# 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 store analysis. While the Old Spaghetti Factory strives for complete accuracy, it is important to note that ingredients and manufacturing processes can change without notice. We do not guarantee the absence of allergens in our dishes. Our kitchens prepare meals using shared equipment and ingredients that may contain allergens are present and there is always a possibility of trace amounts of allergens in our dish. For those guests with a marked allergy or sensitive sensitivity, it is also important to note that food manufacturers may list an ingredient as "natural flavoring" or "spices" without specifying the exact ingredient. Natural flavorings or spices may contain allergens, and this information is not always clear on product labels. 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 |
|---|---|---|---|---|---|---|---|---|---|---|---|
| **SPRIZZ** | | | | | | | | | | | |
| Sangria Rosé | | | MAY CONTAIN Contamination | MAY CONTAIN Contamination | | | YES Soy Lecithin | MAY CONTAIN Contamination | YES Wheat Flour | | |
| Whipped Cache Pear Sorbet | | | | | | | YES Soy Lecithin | | | | |
| Whipped Cache Pear Sorbet | | | | | | | YES Soy Lecithin | | | | |
| **Menu Item** | **Dairy** | **Egg** | **Peanut** | **Tree Nuts** | **Fish** | **Shellfish** | **Soy** | **Sesame** | **Gluten** | **Mustard** | **Sulphites** |
| **STARTER SOUPS** | | | | | | | | | | | |
| Minestrone Soup | | | | | | | YES Vegetable Oil | | YES Wheat Flour | | YES Sulphites in Tomatoes |
| Clam Chowder Soup | YES Milk | | | | | YES Clams | | | YES Wheat Flour | | |
| Baked French Onion Soup | YES Milk Solids | | | | | | YES Soy Sauce | | YES Wheat Flour Croutons | | |
| Soup Du Jour | | | | | | | | | | | |
| **Menu Item** | **Dairy** | **Egg** | **Peanut** | **Tree Nuts** | **Fish** | **Shellfish** | **Soy** | **Sesame** | **Gluten** | **Mustard** | **Sulphites** |
| **STARTER SALADS** | | | | | | | | | | | |
| Crisp Asian Kale | | | | | | | | | | | |
| House Dressing | | YES Egg | | | | | YES Soy Lecithin | | YES Wheat Flour | YES Mustard Powder | YES Wine Vinegar |
| Ranch Dressing | YES Milk | YES Egg | | | | | YES Vegetable Oil | | | YES Mustard Powder | |
| Blue Cheese Dressing | YES Milk Solids | YES Egg | | | | | | | YES Wheat Flour | | |
| Thousand Island Dressing | | YES Egg | | | | | YES Vegetable Oil | | | | |
| Low Fat Basil Balsamic Dressing | | | | | | | | | | | YES Sulphites in Balsamic Vinegar |
| Caesar Salad | YES Milk | YES Egg | | | YES Anchovies | | YES Soybean Oil | | YES Wheat Flour | | YES Sulphites in Wine Vinegar |
| Caesar Dressing | | YES Egg | | | YES Anchovies | | YES Soybean Oil Soy Lecithin | | YES | YES Mustard Powder | YES Wine Vinegar |
| Cranberry Goat Cheese Spinach Salad | YES Cheese | YES Egg | MAY CONTAIN Contamination | | YES Anchovies | | YES Soybean Oil | | | YES Mustard Powder | YES Sulphites in Balsamic Vinegar |
