

NUTRITION GUIDE November 2024

The information in this guide is effective as of November 2024 and is based on our standard product formulations, variations may occur. Nutrition information was obtained through analysis at The Table Nutrition Inc. and information provided by our suppliers.

the old spaghetti factory

	Serving Size (g)	Calories (kCal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fibre (g)	Sugar (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
Bread															
Sourdough Bread (per slice)	40	90	0	0	0	0	170	18	1	2	3	0	2	0	6
Whipped Garlic Butter	15	100	11	7	0	30	75	0	0	0	0	9	0	0	0
Plain Butter	15	110	12	8	0	30	85	0	0	0	0	10	0	0	0
Starter Soups															
Minestrone Soup	258	60	0	0	0	0	670	15	3	5	3	21	26	5	10
Clam Chowder	189	230	13	8	0	45	570	13	2	4	9	4	11	4	11
Baked French Onion Soup	304	250	14	9	0	30	1480	15	1	2	17	1	6	46	5
Starter Salads															
Crisp Green Salad	84	15	0	0	0	0	20	3	1	1	1	41	25	2	4
Low Fat Balsamic	28	70	5	0.5	0	0	5	6	0	6	0	0	0	0	0
Ranch	28	130	13	1.5	0	10	115	1	0	1	1	0	0	1	0
1000 Island	28	140	14	1	0	10	180	2	0	2	0	0	2	0	0
Blue Cheese	28	130	14	1.5	0	15	170	1	0	0	1	1	0	2	0
House Italian	28	90	10	1.5	0	5	230	1	0	1	0	0	0	0	1
Caesar Salad	127	320	26	7	0	45	660	13	1	1	11	51	30	42	11
Spinach Salad	99	170	10	1.5	0	10	140	17	3	12	4	40	20	6	11
Appetizers															
Four - Cheese Spinach Dip	361	810	37	21	0	85	2310	75	1	9	42	50	36	67	36
Steamed Mussels	549	1070	49	6	0	250	1730	36	1	1	110	0	120	18	293
Calamari Fritti	290	524	36	7	0	195	1130	31	1	3	19	0	10	13	18
Chicken Wings	397	830	52	14	0	375	3180	12	4	0	75	0	15	7	20
Honey Garlic Sauce	85	170	0	0	0	0	280	40	0	37	0	0	0	0	2
House BBQ Sauce	85	150	0	0	0	0	740	36	0	31	0	0	0	2	6
Hot Sauce	85	0	0	0	0	0	3400	0	0	0	0	0	0	0	0
Bam Bam Shrimp	244	720	48	7	0	175	1440	54	2	5	22	6	15	6	24
Garlic Cheese Toast	254	1000	73	40	1.5	140	2000	54	3	1	24	41	13	64	21
Chicken Dippers	178	532	40	8.5	0	155	770	32	2	1	26	1	2	2	13
Plum Sauce	28	70	0	0	0	0	320	14	0	13	0	1	2	0	1
Honey Mustard	28	120	10	1	0	10	150	8	0	7	1	0	2	1	1
Sweet Chili Sauce	28	70	0	0	0	0	320	14	0	7	1	0	2	0	1
Moza Triangles	148	477	29	11	1	50	910	32	3	3	21	0	0	32	21
Tomato Sauce	47	20	0.5	0	0	0	230	4	1	2	1	0	10	1	0
Ranch Dressing	42	190	19	2	0	20	170	1	0	1	1	0	0	2	0
Parmesan Sweet Potato Fries with Garlic Aioli	381	870	67	11	1.5	35	880	55	9	12	17	194	73	36	17
Garlic Aioli - 1oz	28	160	17	2.5	0.5	15	302	2	0	1	0	0	0	0	0
Entree Salads															
Entrée Caesar Salad	331	650	52	12	0	90	1330	29	5	3	24	178	90	87	28
With Grilled Chicken	413	790	58	14	0	150	1440	29	5	3	47	176	90	88	33
With Sauteed Prawns	501	710	54	12	0	170	1100	41	5	31	20	89	120	29	20
Spinach Salad	229	420	27	3.5	0	25	400	39	6	28	9	93	50	14	25
With Grilled Chicken	310	570	33	5	0	90	510	40	6	32	32	94	50	15	31
With Sauteed Prawns	292	460	28	4	0	160	730	39	6	28	19	93	50	17	27
Spaghetti Classics															
Spaghetti with Meatballs	593	830	26	10	1	150	1910	100	10	10	51	2	50	25	45
Spaghetti with Mizithra	375	980	50	33	2.5	150	2990	81	5	4	34	33	0	24	29
