

Allergen Guide

April 2025

the old spaghetti factory

Applicable to British Columbia, Alberta, Manitoba, and Saskatchewan.

This allergen information reflects the data available from food suppliers and product labels at the time of our menu analysis. While the Old Spaghetti Factory strives for complete accuracy, it is important to note that ingredients and manufacturing processes may change without notice. While the Old Spaghetti Factory takes every precaution to prevent cross-contamination in our kitchen, we prepare all menu items in a shared space where food allergens are present and there is always a possibility of trace amounts of allergens in any dish. For those guests with a mustard allergy or sulphite sensitivity, it is also important to note that food manufacturers may list or modify minor ingredients in their products (such as spices and preservatives) without providing specific details or label warnings. We kindly ask our guests with food allergies and sensitivities to exercise caution when dining in our restaurant by informing our staff before ordering food.

Sourdough Bread				MAY Factory Cross Contamination					YES Soy Flour, Soy Lecithin	MAY Factory Cross Contamination	YES Wheat Flour, Rye Flour		
Whipped Garlic Plant Butter								YES Soy Lecithin					
Whipped Plain Plant Butter								YES Soy Lecithin					
Menu Item	Dairy	Egg	Peanut	Tree Nuts	Fish	Shellfish	Soy	Sesame	Gluten	Mustard	Sulphites		
STARTER SOUPS													
Minestrone Soup							YES Spice Blend		YES Noodles	YES Spice Blend	YES Spice Blend		
Clam Chowder Soup	YES Milk					YES Clams			YES Wheat Flour		YES Bacon		
Baked French Onion Soup	YES Cheese, Butter						YES Soup Base		YES Croutons, Broth		YES Sherry		
Soup Crackers							YES Soy Lecithin		YES Wheat Flour				
Menu Item	Dairy	Egg	Peanut	Tree Nuts	Fish	Shellfish	Soy	Sesame	Gluten	Mustard	Sulphites		
STARTER SALADS													
Crisp Green Salad													
House Dressing		YES Mayo								YES Mustard Powder	YES White Vinegar		
Ranch Dressing	YES Milk	YES Mayo								YES Mustard Powder			
Blue Cheese Dressing	YES Cheese, Milk, Cream	YES Mayo								YES Mayo			
Thousand Island Dressing		YES Mayo			YES Anchovy					YES Mayo, Relish	MAY Ketchup		
Low-Fat Basil Balsamic Dressing											YES Balsamic Vinegar		
Caesar Salad	YES Cheese	YES Dressing			YES Dressing		YES Dressing		YES Croutons, Dressing	YES Dressing	YES Dressing		
Caesar Dressing		YES Mayo			YES Anchovy		YES Hydrolyzed Soy Protein		YES	YES Mustard Powder, Mayo	YES Red Wine Vinegar		
Cranberry Goat Cheese Spinach Salad	YES Cheese	YES Dressing		YES Almonds						YES Dressing	YES Cranberries, Dressing		
Honey Mustard Dressing		YES Mayo								YES Mustard, Mayo	YES Mustard		
Menu Item	Dairy	Egg	Peanut	Tree Nuts	Fish	Shellfish	Soy	Sesame	Gluten	Mustard	Sulphites		
APPETIZERS													
Garlic Cheese Toast	YES Butter, Cheese MAY Bread, Factory Cross Contamination	MAY Bread, Factory Cross Contamination		MAY Walnuts, Bread, Factory Cross Contamination			MAY Bread, Factory Cross Contamination	MAY Bread, Factory Cross Contamination	YES Bread		MAY Bread, Factory Cross Contamination		