| Honey Mustard Dressing | | YES Egg | | | | | YES Soybean Oil | | | YES Mustard Powder | |
| **Menu Item** | **Dairy** | **Egg** | **Peanut** | **Tree Nuts** | **Fish** | **Shellfish** | **Soy** | **Sesame** | **Gluten** | **Mustard** | **Sulphites** |
| **APPETIZERS** | | | | | | | | | | | |
| Garlic Cheese Toast | YES Cheese Mozzarella Cheese Parmesan Cheese Romano Cheese Asiago | MAY CONTAIN Contamination | MAY CONTAIN Contamination | | | | MAY CONTAIN Contamination | MAY CONTAIN Contamination | YES Wheat Flour | | MAY CONTAIN Contamination |
| Sun Dried Shrimp | | YES Egg | | | | YES Shrimp | YES Soybean Oil | | | | YES Sulphites in Shrimp |
| Steamed Mussels | | | | | | YES Mussels | | | | | YES Sulphites in Mussels |
| Calamari Fritti | YES Milk | MAY CONTAIN Contamination | | MAY CONTAIN Contamination | | YES Calamari | MAY CONTAIN Contamination | MAY CONTAIN Contamination | YES Wheat Flour | | MAY CONTAIN Contamination |
| Crisp Mozzarella Triangles | YES Cheese | YES Egg YES Tomato | | MAY CONTAIN Contamination | | YES Clam (Worcestershire) | YES Soybean Oil | | YES Breading | | |
| Tartar Sauce | | | | | | | | | | | |
| Ranch Dressing | YES Milk | YES Egg | | | | | YES Soybean Oil | | | YES Mustard Powder | |
| Chicken Wings | | | | | | YES Clam (Worcestershire) | | | YES Wheat Flour | | |
| Honey Garlic Sauce | | | | | | | | | YES Wheat Flour | | |
| BBQ Sauce | | | | | | | YES Soy Sauce | | YES Wheat Flour | YES Mustard Seed | |
| Hot Sauce | | | | | | | | | | | |
| Parmesan Cream Pasta Fries | YES Cheese | YES Egg | | | | YES Clam (Worcestershire) | | | YES Wheat Flour | | |
| Garlic Knot | | YES Egg | | | | YES Clam (Worcestershire) | | | YES Wheat Flour | | |
| Chicken Alligator Fritters | | YES Egg MAY CONTAIN Contamination | | | | YES Clam (Worcestershire) | YES Soybean Oil MAY CONTAIN Contamination | | YES Wheat Flour | | |
| Plain Sauce | | | | | | | | | | | |
| Honey Mustard Sauce | | YES Egg | | | | | YES Soybean Oil | | | YES Mustard | YES Sulphites |
| Tomato Cream Sauce | | | | | | | | | | | |
| **Menu Item** | **Dairy** | **Egg** | **Peanut** | **Tree Nuts** | **Fish** | **Shellfish** | **Soy** | **Sesame** | **Gluten** | **Mustard** | **Sulphites** |
| **ENTRÉE SALADS** | | | | | | | | | | | |
| Caesar Salad | YES Cheese | YES Breading | | | YES Anchovies | | YES Soybean Oil | | YES Breading | YES Breading | YES Breading |
| Add Grilled Chicken | | YES Marinade | | | | | YES Soy Sauce | | YES Marinade | YES Marinade | YES Marinade |
| Add Sautéed Prawns | | | | | | YES Prawns | | | YES Soy Sauce | | |
| Spinach Salad | YES Cheese | | MAY CONTAIN Contamination | MAY CONTAIN Contamination | | | | | | | |
| Add Grilled Chicken | | YES Marinade | | MAY CONTAIN Contamination | | | | | YES Marinade | YES Marinade | YES Marinade |
| Add Sautéed Prawns | | | | | | YES Prawns | YES Soybean Oil | | | | |
| **Menu Item** | **Dairy** | **Egg** | **Peanut** | **Tree Nuts** | **Fish** | **Shellfish** | **Soy** | **Sesame** | **Gluten** | **Mustard** | **Sulphites** |
