Allergen Guide October 2025 the old spaghetti factory

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

The 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 recipes may change without notice, and we cannot guarantee the absence of any allergens in our menu items. Cross-contamination with allergens is possible in our kitchen, and we do not guarantee that allergens are present and free in always available in the amount of allergen as per dish. We have spoken with a dietician regarding a variety of dishes available, it is their determination that most manufacturers data on allergens are provided and there is always possibility of cross contamination between products which contains nuts, sesame or dairy products. We have had our guests have had undiagnosed and undiagnosed sensitivities and reactions which when doing in our restaurant by informing our staff before ordering food.

The Old Spaghetti Factory can only provide accurate information on the 11 priority allergens that food manufacturers are required to declare on labels in Canada. Therefore, we are not able to identify other types of food allergens with total confidence.

Menu Item	Dairy	Egg	Peanut	Tree Nuts	Fish	Shellfish	Soy	Sesame	Gluten	Mustard	Sulphites
CHATEAU COMO											
Cantaloupe Cold Plate						Yes		Yes	Gluten Free		
Ricotta Chicken Gnocchi	Yes Contains Milk Ingredients	Yes Contains Egg Ingredients		Yes Contains Cashew Ingredients			Yes Contains Soy Ingredients		Yes Gluten Free		Yes Contains Sulphites
Cobb Nut	Yes Contains Milk Ingredients	Yes Contains Egg Ingredients	Yes Contains Peanut Ingredients	Yes Contains Cashew Ingredients Contains Walnuts			Yes Contains Soy Ingredients		Yes Gluten Free		
Menu Item	**Dairy**	**Egg**	**Peanut**	**Tree Nuts**	**Fish**	**Shellfish**	**Soy**	**Sesame**	**Gluten**	**Mustard**	**Sulphites**
BRUNCH											
Sourdough Bread				Yes Contains Cashew Ingredients		Yes Contains Shellfish Ingredients	Yes Contains Soy Ingredients	Yes Contains Sesame Ingredients	Yes Gluten Free		
Whipped Honey Butter							Yes Contains Soy Ingredients				
Whipped Honey Fruit Butter							Yes Contains Soy Ingredients				
Menu Item	**Dairy**	**Egg**	**Peanut**	**Tree Nuts**	**Fish**	**Shellfish**	**Soy**	**Sesame**	**Gluten**	**Mustard**	**Sulphites**
STARTER SOUPS											
Minestrone Soup							Yes Contains Soy Ingredients		Yes Gluten Free	Yes Contains Mustard Ingredients	Yes Contains Sulphites
Clam Chowder Soup	Yes Contains Milk Ingredients								Yes Gluten Free		
Baked French Onion Soup	Yes Contains Milk Ingredients						Yes Contains Soy Ingredients		Yes Gluten Free	Yes Contains Mustard Ingredients	Yes Contains Sulphites
Fresh Tomato									Yes Gluten Free		Yes Contains Sulphites
Menu Item	**Dairy**	**Egg**	**Peanut**	**Tree Nuts**	**Fish**	**Shellfish**	**Soy**	**Sesame**	**Gluten**	**Mustard**	**Sulphites**
STARTER SALADS											
Crisp Asian Salad											
Tossed Greening			Yes Contains Peanut Ingredients				Yes Contains Soy Ingredients		Yes Gluten Free	Yes Contains Mustard Ingredients	Yes Contains Sulphites
Ranch Dressing	Yes Contains Milk Ingredients		Yes Contains Peanut Ingredients				Yes Contains Soy Ingredients		Yes Gluten Free		
Blue Cheese Dressing	Yes Contains Milk Ingredients		Yes Contains Peanut Ingredients				Yes Contains Soy Ingredients		Yes Gluten Free		
