Allergen Guide October 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 details 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 are subject to change by our suppliers. We recommend guests with allergies or sensitivities to carefully review the ingredients of their chosen dishes upon ordering. Cross-contact with allergens is a potential risk in our kitchen, and we cannot guarantee that any menu item is completely free of allergens or traces thereof. Our staff are trained to inform guests about potential cross-contact risks and to provide the best possible assistance, but we cannot guarantee absolute perfection. Without providing specific details or dated warnings, the facility and our guests who have allergies and sensitivities to exercise caution when dining or our kitchen 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
KIDS MAIN STORE											
Calabrese Chili Pasta							YES Soy Lecithin		YES Wheat Flour		YES Sulphites
Cheese Chicken Kiev with	YES Butter Milk Cheese	YES Egg Egg Whites					YES Soybean Oil		YES Wheat Flour Flour		YES Sulphites Dried Egg
Extra Fee	YES Butter Milk	YES Egg Egg Whites	YES Peanut Oil Peanuts Peanut Butter	YES Almond Oil Almonds Cashew Nuts Macadamia Nuts Pecan Nuts Pistachio Nuts Walnuts			YES Soybean Oil		YES Wheat Flour		YES Sulphites Dried Egg
KIDS MAIN STORE											
Whipped Cream Plus Pecans											
Whipped Cream Plus Cherries											
KIDS SIDE DISHES											
Mandarin Cup									YES Wheat Flour		
Clam Chowder Soup	YES Milk					YES Clams			YES Wheat Flour		
Baked French Onion Soup	YES Cheese					YES Beef Broth			YES Wheat Flour		
Side Cheddar	YES Cheese						YES Soybean Oil				
Whipped Cream											
KIDS STARTER SALADS											
Side Mixed Salad											
House Dressing		YES Egg					YES Soybean Oil			YES Mustard Seeds	YES Sulphites
Ranch Dressing	YES Milk	YES Egg					YES Soybean Oil			YES Mustard Seeds	
Blue Cheese Dressing	YES Milk Cheese						YES Soybean Oil				
Thousand Island Dressing		YES Egg				YES Shrimp				YES Mustard Seeds	YES Sulphites
Low Fat Bad Balsamic Dressing											YES Sulphites
Caesar Salad	YES Cheese			YES Almond Oil Almonds		YES Anchovies	YES Soybean Oil		YES Wheat Flour	YES Mustard Seeds	YES Sulphites
Caesar Dressing		YES Egg		YES Almond Oil Almonds		YES Anchovies	YES Soybean Oil	YES	YES Wheat Flour	YES Mustard Seeds	YES Sulphites
Cranberry Goat Cheese Spinach Salad	YES Cheese	YES Egg	YES Peanut Oil Peanuts	YES Almond Oil Almonds			YES Soybean Oil		YES Wheat Flour	YES Mustard Seeds	YES Sulphites
Honey Mustard Dressing		YES Egg					YES Soybean Oil			YES Mustard Seeds	YES Sulphites
KIDS MAIN STORE											
APPETIZERS											
Garlic Cheese Toast	YES Butter Milk Cheese	YES Egg Egg Whites		YES Almond Oil Almonds			YES Soybean Oil	YES Sesame Seeds	YES Wheat Flour		YES Sulphites
Bun Bun Shrimp	YES Butter Sour Cream	YES Egg Egg Whites		YES Almond Oil Almonds		YES Shrimp Shrimp Oil	YES Soybean Oil		YES Wheat Flour		YES Sulphites
Steamed Mussels						YES Mussels			YES Wheat Flour		YES Sulphites
Calamari Fritti	YES Butter Milk Cheese	YES Egg Egg Whites	YES Peanut Oil Peanuts	YES Almond Oil Almonds		YES Squid Squid Oil	YES Soybean Oil	YES Sesame Seeds	YES Wheat Flour	YES Mustard Seeds	YES Sulphites
Crispy Mozzarella Triangles	YES Cheese Sour Cream	YES Egg Egg Whites	YES Peanut Oil Peanuts				YES Soybean Oil		YES Wheat Flour		YES Sulphites
Tomato Bruschetta											
Ranch Dressing	YES Milk	YES Egg					YES Soybean Oil			YES Mustard Seeds	
Chicken Wings	YES Butter Cheese					YES Chicken Chicken Oil			YES Wheat Flour		