| **SPAGHETTI CLASSICS** | | | | | | | | | | | |
| Spaghetti with Meatballs | YES Meatballs | YES Meatballs MAY CONTAIN Contamination | | | | | | | YES Meatballs | | YES Meatballs |
| Spaghetti with MARINARA 1/2 Meatballs | | YES Meatballs | | | | | YES Soybean Oil Olives | | YES Meatballs | | |
| Mushroom Alfredo Spaghetti | YES Sauce | YES Sauce MAY CONTAIN Contamination | | | | | | | YES Sauce | | |
| Spaghetti with Browned Butter and Ricotta Cheese | YES Ricotta Cheese | YES Egg | | | | | | | YES Wheat Flour | | |
| Spaghetti with Meat Sauce | | YES Meatballs MAY CONTAIN Contamination | | | | | | | YES Wheat Flour Meatballs | | YES Meat Sauce |
| Spaghetti with Spicy Meat Sauce | | YES Meatballs MAY CONTAIN Contamination | | | | | | | YES Wheat Flour Meatballs | | YES Meat Sauce |
| Spaghetti with Marinara Sauce | | YES Meatballs MAY CONTAIN Contamination | | | | | | | YES Wheat Flour | | |
| Kids Pasta Spaghetti | YES Cheese Mozzarella | YES Meatballs MAY CONTAIN Contamination | | | | | | | YES Wheat Flour Meatballs | | |
| **Menu Item** | **Dairy** | **Egg** | **Peanut** | **Tree Nuts** | **Fish** | **Shellfish** | **Soy** | **Sesame** | **Gluten** | **Mustard** | **Sulphites** |
| **SIGNATURE PASTAS** | | | | | | | | | | | |
| Pasta Linguine | YES Sauce | YES Sauce MAY CONTAIN Contamination | MAY CONTAIN Contamination | MAY CONTAIN Almonds Pecans Walnuts MAY CONTAIN Contamination | | | YES Soybean Oil Olives | | YES Sauce | | YES Sulphites in Sauce |
| With Grilled Chicken | | YES Marinade | | | | | YES Soy Sauce | | YES Marinade | YES Marinade | YES Marinade |
| Pasta with Chicken | YES Sauce | YES Sauce MAY CONTAIN Contamination | | | | | | | YES Sauce | | YES Wine & Sauce |
| Lasagna | YES Cheese | YES Egg YES Meatballs MAY CONTAIN Contamination | | | | | | | YES Meatballs Sauce | | YES Wine |
| Linguine with Clams | | YES Sauce MAY CONTAIN Contamination | | | | YES Clams | | | YES Wheat Flour Sauce | | |
| Cheese Alfredo with Mushroom and Mozzarella Cheese Sauce | YES Cheese Mozzarella Cheese | YES Egg | | | | | | | YES Wheat Flour | | YES Wine |
| Fettuccine Alfredo | YES Sauce | YES Sauce MAY CONTAIN Contamination | | | | | | | YES Sauce | | |
| Seafood Fettuccine Alfredo | YES Sauce | YES Sauce MAY CONTAIN Contamination | | | | YES Scallops Shrimp | YES Soybean Oil Olives | | YES Sauce | | |
| Marinara | YES Sauce | YES Sauce MAY CONTAIN Contamination | | | | | | | YES Sauce | | |
| Tortellini Pomodoro | YES Sauce | YES Sauce | | | | | YES Soybean Oil | | | | |
| Seafood Linguine Marinara | YES Sauce | YES Sauce MAY CONTAIN Contamination | | | | YES Scallops Shrimp | YES Soybean Oil Olives | | YES Sauce | | |
| **Menu Item** | **Dairy** | **Egg** | **Peanut** | **Tree Nuts** | **Fish** | **Shellfish** | **Soy** | **Sesame** | **Gluten** | **Mustard** | **Sulphites** |
| **PRIME RIB GRILL** | | | | | | | | | | | |
| Chicken Parmigiana | YES Cheese | | | | | YES Clam (Worcestershire) | | | YES Breading | | |