Bam Bam Shrimp		YES Mayo, Sauce				YES Shrimp, Deep Fryer (Squid)			YES Breading	YES Mayo, Sauce	YES Mayo, Sauce MAY Breading		
Steamed Mussels	YES Butter					YES Mussels					YES Wine		
Calamari Fritti	YES Tzatziki					YES Squid, Deep Fryer (Shrimp)			YES Breading	YES Tzatziki	YES Tzatziki		
Crispy Mozzarella Triangles	YES Cheese	YES Egg White Powder				YES Deep Fryer (Squid, Shrimp)			YES Breading				
Tomato Sauce													
Ranch Dressing	YES Milk	YES Mayo								YES Mustard Powder			
Chicken Wings						YES Deep Fryer (Squid, Shrimp)			YES Deep Fryer				
Honey Garlic Sauce							YES Soy Sauce		YES Wheat Flour				
BBQ Sauce							YES Soy Sauce		YES Wheat	YES Mustard Seed			
Hot Sauce													
Parmesan Sweet Potato Fries	YES Cheese	YES Aioli				YES Deep Fryer (Squid, Shrimp)	YES Soybean Oil		YES Deep Fryer				
Garlic Aioli		YES Egg Yolk					YES Soybean Oil						
Chicken Dippers/Tenders		MAY Breading, Factory Cross Contamination				YES Deep Fryer (Squid, Shrimp)	MAY Breading, Factory Cross Contamination		YES Wheat Flour				
Plum Sauce													
Honey Mustard Sauce		YES Mayo								YES Mustard, Mayo	YES Mustard		
Sweet Chili Sauce													
Menu Item	Dairy	Egg	Peanut	Tree Nuts	Fish	Shellfish	Soy	Sesame	Gluten	Mustard	Sulphites		
ENTRÉE SALADS													
Caesar Salad	YES Cheese	YES Dressing			YES Anchovy		YES Dressing		YES Croutons, Dressing	YES Dressing	YES Dressing		
With Grilled Chicken		YES Marinade					YES Soy Lecithin			YES Marinade	YES Marinade		
With Sauteed Prawns						YES Prawns	YES Soy Lecithin, Spice Blend						
Spinach Salad	YES Cheese			YES Almonds						YES Dressing	YES Crabberries		
With Grilled Chicken		YES Marinade					YES Soy Lecithin			YES Marinade	YES Marinade		
With Sauteed Prawns						YES Prawns	YES Soy Lecithin, Spice Blend						
Menu Item	Dairy	Egg	Peanut	Tree Nuts	Fish	Shellfish	Soy	Sesame	Gluten	Mustard	Sulphites		
SPAGHETTI CLASSICS													
Spaghetti with Meatballs	YES Cheese, Meatballs	YES Meatballs							YES Noodles, Meatballs		YES Meatballs		
Spaghetti with IMPOSSIBLE® Meatballs							YES Impossible® Meats		YES Noodles				
Mushroom Alfredo Spaghetti	YES Sauce						YES Sauce		YES Noodles				
Spaghetti with Browned Butter and Mizithra Cheese	YES Cheese, Butter								YES Noodles				
Spaghetti with Meat Sauce									YES Noodles, Meat Sauce		YES Meat Sauce		
Spaghetti with Spicy Meat Sauce									YES Noodles, Meat Sauce		YES Meat Sauce		
Spaghetti with Marinara Sauce									YES Noodles				
Pot-Pouri Spaghetti	YES Cheese, Butter								YES Noodles, Meat Sauce		YES Meat Sauce		
Menu Item	Dairy	Egg	Peanut	Tree Nuts	Fish	Shellfish	Soy	Sesame	Gluten	Mustard	Sulphites		
SIGNATURE PASTAS													
Pesto Linguine	YES Cheese, Sauce			YES Pine Nuts, Almonds			YES Sauce		YES Noodles	YES Sauce	YES Sauce		
With Grilled Chicken		YES Marinade					YES Soy Lecithin			YES Marinade	YES Marinade		
Penne with Chicken	YES Sauce								YES Noodles, Sauce		YES Wine in Sauce		
Lasagna	YES Cheese	YES Cheese Mix							YES Noodles, Meat Sauce		YES Meat Sauce		