Thousand Island Dressing			Yes Contains Peanut Ingredients				Yes Contains Soy Ingredients		Yes Gluten Free	Yes Contains Mustard Ingredients	Yes Contains Sulphites
Low Fat Red Pressed Greening											Yes Contains Sulphites
Caesar Salad	Yes Contains Milk Ingredients	Yes Contains Egg Ingredients				Yes Contains Shellfish Ingredients	Yes Contains Soy Ingredients		Yes Gluten Free	Yes Contains Mustard Ingredients	Yes Contains Sulphites
Caesar Dressing		Yes Contains Egg Ingredients					Yes Contains Soy Ingredients		Yes Gluten Free	Yes Contains Mustard Ingredients	Yes Contains Sulphites
Cranberry Goat Cheese Apricot Salad	Yes Contains Milk Ingredients	Yes Contains Egg Ingredients	Yes Contains Peanut Ingredients	Yes Contains Cashew Ingredients Contains Walnuts			Yes Contains Soy Ingredients		Yes Gluten Free		Yes Contains Sulphites
Honey Mustard Dressing									Yes Gluten Free	Yes Contains Mustard Ingredients	Yes Contains Sulphites
Menu Item	**Dairy**	**Egg**	**Peanut**	**Tree Nuts**	**Fish**	**Shellfish**	**Soy**	**Sesame**	**Gluten**	**Mustard**	**Sulphites**
APPETIZERS											
Garlic Cheese Toast	Yes Contains Milk Ingredients Contains Mozzarella Ingredients	Yes Contains Egg Ingredients		Yes Contains Cashew Ingredients		Yes Contains Shellfish Ingredients	Yes Contains Soy Ingredients	Yes Contains Sesame Ingredients	Yes Gluten Free		Yes Contains Sulphites
Bun Bun Shrimp	Yes Contains Milk Ingredients	Yes Contains Egg Ingredients				Yes Contains Shellfish Ingredients	Yes Contains Soy Ingredients		Yes Gluten Free		Yes Contains Sulphites
Steamed Mussels	Yes Contains Milk Ingredients					Yes Contains Shellfish Ingredients			Yes Gluten Free		Yes Contains Sulphites
Calamari Fritti	Yes Contains Milk Ingredients	Yes Contains Egg Ingredients		Yes Contains Cashew Ingredients		Yes Contains Shellfish Ingredients	Yes Contains Soy Ingredients	Yes Contains Sesame Ingredients	Yes Gluten Free	Yes Contains Mustard Ingredients	Yes Contains Sulphites
Crispy Mozzarella Triangles	Yes Contains Milk Ingredients Contains Mozzarella Ingredients	Yes Contains Egg Ingredients				Yes Contains Shellfish Ingredients			Yes Gluten Free		
Tortellini Sauce											
Marinara Dipping	Yes Contains Milk Ingredients	Yes Contains Egg Ingredients				Yes Contains Shellfish Ingredients	Yes Contains Soy Ingredients		Yes Gluten Free		
Chicken Wings	Yes Contains Milk Ingredients					Yes Contains Shellfish Ingredients			Yes Gluten Free		
Honey Garlic Sauce							Yes Contains Soy Ingredients		Yes Gluten Free		
Wild Sauce							Yes Contains Soy Ingredients		Yes Gluten Free		
Hot Sauce											
Parmesan Cream Potato Fries	Yes Contains Milk Ingredients	Yes Contains Egg Ingredients				Yes Contains Shellfish Ingredients	Yes Contains Soy Ingredients		Yes Gluten Free		
Garlic Aioli						Yes Contains Shellfish Ingredients	Yes Contains Soy Ingredients				
Chicken Dipping Fingers	Yes Contains Milk Ingredients	Yes Contains Egg Ingredients				Yes Contains Shellfish Ingredients	Yes Contains Soy Ingredients		Yes Gluten Free		
Plum Sauce							Yes Contains Soy Ingredients				
Honey Mustard Sauce									Yes Gluten Free	Yes Contains Mustard Ingredients	
Sweet Chili Sauce											