| With Spaghetti Marinara | | YES Sauce MAY CONTAIN Contamination | | | | | | | YES Wheat Flour | | |
| With Fries | | | | | | YES Clam (Worcestershire) | | | YES Wheat Flour | | |
| Roasted Garlic Grilled Chicken | YES Butter Cheese Topping | YES Butter MAY CONTAIN Contamination | MAY CONTAIN Contamination | MAY CONTAIN Almonds Pecans Walnuts MAY CONTAIN Contamination | | | YES Soybean Oil | | YES Wheat Flour | | |
| Baby Back Ribs | | | | | | YES Clam (Worcestershire) | YES Soybean Oil | YES Sesame | YES Wheat Flour | YES Mustard | |
| With Spaghetti Marinara | | YES Sauce MAY CONTAIN Contamination | | | | | | | YES Wheat Flour | | |
| With Fries | | | | | | YES Clam (Worcestershire) | | | YES Wheat Flour | | |
| Sun Dried Tomato | | | | | | YES Clam (Worcestershire) | | | YES Wheat Flour | | YES Sulphites in Tomatoes |
| With Spaghetti Marinara | | YES Sauce MAY CONTAIN Contamination | | | | | | | YES Wheat Flour | | |
| With Fries | | | | | | YES Clam (Worcestershire) | | | YES Wheat Flour | | |
| With Sautéed Prawns | | | | | | YES Prawns | YES Soybean Oil Olives | | YES Wheat Flour | | |
| **BBQ Ribs** | | | | | | YES Clam (Worcestershire) | YES Soybean Oil | | YES Wheat Flour | YES Mustard | |
| Hickory Chicken | YES Butter Cheese | YES Butter | | | | YES Clam (Worcestershire) | YES Soybean Oil | | YES Breading Wheat Flour | | |
| With Spaghetti Marinara | | YES Sauce MAY CONTAIN Contamination | | | | | | | YES Wheat Flour | | |
| Chicken Piccata | YES Butter Cheese | YES Butter | | | | YES Clam (Worcestershire) | YES Soybean Oil | | YES Breading Wheat Flour | | |
| **Menu Item** | **Dairy** | **Egg** | **Peanut** | **Tree Nuts** | **Fish** | **Shellfish** | **Soy** | **Sesame** | **Gluten** | **Mustard** | **Sulphites** |
| **LUNCH SPECIALS** | | | | | | | | | | | |
| Dressed Beef Dip au Jus | | YES Egg | | MAY CONTAIN Contamination | | YES Clam (Worcestershire) | YES Soybean Oil | | YES Wheat Flour | | YES Sulphites in Au Jus Contamination |
| With Fries | | | | | | YES Clam (Worcestershire) | | | YES Wheat Flour | | |
| New York Steak Sandwich | YES Butter | | | MAY CONTAIN Contamination | | YES Clam (Worcestershire) | YES Soybean Oil | | YES Wheat Flour | YES Mustard | YES Sulphites in Sauce |
| With Fries | | | | | | YES Clam (Worcestershire) | | | YES Wheat Flour | | |
| Lunch Lasagna | YES Cheese | YES Egg YES Meatballs MAY CONTAIN Contamination | | | | | | | YES Wheat Flour | | |
| Lunch Marinara | YES Butter | YES Sauce MAY CONTAIN Contamination | | | | | | | YES Wheat Flour | | |
| Chicken Tenders and Fries | | | | | | | | | YES Wheat Flour | | |
| Crispy Chicken Club | | YES Mayo | | MAY CONTAIN Contamination | | YES Clam (Worcestershire) | YES Soybean Oil | | YES Wheat Flour | | YES Sulphites in Mayo Contamination |
| With Fries | | | | | | YES Clam (Worcestershire) | | | YES Wheat Flour | | |
| **Menu Item** | **Dairy** | **Egg** | **Peanut** | **Tree Nuts** | **Fish** | **Shellfish** | **Soy** | **Sesame** | **Gluten** | **Mustard** | **Sulphites** |