Linguine with Clams						YES Clams			YES Noodles				
Chicken Alfredo with Mushroom and Mascarpone Cheese Ravioli	YES Cheese, Sauce	YES Ravioli					YES Sauce		YES Noodles		YES Bacon Bits		
Fettuccine Alfredo	YES Sauce	YES Noodles					YES Sauce		YES Noodles				
Seafood Fettuccine Alfredo	YES Sauce	YES Noodles				YES Scallops, Prawns	YES Sauce		YES Noodles				
Manicotti	YES Cheese	YES Noodles							YES Noodles				
Tortellini Pomodoro	YES Noodles	YES Noodles					YES Soy Lecithin		YES Noodles				
Seafood Linguine Marinara	YES Sauce					YES Scallops, Prawns, Clams, Mussels	YES Soy Lecithin		YES Noodles				
Menu Item	Dairy	Egg	Peanut	Tree Nuts	Fish	Shellfish	Soy	Sesame	Gluten	Mustard	Sulphites		
FROM OUR GRILL													
Chicken Parmigiana	YES Cheese					YES Deep Fryer (Squid, Shrimp)			YES Breading, Deep Fryer				
With Spaghetti Marinara									YES Noodles				
With Fries						YES Deep Fryer (Squid, Shrimp)			YES Deep Fryer				
Roasted Garlic Grilled Chicken	YES Butter, Cheese, Pesto			YES Pesto Sauce (Almonds, Pine nuts)					YES Noodles		YES White Wine		
Baby Back Ribs						YES Deep Fryer (Squid, Shrimp)	YES Sauce		YES Sauce	YES Sauce			
With Spaghetti Marinara									YES Noodles				
With Fries						YES Deep Fryer (Squid, Shrimp)			YES Deep Fryer				
New York Steak							YES Spice Blend, Soy Flour, Soy Lecithin		YES Noodles		YES Sautéed Mushrooms		
With Spaghetti Marinara									YES Noodles				
With Fries						YES Deep Fryer (Squid, Shrimp)			YES Deep Fryer				
With Sauteed Prawns						YES Prawns	YES Soy Lecithin, Spice Blend						
BBQ Ribs						YES Deep Fryer (Squid, Shrimp)	YES Sauce		YES Sauce	YES Sauce			
Hunter's Chicken	YES Butter, Sauce					YES Deep Fryer (Squid, Shrimp)			YES Breading, Sauce				
With Spaghetti Marinara									YES Noodles				
Menu Item	Dairy	Egg	Peanut	Tree Nuts	Fish	Shellfish	Soy	Sesame	Gluten	Mustard	Sulphites		
LUNCH SPECIALS													
Braised Beef Dip au Jus		YES Aioli, Bun		MAY Bun, Factory Cross Contamination			YES Aioli, Sauce, MAY Bun, Factory Cross Contamination	MAY Bun, Factory Cross Contamination	YES Bun, Onions		YES Sauce, MAY Bun, Factory Cross Contamination		
With Fries						YES Deep Fryer (Squid, Shrimp)			YES Deep Fryer				
New York Steak Sandwich	YES Butter			MAY Bread, Factory Cross Contamination			YES Spice Blend, MAY Bread, Factory Cross Contamination	MAY Bread, Factory Cross Contamination	YES Bread		MAY Bread, Factory Cross Contamination		
With Fries						YES Deep Fryer (Squid, Shrimp)			YES Deep Fryer				
Lunch Lasagna	YES Cheese	YES Cheese Mix							YES Noodles, Meat Sauce		YES Meat Sauce		
Lunch Manicotti	YES Cheese	YES Noodles							YES Noodles				
Chicken Tenders and Fries		MAY Breading, Factory Cross Contamination				YES Deep Fryer (Squid, Shrimp)	MAY Breading, Factory Cross Contamination		YES Breading				
Crispy Chicken Club		YES Sauce		MAY Bread, Factory Cross Contamination		YES Deep Fryer (Squid, Shrimp)	MAY Bread, Factory Cross Contamination	MAY Bread, Factory Cross Contamination	YES Bread, Breading		YES Bacon, Sauce,<		