Menu Item	**Dairy**	**Egg**	**Peanut**	**Tree Nuts**	**Fish**	**Shellfish**	**Soy**	**Sesame**	**Gluten**	**Mustard**	**Sulphites**
SIDES SALADS											
Caesar Salad	Yes Contains Milk Ingredients	Yes Contains Egg Ingredients				Yes Contains Shellfish Ingredients			Yes Gluten Free	Yes Contains Mustard Ingredients	Yes Contains Sulphites
Wild Garlic Chicken							Yes Contains Soy Ingredients		Yes Gluten Free		
Wild Sautéed Prawns							Yes Contains Soy Ingredients				
Wild Garlic Cheese									Yes Gluten Free		
Spinach Salad	Yes Contains Milk Ingredients		Yes Contains Peanut Ingredients	Yes Contains Cashew Ingredients Contains Walnuts					Yes Gluten Free		
Wild Garlic Cheese							Yes Contains Soy Ingredients		Yes Gluten Free		
Wild Sautéed Prawns							Yes Contains Soy Ingredients				
Menu Item	**Dairy**	**Egg**	**Peanut**	**Tree Nuts**	**Fish**	**Shellfish**	**Soy**	**Sesame**	**Gluten**	**Mustard**	**Sulphites**
SPAGHETTI CLASSICS											
Spaghetti with Meatballs	Yes Contains Milk Ingredients	Yes Contains Egg Ingredients							Yes Gluten Free		
Spaghetti with IMPOSSIBLE™ Meatballs		Yes Contains Egg Ingredients							Yes Gluten Free		
Mushroom Alfredo Spaghetti	Yes Contains Milk Ingredients	Yes Contains Egg Ingredients					Yes Contains Soy Ingredients		Yes Gluten Free		
Spaghetti with Grilled Chicken and Alfredo Sauce	Yes Contains Milk Ingredients	Yes Contains Egg Ingredients							Yes Gluten Free		
Spaghetti with Meat Sauce		Yes Contains Egg Ingredients							Yes Gluten Free		Yes Contains Sulphites
Spaghetti with Spicy Meat Sauce		Yes Contains Egg Ingredients							Yes Gluten Free		Yes Contains Sulphites
Spaghetti with Marinara Sauce		Yes Contains Egg Ingredients							Yes Gluten Free		
Bun Bun Spaghetti	Yes Contains Milk Ingredients	Yes Contains Egg Ingredients							Yes Gluten Free		Yes Contains Sulphites
Menu Item	**Dairy**	**Egg**	**Peanut**	**Tree Nuts**	**Fish**	**Shellfish**	**Soy**	**Sesame**	**Gluten**	**Mustard**	**Sulphites**
SIGNATURE PASTAS											
Pasta Linguine	Yes Contains Milk Ingredients	Yes Contains Egg Ingredients	Yes Contains Peanut Ingredients	Yes Contains Cashew Ingredients Contains Walnuts Contains Macadamia Nuts Contains Pecans			Yes Contains Soy Ingredients		Yes Gluten Free		Yes Contains Sulphites
Wild Garlic Chicken							Yes Contains Soy Ingredients		Yes Gluten Free		
Penne with Chicken	Yes Contains Milk Ingredients								Yes Gluten Free		Yes Contains Sulphites
Lasagna	Yes Contains Milk Ingredients Contains Mozzarella Ingredients	Yes Contains Egg Ingredients					Yes Contains Soy Ingredients		Yes Gluten Free		Yes Contains Sulphites
Linguine with Clams		Yes Contains Egg Ingredients				Yes Contains Shellfish Ingredients			Yes Gluten Free		
Chicken, Shrimp with Mushroom and Mozzarella Cheese Sauce	Yes Contains Milk Ingredients Contains Mozzarella Ingredients	Yes Contains Egg Ingredients					Yes Contains Soy Ingredients		Yes Gluten Free		
Fettuccine Alfredo	Yes Contains Milk Ingredients	Yes Contains Egg Ingredients					Yes Contains Soy Ingredients		Yes Gluten Free		
Seafood Fettuccine Alfredo	Yes Contains Milk Ingredients	Yes Contains Egg Ingredients				Yes Contains Shellfish Ingredients	Yes Contains Soy Ingredients		Yes Gluten Free		
Meatball	Yes Contains Milk Ingredients	Yes Contains Egg Ingredients							Yes Gluten Free		