| **KIDS MENU** | | | | | | | | | | | |
| Cheese Pizza | YES Cheese | | | | | | YES Soybean Oil | | YES Wheat Flour | | |
| Pepperoni Pizza | YES Cheese | | | | | YES Pepperoni | | | YES Wheat Flour | | |
| Lasagna | YES Cheese | YES Egg YES Meatballs MAY CONTAIN Contamination | | | | | | | YES Wheat Flour | | YES Wine & Sauce |
| Spaghetti and Meatballs | YES Cheese | YES Meatballs MAY CONTAIN Contamination | | | | | | | YES Wheat Flour | | YES Meatballs |
| Spaghetti Marinara | | YES Sauce MAY CONTAIN Contamination | | | | | | | YES Wheat Flour | | |
| Spaghetti Meat Sauce | | YES Meatballs MAY CONTAIN Contamination | | | | | | | YES Wheat Flour | | YES Meat Sauce |
| Tortellini with Marinara Sauce | YES Cheese | YES Sauce | | | | | | | YES Wheat Flour | | |
| Tortellini with Alfredo Sauce | YES Cheese | YES Sauce | | | | | YES Soybean Oil Olives | | YES Wheat Flour | | |
| Chicken Tenders with Fries | | YES Breading MAY CONTAIN Contamination | | | | YES Clam (Worcestershire) | YES Soybean Oil | | YES Breading Wheat Flour | | |
| **Menu Item** | **Dairy** | **Egg** | **Peanut** | **Tree Nuts** | **Fish** | **Shellfish** | **Soy** | **Sesame** | **Gluten** | **Mustard** | **Sulphites** |
| **SIDE ORDERS** | | | | | | | | | | | |
| Broccoli and Mushrooms | YES Butter | | | | | | | | | | |
| Side Veggies | | | | | | | YES Soybean Oil | | | | |
| Sautéed Mushrooms | | | | | | | YES Soybean Oil | | | | YES Sulphites |
| Fresh Broccoli | YES Butter | | | | | | | | | | |
| Meatballs and Marinara Sauce | YES Meatballs | YES Meatballs | | | | | | | YES Meatballs | | |
| Prawns | | | | | | YES Prawns | YES Soybean Oil | | | | |
| Chicken | | YES Chicken | | | | | YES Soybean Oil | | | | YES Sulphites |
| Gluten Free Vegetable Pasta | | | | | | | | | | | |
| Multigrain Pasta | YES Cheese | YES Egg MAY CONTAIN Contamination | | | | | | | YES Wheat Flour | | |
| Cheese Fries | | | | | | YES Clam (Worcestershire) | | | YES Wheat Flour | | |
| **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 CONTAIN Almonds Pecans Walnuts MAY CONTAIN Contamination | | | YES Soybean Oil | | | YES Dressing | YES Sulphites in Dressing |
| Steamed Mussels | | | | | | YES Mussels | | | | | YES Sulphites in Mussels |
| Roasted Garlic Grilled Chicken | YES Butter Cheese Topping | YES Butter | MAY CONTAIN Contamination | MAY CONTAIN Almonds Pecans Walnuts MAY CONTAIN Contamination | | | YES Soybean Oil | | YES Wheat Flour | | |
| New York Steak | | YES Butter MAY CONTAIN Contamination | | | | | YES Soybean Oil | | YES Wheat Flour | | YES Sulphites in Sauce |
| Pasta with Marinara Sauce | | YES Sauce MAY CONTAIN Contamination | | | | | | | YES Wheat Flour | | |
| Mushroom Alfredo Spaghetti | YES Sauce | YES Sauce MAY CONTAIN Contamination | | | | | YES Soybean Oil Olives | | YES Wheat Flour | | |
| Pasta with Alfredo Chicken | YES Sauce | YES Sauce MAY CONTAIN Contamination | | | | | | | YES Wheat Flour | | |
