99 | 475-690 Cal

Kids Grilled Chicken with Rotini Pasta & Marinara

$10.98 | 530 Cal

Kids Rotini with Marinara (V)

$7.99 | 400 Cal

Kids Rotini with Meat Sauce

$7.99 | 480 Cal

Olive Garden Catering Menu

Hosting a gathering? The **Olive Garden Catering Menu** makes it easy with crowd-pleasing Italian favorites in party-sized portions. Perfect for family events, and office lunches. A top choice? **Chicken Alfredo (Serves 4-6)** ($67.99-$76.99, 6,050-6,660 calories). Creamy, cheesy, and packed with flavor—it's a classic that always gets the table talking.

1. Catering Pans (Serves 4 – 6)

Olive Garden's **Catering Pans** bring restaurant-quality Italian dishes straight to your event. Made for sharing, these trays deliver the same rich flavors and generous portions that make dining in so special—without the hassle of cooking. Perfect for feeding a small group with ease.

Chicken Alfredo (Serves 4 – 6)

Chicken Parmigiana (Serves 4 – 6)

Fettuccine Alfredo (Serves 4 – 6)

Shrimp Alfredo (Serves 4 – 6)

Five Cheese Ziti al Forno (Serves 4