Tortellini Pomodoro	Yes Contains Milk Ingredients	Yes Contains Egg Ingredients					Yes Contains Soy Ingredients		Yes Gluten Free		
Seafood Linguine Marinara		Yes Contains Egg Ingredients				Yes Contains Shellfish Ingredients	Yes Contains Soy Ingredients		Yes Gluten Free		
Menu Item	**Dairy**	**Egg**	**Peanut**	**Tree Nuts**	**Fish**	**Shellfish**	**Soy**	**Sesame**	**Gluten**	**Mustard**	**Sulphites**
FROM OUR GRILL											
Chicken Parmigiana	Yes Contains Milk Ingredients Contains Mozzarella Ingredients	Yes Contains Egg Ingredients				Yes Contains Shellfish Ingredients			Yes Gluten Free		
Wild Sautéed Marinara		Yes Contains Egg Ingredients				Yes Contains Shellfish Ingredients			Yes Gluten Free		
Wild Fries	Yes Contains Milk Ingredients	Yes Contains Egg Ingredients				Yes Contains Shellfish Ingredients			Yes Gluten Free		
Roasted Garlic Grilled Chicken	Yes Contains Milk Ingredients	Yes Contains Egg Ingredients		Yes Contains Cashew Ingredients Contains Walnuts Contains Macadamia Nuts Contains Pecans					Yes Gluten Free		
Baby Back Ribs	Yes Contains Milk Ingredients	Yes Contains Egg Ingredients					Yes Contains Soy Ingredients		Yes Gluten Free		
Wild Sautéed Marinara		Yes Contains Egg Ingredients							Yes Gluten Free		
Wild Fries	Yes Contains Milk Ingredients	Yes Contains Egg Ingredients							Yes Gluten Free		
New York Steak											Yes Contains Sulphites
Wild Sautéed Marinara		Yes Contains Egg Ingredients							Yes Gluten Free		
Wild Fries	Yes Contains Milk Ingredients	Yes Contains Egg Ingredients				Yes Contains Shellfish Ingredients			Yes Gluten Free		
Wild Sautéed Prawns						Yes Contains Shellfish Ingredients	Yes Contains Soy Ingredients				
Wild Ribs	Yes Contains Milk Ingredients	Yes Contains Egg Ingredients				Yes Contains Shellfish Ingredients	Yes Contains Soy Ingredients		Yes Gluten Free		
Garlic Chicken	Yes Contains Milk Ingredients	Yes Contains Egg Ingredients				Yes Contains Shellfish Ingredients	Yes Contains Soy Ingredients		Yes Gluten Free		
Wild Sautéed Marinara		Yes Contains Egg Ingredients							Yes Gluten Free		
Chicken Parmo	Yes Contains Milk Ingredients Contains Mozzarella Ingredients	Yes Contains Egg Ingredients				Yes Contains Shellfish Ingredients	Yes Contains Soy Ingredients		Yes Gluten Free		
Menu Item	**Dairy**	**Egg**	**Peanut**	**Tree Nuts**	**Fish**	**Shellfish**	**Soy**	**Sesame**	**Gluten**	**Mustard**	**Sulphites**
LUNCH SPECIALS											
Braised Beef Tips, Jus		Yes Egg		Yes Contains Cashew Ingredients			Yes Contains Soy Ingredients	Yes Contains Sesame Ingredients	Yes Gluten Free		Yes Contains Sulphites
Wild Fries	Yes Contains Milk Ingredients	Yes Contains Egg Ingredients				Yes Contains Shellfish Ingredients			Yes Gluten Free		
New York Steak Sandwich	Yes Contains Milk Ingredients			Yes Contains Cashew Ingredients		Yes Contains Shellfish Ingredients	Yes Contains Soy Ingredients	Yes Contains Sesame Ingredients	Yes Gluten Free		Yes Contains Sulphites
Wild Fries	Yes Contains Milk Ingredients	Yes Contains Egg Ingredients				Yes Contains Shellfish Ingredients			Yes Gluten Free		
Lunch Lasagna	Yes Contains Milk Ingredients Contains Mozzarella Ingredients	Yes Contains Egg Ingredients					Yes Contains Soy Ingredients		Yes Gluten Free		Yes Contains Sulphites
Lunch Meatballs	Yes Contains Milk Ingredients	Yes Contains Egg Ingredients							Yes Gluten Free		