| Spaghetti with MARINARA 1/2 Meatballs | | YES Meatballs MAY CONTAIN Contamination | | | | | YES Soybean Oil Olives | | YES Wheat Flour | | |
| Linguine with Clams | | YES Sauce MAY CONTAIN Contamination | | | | YES Clams | | | YES Wheat Flour | | |
| Seafood Alfredo | YES Sauce | YES Sauce MAY CONTAIN Contamination | | | | YES Scallops Shrimp | YES Soybean Oil Olives | | YES Wheat Flour | | |
| Seafood Linguine Marinara | YES Sauce | YES Sauce MAY CONTAIN Contamination | | | | YES Scallops Shrimp | YES Soybean Oil Olives | | YES Wheat Flour | | |
| Pasta Linguine | YES Butter Cheese Topping | YES Butter MAY CONTAIN Contamination | MAY CONTAIN Contamination | MAY CONTAIN Almonds Pecans Walnuts MAY CONTAIN Contamination | | | YES Soybean Oil Olives | | YES Wheat Flour | | YES Sulphites |
| **Menu Item** | **Dairy** | **Egg** | **Peanut** | **Tree Nuts** | **Fish** | **Shellfish** | **Soy** | **Sesame** | **Gluten** | **Mustard** | **Sulphites** |
| **DESSERTS** | | | | | | | | | | | |
| Spumoni Ice Cream | YES | | | MAY CONTAIN Almonds Pecans Walnuts MAY CONTAIN Contamination | | | YES Soybean Oil | | YES Wheat Flour | | |
| Vanilla Ice Cream | YES | | | | | | YES Soybean Oil | | YES Wheat Flour | | |
| Chocolate Cake | YES | YES | MAY CONTAIN Contamination | MAY CONTAIN Almonds Pecans Walnuts MAY CONTAIN Contamination | | | YES Soybean Oil | | YES Wheat Flour | | MAY CONTAIN Sulphites Contamination |
| Tiramisu | YES Cheese | YES | MAY CONTAIN Contamination | MAY CONTAIN Almonds Pecans Walnuts MAY CONTAIN Contamination | | | YES Soybean Oil | | YES Wheat Flour | | YES |
| Mint Sorbet | | | | MAY CONTAIN Almonds Pecans Walnuts MAY CONTAIN Contamination | | | | | | | |
| Whipped Cream | YES | | | | | | | | | | |
| **Menu Item** | **Dairy** | **Egg** | **Peanut** | **Tree Nuts** | **Fish** | **Shellfish** | **Soy** | **Sesame** | **Gluten** | **Mustard** | **Sulphites** |
| **SAUCES** | | | | | | | | | | | |
| Garlic Bacon | | | | | | | | | | | |
| Sriracha Sauce | | | | | | | | | | | YES |
| Marinara Sauce | | | | | | | | | | | |
| Meat Sauce | | | | | | | | | YES Wheat Flour | | YES Sulphites |
| Spicy Meat Sauce | | | | | | | | | YES Wheat Flour | | YES Sulphites |
| Zest Pesto Sauce | YES | YES | | | | | YES Soybean Oil | | YES Wheat Flour | | YES Sulphites |
| Bean Bacon Sauce | | YES | | | | | YES Soybean Oil | | | | YES |
| Pesto Sauce | YES Cheese | YES | MAY CONTAIN Contamination | MAY CONTAIN Almonds Pecans Walnuts MAY CONTAIN Contamination | | | YES Soybean Oil | | | | YES Sulphites |
| Creme Sauce | YES Cheese | YES | | | | | | | YES Wheat Flour | | YES Sulphites |
| Bolognese Sauce | YES Cheese | | | | | | | | YES Wheat Flour | | |
| Alfredo Sauce | YES | | | | | | YES Soybean Oil Olives | | | | |
| Sweet Mustard Sauce | | YES | | | | | YES Soybean Oil | | | YES Mustard | YES Sulphites |
| Garlic Aioli | | YES | | | | | YES Soybean Oil | | | | YES Sulphites |
| Honey BB Sauce (Wimbergs) | | | | | | | | | | | |