

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.

Menu Item	Dairy	Egg	Peanut	Tree Nuts	Fish	Shellfish	Soy	Sesame	Gluten	Mustard	Sulphites
BREAD											
Sourdough Bread			MAY Factory Cross Contamination	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 Spices and Protein		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 Onion, Beef, 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 Soybean Oil			YES Mustard Powder	YES White Vinegar
Ranch Dressing	YES Milk	YES Mayo					YES Soybean Oil			YES Mustard Powder	
Blue Cheese Dressing	YES Cheese, Milk, Cream	YES Mayo					YES Soybean Oil				
Thousand Island Dressing		YES Mayo			YES Anchovy		YES Soybean Oil			YES 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, Soybean Oil		YES	YES Mustard Powder	YES Red Wine Vinegar
Cranberry Goat Cheese Spinach Salad	YES Cheese	YES Dressing	MAY Factory Cross Contamination	YES Almonds MAY Other			YES Dressing			YES Dressing	YES Crabapples, Dressing
Honey Mustard Dressing		YES Mayo					YES Soybean Oil			YES Mustard	YES Mustard
Menu Item	Dairy	Egg	Peanut	Tree Nuts	Fish	Shellfish	Soy	Sesame	Gluten	Mustard	Sulphites
APPETIZERS											
Garlic Cheese Toast	YES Butter, Cheese MAY 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 Bacon				YES Shrimp, Deep Fryer (Squid)	YES Soybean Oil		YES Breading		YES Bacon, MAY Breading
Steamed Mussels	YES Butter					YES Mussels					YES Wine
Calamari Fritti	YES Tartarai	MAY Tartarai Factory Cross Contamination		MAY Tartarai Factory Cross Contamination		YES Squid, Deep Fryer (Shrimp)		MAY Tartarai Factory Cross Contamination	YES Breading	YES Tartarai Factory Cross Contamination	MAY Tartarai Factory Cross Contamination
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 Soybean Oil			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	MAY Breading, Factory Cross Contamination				YES Squid, Deep Fryer (Squid, Shrimp)	MAY Breading, Factory Cross Contamination		YES Wheat Flour		
Plum Sauce											
Honey Mustard Sauce		YES Mayo					YES Soybean Oil			YES Mustard	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 Soybean Oil		YES Croutons, Dressing	YES Dressing	YES Dressing
With Grilled Chicken		YES Marinade					YES Soy Lecithin			YES Marinade	YES Marinade
With Sautéed Prawns						YES Prawns	YES Soy Lecithin, Spice Blend				
Spinach Salad	YES Cheese		MAY Factory Cross Contamination	YES Almonds MAY Other Tree Nuts Factory Cross Contamination						YES Dressing	YES Crabapples
With Grilled Chicken		YES Marinade					YES Soy Lecithin			YES Marinade	YES Marinade
With Sautéed 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 Hydrolyzed Soy Protein		YES Noodles		
Spaghetti with Browned Butter and Mitzbra Cheese	YES Butter, 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		
Pet-Peant (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		MAY Factory Cross Contamination	YES Pine Nuts, Almonds MAY Other Tree Nuts Factory Cross Contamination			YES Hydrolyzed Soy Protein		YES Noodles		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 (Aioli)	YES Cheese, Sauce	YES Aioli					YES Hydrolyzed Soy Protein		YES Noodles		YES Bacon Bits
Fettuccine Alfredo	YES Sauce	YES Noodles					YES Hydrolyzed Soy Protein		YES Noodles		
Seafood Fettuccine Alfredo	YES Sauce	YES Noodles				YES Scallops, Prawns, Clams, Mussels	YES Hydrolyzed Soy Protein		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		MAY Factory Cross Contamination	YES Pesto (Almonds, Pine Nuts) MAY Other Tree Nuts Factory Cross Contamination					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 Sautéed 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		
Chicken Piccata	YES Cheese, Butter, Cream					YES Deep Fryer (Squid, Shrimp)	YES Hydrolyzed Soy Protein		YES Wheat Flour, Bread Crumbs, Deep Fryer		YES Wine
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 Soybean Oil, Hydrolyzed Soy Protein, MAY Bun, Factory Cross Contamination	MAY Bun, Factory Cross Contamination	YES Bun Onions		YES Sauce, MAY Bread, 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, MAY Bread, Factory Cross Contamination
With Fries						YES Deep Fryer (Squid, Shrimp)			YES Deep Fryer		
Menu Item	Dairy	Egg	Peanut	Tree Nuts	Fish	Shellfish	Soy	Sesame	Gluten	Mustard	Sulphites
KIDS MENU											
Cheese Pizza	YES Cheese						YES Soybean Oil		YES Crust		
Pepperoni Pizza	YES Cheese						YES Soybean Oil		YES Crust		
Lasagna	YES Cheese	YES							YES Noodles, Meat Sauce		YES Meat Sauce
Spaghetti and Meatballs	YES Cheese	YES Meatballs							YES Noodles, Meatballs		YES Meatballs
Spaghetti Marinara									YES Noodles		
Spaghetti Meat Sauce									YES Noodles, Meat Sauce		YES Meat Sauce
Tortellini with Marinara Sauce	YES Sauce	YES Noodles							YES Noodles		
Tortellini with Alfredo Sauce	YES Sauce	YES Noodles					YES Hydrolyzed Soy Protein		YES Noodles		
Chicken Tenders with Fries		MAY Breading, Factory Cross Contamination				YES Deep Fryer (Squid, Shrimp)	MAY Breading, Factory Cross Contamination		YES Breading		
Menu Item	Dairy	Egg	Peanut	Tree Nuts	Fish	Shellfish	Soy	Sesame	Gluten	Mustard	Sulphites
SIDE DISHES											
Broccoli and Mitzbra	YES Butter, Butter										
Side Veggies							YES Spice Blend				YES Wine
Sautéed Mushrooms							YES Spice Blend				YES Wine
Fresh Broccoli	YES Cheese, Butter										
Meatballs and Marinara Sauce	YES Meatballs	YES Meatballs							YES Meatballs		YES Meatballs
Prawns						YES Prawns	YES Soy Lecithin, Spice Blend				
Chicken		YES Marinade					YES Soy Lecithin				YES Marinade
Gluten-Free Vegetable Pasta											
Multigrain Pasta									YES Wheat Flour		
French Fries						YES Deep Fryer (Squid, Shrimp)			YES Deep Fryer		
Menu Item	Dairy	Egg	Peanut	Tree Nuts	Fish	Shellfish	Soy	Sesame	Gluten	Mustard	Sulphites
GLUTEN-FREE MENU											
Cranberry Goat Cheese Spinach Salad	YES Cheese	YES Dressing	MAY Factory Cross Contamination	YES Almonds MAY Other Tree Nuts Factory Cross Contamination			YES Soybean Oil			YES Dressing	YES Crabapples, Dressing
Steamed Mussels	YES Butter					YES Mussels					YES Wine
Roasted Garlic Grilled Chicken	YES Butter, Cheese, Pesto		MAY Factory Cross	YES Pesto (Almonds, Pine Nuts) MAY Other Tree Nuts Factory Cross Contamination							YES Sauce
New York Steak							YES Spice Blend				YES Sautéed Mushrooms
Pasta with Marinara Sauce											
Mushroom Alfredo Spaghetti	YES Sauce						YES Hydrolyzed Soy Protein				
Pasta with Mitzbra Cheese	YES Cheese										
Spaghetti with IMPOSSIBLE® Meatballs							YES Impossible® meats				