Chicken Tenders and Fries	Yes Contains Milk Ingredients	Yes Contains Egg Ingredients		Yes Contains Cashew Ingredients		Yes Contains Shellfish Ingredients	Yes Contains Soy Ingredients	Yes Contains Sesame Ingredients	Yes Gluten Free		Yes Contains Sulphites
Crispy Chicken Club	Yes Contains Milk Ingredients	Yes Contains Egg Ingredients	Yes Contains Peanut Ingredients	Yes Contains Cashew Ingredients		Yes Contains Shellfish Ingredients	Yes Contains Soy Ingredients	Yes Contains Sesame Ingredients	Yes Gluten Free		Yes Contains Sulphites
Wild Fries	Yes Contains Milk Ingredients	Yes Contains Egg Ingredients				Yes Contains Shellfish Ingredients			Yes Gluten Free		
Menu Item	**Dairy**	**Egg**	**Peanut**	**Tree Nuts**	**Fish**	**Shellfish**	**Soy**	**Sesame**	**Gluten**	**Mustard**	**Sulphites**
KIDS MENU											
Cheese Pizza	Yes Contains Milk Ingredients						Yes Contains Soy Ingredients		Yes Gluten Free		
Pepperoni Pizza	Yes Contains Milk Ingredients								Yes Gluten Free		
Lasagna	Yes Contains Milk Ingredients Contains Mozzarella Ingredients	Yes Contains Egg Ingredients					Yes Contains Soy Ingredients		Yes Gluten Free		Yes Contains Sulphites
Spaghetti and Meatballs	Yes Contains Milk Ingredients	Yes Contains Egg Ingredients							Yes Gluten Free		
Spaghetti Marinara		Yes Contains Egg Ingredients							Yes Gluten Free		
Spaghetti Meat Sauce		Yes Contains Egg Ingredients							Yes Gluten Free		Yes Contains Sulphites
Tortellini with Marinara Sauce	Yes Contains Milk Ingredients	Yes Contains Egg Ingredients					Yes Contains Soy Ingredients		Yes Gluten Free		
Tortellini with Alfredo Sauce	Yes Contains Milk Ingredients	Yes Contains Egg Ingredients					Yes Contains Soy Ingredients		Yes Gluten Free		
Chicken Tenders with Fries	Yes Contains Milk Ingredients	Yes Contains Egg Ingredients		Yes Contains Cashew Ingredients		Yes Contains Shellfish Ingredients	Yes Contains Soy Ingredients		Yes Gluten Free		
Menu Item	**Dairy**	**Egg**	**Peanut**	**Tree Nuts**	**Fish**	**Shellfish**	**Soy**	**Sesame**	**Gluten**	**Mustard**	**Sulphites**
KIDS SNACKS											
Broccoli and Medjool											
Crisp Veggies							Yes Contains Soy Ingredients				Yes Contains Sulphites
Sautéed Mushrooms							Yes Contains Soy Ingredients				
Fresh Broccoli											
Medjool and Marinara Sauce							Yes Contains Soy Ingredients				
Prawns						Yes Contains Shellfish Ingredients			Yes Gluten Free		
Chicken							Yes Contains Soy Ingredients		Yes Gluten Free		
Gluten Free Vegetable Pasta											
Alfredo Sauce	Yes Contains Milk Ingredients								Yes Gluten Free		
Tomato Fries											
Menu Item	**Dairy**	**Egg**	**Peanut**	**Tree Nuts**	**Fish**	**Shellfish**	**Soy**	**Sesame**	**Gluten**	**Mustard**	**Sulphites**
GLUTEN FREE MENU											
Cranberry Goat Cheese Apricot Salad	Yes Contains Milk Ingredients	Yes Contains Egg Ingredients	Yes Contains Peanut Ingredients	Yes Contains Cashew Ingredients Contains Walnuts			Yes Contains Soy Ingredients		Yes Gluten Free		Yes Contains Sulphites
Steamed Mussels	Yes Contains Milk Ingredients					Yes Contains Shellfish Ingredients			Yes Gluten Free		
Roasted Garlic Grilled Chicken	Yes Contains Milk Ingredients			Yes Contains Cashew Ingredients	Yes Contains Anchovies Contains Walnuts Contains Macadamia Nuts Contains Pecans				Yes Gluten Free		