Spaghetti with Meat Sauce	520	610	11	3	0	45	1240	97	10	10	33	0	50	7	38
Spaghetti with Spicy Meat Sauce	427	540	8	2	0	30	920	91	5	7	26	47	32	4	32
Spaghetti with Marinara	443	480	4.5	0	0	0	1110	94	9	9	18	0	45	4	23
Spaghetti with Mushroom Alfredo	549	920	47	30	1	110	1170	90	5	7	27	6	2	19	26
Spaghetti with IMPOSSIBLE Meatballs	613	830	29	9	0	0	2030	100	12	9	46	2	52	16	59
Pot-Pouri Spaghetti	422	650	21	11	1	55	1680	89	5	7	26	11	26	12	30
Signature Pastas															
Pesto Linguine	474	960	53	30	0.5	100	1280	88	6	5	29	12	4	28	26
With Grilled Chicken	562	1170	65	31	0.5	165	1390	88	6	5	52	12	4	27	32
Penne with Chicken	530	920	54	32	1.5	200	870	74	6	4	35	50	70	16	30
Lasagna	655	1170	45	24	0.5	225	2150	115	11	10	79	8	60	90	65
Chicken Alfredo and Bacon Ravioli	504	1260	83	39	0.5	20	1530	67	2	6	54	11	4	25	39
Seafood Fettuccine Alfredo	502	1040	34	20	0.5	295	1190	129	7	3	53	8	0	16	63
Manicotti	520	690	36	20	0	140	2290	51	7	8	43	0	60	75	28
Tortellini Pomodoro	475	1020	53	28	1	175	1380	116	5	10	25	35	60	24	62
Fettuccini Alfredo	397	1060	43	27	0.5	175	780	129	0	3	37	0	0	17	58
Seafood Linguine	710	1020	38	4	0	180	2090	109	5	9	62	11	4	1	83
Linguine with Clams	454	800	38	5	0	20	1920	88	0	1	27	0	7	9	120
Grilled Items															
Chicken Piccata	521	1060	63	32	1	265	2610	71	5	2	54	19	50	30	23
Chicken Parmigiana	319	711	36	14	0.3	164	1000	40	4	6	55	7	25	38	14
With Spaghetti Marinara	615	1031	39	14	0.3	164	1740	103	10	12	67	7	60	41	30
With Fries	546	1281	75	23	0.3	164	1870	88	9	7	65	7	50	41	28
Roasted Garlic Grilled Chicken	527	1180	62	18	0	185	1030	83	6	2	70	19	20	22	39
Baby Back Ribs	510	1500	101	37	0	400	1330	57	4	43	84	7	10	27	59
With Spaghetti Marinara	805	1820	104	46	0	400	2080	119	10	49	96	8	40	30	75
With Fries	737	2070	140	46	0	400	2200	104	9	43	92	7	35	29	73
New York Steak	329	360	14	4	0	130	1370	5	1	2	54	7	10	3	34
With Spaghetti Marinara	624	680	17	4.5	0	130	2110	67	7	8	66	7	40	6	50
With Fries	556	930	53	13	0.5	130	2230	52	6	3	62	7	35	6	48
With Sauteed Prawns	392	400	14	4.5	0	265	1700	5	1	2	63	7	10	6	36
Hunter's Chicken	366	731	44	19	1	184	570	43	2	8	42	15	20	7	16
With Spaghetti Marinara	662	1050	47	19	1	184	1320	105	8	14	53	15	50	10	32
Lunch Menu															
Crispy Chicken Club	405	1090	68	13	0	165	2240	70	1	19	46	28	8	8	30
With Fries	603	1360	77	15	0	165	3000	112	1	20	51	28	30	10	42
NY Steak Sandwich	253	500	25	15	1	150	1630	24	2	3	44	18	4	2	43
With Fries	509	1140	69	25	1	150	2610	77	7	3	53	18	30	6	18
Beef Dip	391	810	46	16	0	130	2010	57	0	7	36	18	0	24	35
With Fries	590	1080	56	19	0.5	130	2770	99	0	7	41	18	23	26	47
Lunch Lasagna	378	690	29	16	0	130	1360	59	6	6	49	6	35	63	34
Lunch Manicotti	320	460	24	14	0	95	1410	31	4	4	29	0	30	52	19
Chicken Tenders and Fries	369	650	25	3.5	0	70	1520	31	6	2	37	0	20	3	19
Kids Menu															
Cheese Pizza	127	260	7	4	0	15	590	34	2	3	13	0	8	18	17
Pepperoni Pizza	135	280	8	4.5	0	15	700	34	2	3	15	0	8	18	17
Spaghetti Marinara	295	320	3	0	0	0	740	62	6	6	12	0	30	3	16
Spaghetti Meat Sauce	358	420	8	2	0	30	870	65	7	7	23	0	35	4	24
Spaghetti with Meatballs	389	530	15	5	0.5	95	1170	67	7	7	32	2	30	10	31

