Olive Garden Lunch Menu Prices & Calories 2026

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Lunch Favorites

Item	Price	Calories
Chicken Marsala Lunch	$12.29	420
Chicken Parmigiana Lunch	$12.29	580
Create Your Own Pasta Lunch	$10.99	Varies
Fettuccine Alfredo Lunch	$11.29	530
Five Cheese Ziti al Forno Lunch	$11.79	620
Lasagna Classico Lunch	$11.79	480
Shrimp Scampi Lunch	$13.29	510
Spaghetti with Meat Sauce Lunch	$10.29	430

Classic Entrees

Item	Price	Calories
Chicken Alfredo	$18.79	1560
Chicken and Shrimp Carbonara	$20.79	1590
Chicken Marsala	$18.29	770
Chicken Parmigiana	$18.79	1060
Chicken Scampi	$18.29	1020
Chicken Tortelloni Alfredo	$18.79	1410
Fettuccine Alfredo	$16.29	1310
Five Cheese Ziti al Forno	$16.79	1180
Lasagna Classico	$16.79	880
Seafood Alfredo	$22.79	1440
Shrimp Alfredo	$19.79	1380
Spaghetti & Meatballs	$16.29	960

Soups

Item	Price	Calories
Chicken & Gnocchi Soup	$8.79	250
Minestrone	$8.79	110
Pasta e Fagioli	$8.79	170
Zuppa Toscana	$8.79	220
Chicken Tortellini Soup	$8.79	220

Salads & Breadsticks

Item	Price	Calories
Famous House Salad	$8.79	150
Breadsticks	$4.29	140
Breadsticks (Unlimited with Dine-In)	Included	140
Jumbo House Salad (Serves 6)	$24.99	150
Jumbo House Salad + 12 Breadsticks (Serves 6)	$29.99	290

Appetizers

Item	Price	Calories
Calamari	$12.79	570
Fried Mozzarella	$10.79	760
Lasagna Fritta	$11.79	1030
Toasted Ravioli	$10.79	670
Bruschetta al Pomodoro	$9.29	580
Shrimp Fritto Misto	$13.29	590
Smoked Mozzarella Fonduta	$11.29	900

Lighter Portions

Item	Price	Calories
Chicken Parmigiana (Lighter)	$13.79	580
Fettuccine Alfredo (Lighter)	$11.79	530
Five Cheese Ziti al Forno (Lighter)	$12.29	620
Lasagna Classico (Lighter)	$12.29	480
Shrimp Scampi (Lighter)	$14.29	510
Spaghetti with Meat Sauce (Lighter)	$10.79	430

Create Your Own Pasta

Item	Price	Calories
Create Your Own Pasta	$13.29	Varies
Angel Hair Pasta	Included	200
Fettuccine Pasta	Included	220
Marinara Sauce	Included	90
Alfredo Sauce	Included	440
Grilled Chicken (Add-On)	$5.29	250
Meatballs (Add-On)	$4.79	280
Shrimp (Add-On)	$5.79	120

Desserts

Item	Price	Calories
Warm Brownie Fonduta	$8.79	720
Black Tie Mousse Cake	$9.79	640
Chocolate Lasagna	$9.29	780
Sicilian Cheesecake	$8.79	540
Warm Italian Doughnuts (Zeppoli)	$7.29	580

Beverages

Item	Price	Calories
Soft Drinks	$3.29	0-250
Pinot Grigio	$8.49	120
Chianti	$8.49	125
Coffee	$3.29	5
Iced Tea	$3.29	90

Prices, calories and hours can be different at your location and change over time. Check your local restaurant or the official app for the latest details.