New York Steak							Yes Contains Soy Ingredients				Yes Contains Sulphites
Pasta with Marinara Sauce		Yes Contains Egg Ingredients							Yes Gluten Free		
Mushroom Alfredo Spaghetti	Yes Contains Milk Ingredients	Yes Contains Egg Ingredients					Yes Contains Soy Ingredients		Yes Gluten Free		
Pasta with Alfredo Cheese	Yes Contains Milk Ingredients	Yes Contains Egg Ingredients					Yes Contains Soy Ingredients		Yes Gluten Free		
Spaghetti with IMPOSSIBLE™ Meatballs		Yes Contains Egg Ingredients							Yes Gluten Free		
Linguine with Clams		Yes Contains Egg Ingredients				Yes Contains Shellfish Ingredients			Yes Gluten Free		
Seafood Alfredo	Yes Contains Milk Ingredients	Yes Contains Egg Ingredients				Yes Contains Shellfish Ingredients	Yes Contains Soy Ingredients		Yes Gluten Free		
Seafood Linguine Marinara		Yes Contains Egg Ingredients				Yes Contains Shellfish Ingredients	Yes Contains Soy Ingredients		Yes Gluten Free		
Cream Linguine	Yes Contains Milk Ingredients	Yes Contains Egg Ingredients		Yes Contains Cashew Ingredients Contains Walnuts Contains Macadamia Nuts Contains Pecans			Yes Contains Soy Ingredients		Yes Gluten Free		
Menu Item	**Dairy**	**Egg**	**Peanut**	**Tree Nuts**	**Fish**	**Shellfish**	**Soy**	**Sesame**	**Gluten**	**Mustard**	**Sulphites**
DESSERTS											
Sponsed Ice Cream	Yes			Yes Contains Cashew Ingredients Contains Walnuts					Yes Gluten Free		
Vanilla Ice Cream	Yes						Yes Contains Soy Ingredients		Yes Gluten Free		
Cheque Cake	Yes Contains Milk Ingredients	Yes	Yes Contains Peanut Ingredients	Yes Contains Cashew Ingredients			Yes Contains Soy Ingredients		Yes Gluten Free		Yes Contains Sulphites
Chocolate Cake	Yes	Yes	Yes Contains Peanut Ingredients	Yes Contains Cashew Ingredients			Yes Contains Soy Ingredients		Yes Gluten Free		Yes Contains Sulphites
Tiramisu	Yes Contains Milk Ingredients	Yes Contains Egg Ingredients	Yes Contains Peanut Ingredients	Yes Contains Cashew Ingredients			Yes Contains Soy Ingredients		Yes Gluten Free		Yes Contains Sulphites
Mint Sorbet	Yes	Yes		Yes Contains Cashew Ingredients Contains Walnuts Contains Macadamia Nuts Contains Pecans							
Whipped Cream	Yes										
Menu Item	**Dairy**	**Egg**	**Peanut**	**Tree Nuts**	**Fish**	**Shellfish**	**Soy**	**Sesame**	**Gluten**	**Mustard**	**Sulphites**
BEVERAGES											
Garlic Sauce											Yes
Banana Sauce											
Meat Sauce									Yes Gluten Free		Yes Contains Sulphites
Spicy Meat Sauce									Yes Gluten Free		Yes Contains Sulphites
Cut Fruits Cheese	Yes	Yes					Yes Contains Soy Ingredients			Yes Contains Mustard	Yes Contains Sulphites
Bun Bun Cheese		Yes					Yes Contains Soy Ingredients				Yes
Pesto Sauce	Yes Contains Milk Ingredients			Yes Contains Cashew Ingredients Contains Walnuts Contains Macadamia Nuts Contains Pecans							
Penne Sauce	Yes Contains Milk Ingredients								Yes Gluten Free		Yes Contains Sulphites
Alfredo Sauce	Yes Contains Milk Ingredients								Yes Gluten Free		
Alfredo Sauce	Yes						Yes Contains Soy Ingredients		Yes Gluten Free		
Honey Mustard Sauce		Yes Contains Egg Ingredients								Yes Contains Mustard	Yes Contains Sulphites
Garlic Aioli		Yes Contains Egg Ingredients									
Honey Off Sauce (Whimsy)		Yes Contains Egg Ingredients									