

Nutrition Guide

October 2025

the old spaghetti factory

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

The information in this guide is effective as of April 2025, 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.

Menu Item	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)
FEATURE ITEMS															
Dubai Chocolate Bar	120	560	36	15	0	70	130	51	1	41	6	0	0	1	12
Chicken Diavolo Gnocchi	558	880	35	9	0	155	2020	76	3	10	65	57	28	12	27
Calabrian Chili Garlic Prawns	312	620	47	28	1.5	375	1530	26	1	3	24	0	0	8	11
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BREAD															
Sourdough Bread	180	340	1	0	0	0	780	80	3	0	11	0	0	0	25
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
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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
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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
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APPETIZERS															
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	260	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
Mozza 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
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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	7	47	176	90	88	33
With Sauteed Prawns	501	710	54	12	0	170	1100	41	5	3	34	178	90	90	30
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
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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
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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
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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	