Lasagna	378	690	29	16	0	130	1360	59	6	6	49	6	35	63	34	
Chicken Tenders and Fries	287	734	47	11	0	60	1520	75	6	1	20	0	25	3	18	
Tortellini with Marinara Sauce	255	490	11	3.5	0	50	820	83	4	7	17	45	27	12	144	
Tortellini with Alfredo Sauce	255	670	29	16	0	100	780	80	2	5	20	35	7	20	44	
Side Dishes																
Broccoli and Mizithra	184	230	18	11	1	50	1120	8	4	1	12	52	220	15	11	
Sautee Mushrooms	261	190	14	9	0	35	440	9	0	6	4	12	6	2	6	
Marinated Chicken	88	170	8	1	0	65	180	1	0	0	23	0	1	1	6	
Gluten Free Pasta - 7oz	200	320	1	0	0	0	20	73	7	1	12	0	0	2	22	
Whole Grain Pasta - 9oz	255	380	2	0	0	0	200	76	10	3	14	0	0	2	33	
Side of Fries - 9oz	255	640	23	10	0	0	980	53	6	1	9	0	28	2	11	
Meatballs with Marinara	234	350	19	7	0.5	140	1100	14	1	5	31	36	25	9	17	
Veggies	225	200	16	2	0	0	320	12	2	4	4	0	260	5	6	
Desserts																
MiniBeignet with Strawberry Mascarpone Dip	193	740	43	17	1	85	19	76	0	41	14	0	4.5	8	11	
Spumoni Ice Cream	125	130	6	3.5	0.2	20	50	18	0	14	1	6	0	4	2	
Cheese Cake	202	590	35	21	1	180	460	60	1	44	12	0	34	175	1	
Strawberry Topping- 1oz	28	70	0	0	0	0	10	17	0	16	0	0	0	0	0	
Chocolate Cake	187	860	51	18	0.3	55	640	82	5	70	8	30	0	4	35	
Chocolate Syrup - 1oz	28	80	0	0	0	0	20	21	0	9	0	0	0	0	6	
Tiramisu	106	310	19	6	0.3	75	190	29	0	22	4	4	0	6	2	
Whipped Cream	8	20	1.5	1	0	50	2	2	0	0.5	0	6	0	1	0	