Honey Garlic Sauce						YES Chicken			YES Wheat Flour		
Blue Sauce						YES Chicken			YES Wheat Flour		
Hot Sauce						YES Chicken			YES Wheat Flour		
Parmesan Cream Potato Flips	YES Butter Milk Sour Cream					YES Bacon Bacon Grease			YES Wheat Flour		YES Sulphites
Garlic Knot		YES Egg Yolk				YES Bacon Bacon Grease	YES Soybean Oil			YES	
Cheesy Square Pretzels	YES Butter Milk Cheese	YES Egg Egg Whites	YES Peanut Oil Peanuts			YES Bacon Bacon Grease	YES Soybean Oil Soybean Flour Soybean Protein		YES Wheat Flour		YES Sulphites
Pico Pasco							YES Soybean Oil				YES Sulphites
Honey Mustard Sauce										YES Mustard Seeds	YES Sulphites
Cocktail Sauce											
KIDS MAIN STORE											
DIPPED SALADS											
Caesar Salad	YES Cheese					YES Anchovies	YES Soybean Oil		YES Wheat Flour	YES Mustard Seeds	YES Sulphites
Side Cotton Chicken							YES Soybean Oil			YES Mustard Seeds	YES Sulphites
Side Sautéed Pecans							YES Soybean Oil				
Spinach Salad	YES Cheese		YES Peanut Oil Peanuts	YES Almond Oil Almonds		YES Bacon Bacon Grease	YES Soybean Oil		YES Wheat Flour	YES Mustard Seeds	YES Sulphites
Side Cotton Chicken		YES Egg Whites				YES Chicken	YES Soybean Oil			YES Mustard Seeds	YES Sulphites
Side Sautéed Pecans						YES Chicken	YES Soybean Oil				
SPAGHETTI CLASSICS											
Spaghetti with Meatballs	YES Butter Cheese	YES Egg Egg Whites			YES Anchovies	YES Chicken	YES Soybean Oil		YES Wheat Flour	YES Mustard Seeds	
Spaghetti with ARTICHOKE* Meatballs		YES Egg Egg Whites				YES Chicken	YES Soybean Oil Olive Oil		YES Wheat Flour		
Mushroom Alfredo Spaghetti	YES Butter	YES Egg Egg Whites				YES Chicken Chicken Fat	YES Soybean Oil		YES Wheat Flour		
Spaghetti with Browned Butter and Mediterra Olives	YES Butter	YES Egg Egg Whites					YES Soybean Oil		YES Wheat Flour		
Spaghetti with Meat Sauce		YES Egg Egg Whites				YES Chicken			YES Wheat Flour	YES Wheat Starch	
Spaghetti with Spicy Italian Sauce		YES Egg Egg Whites				YES Chicken			YES Wheat Flour	YES Wheat Starch	
Spaghetti with Marinara Sauce		YES Egg Egg Whites							YES Wheat Flour		
Pico Pasco Spaghetti	YES Butter Cheese	YES Egg Egg Whites				YES Bacon Bacon Grease			YES Wheat Flour		
KIDS MAIN STORE											
SIGNATURE PASTAS											
Pasta Linguine	YES Cheese	YES Egg Egg Whites	YES Peanut Oil Peanuts	YES Almond Oil Almonds Cashew Nuts Macadamia Nuts Pecan Nuts Pistachio Nuts Walnuts			YES Soybean Oil Soy Flour		YES Wheat Flour		YES Sulphites
Side Cotton Chicken		YES Egg Egg Whites				YES Chicken	YES Soybean Oil			YES Mustard Seeds	YES Sulphites
Pasta with Chicken	YES Butter	YES Egg Egg Whites					YES Soybean Oil		YES Wheat Flour		YES Wheat Starch
Lasagna	YES Cheese Sour Cream	YES Egg Egg Whites	YES Peanut Oil Peanuts Peanut Butter				YES Soybean Oil		YES Wheat Flour		YES Sulphites
Linguine with Clams		YES Egg Egg Whites				YES Clams	YES Soybean Oil		YES Wheat Flour		
Cheese Alfredo with Mushroom and Mascarpone Cheese	YES Butter Cheese	YES Egg Egg Whites					YES Soybean Oil Soy Flour		YES Wheat Flour		YES Sulphites
Fettuccine Alfredo	YES Butter Cheese	YES Egg Egg Whites					YES Soybean Oil Soy Flour		YES Wheat Flour		YES Sulphites
Seafood Fettuccine Alfredo	YES Butter Cheese	YES Egg Egg Whites				YES Crab Crab Oil	YES Soybean Oil Soy Flour		YES Wheat Flour		YES Sulphites
Ravioli	YES Cheese	YES Egg Egg Whites					YES Soybean Oil		YES Wheat Flour		
Tortellini Fettuccine	YES Butter Cheese	YES Egg Egg Whites					YES Soybean Oil Soy Flour		YES Wheat Flour		YES Sulphites
Seafood Linguine Marinara	YES Butter Cheese	YES Egg Egg Whites		YES Almond Oil Almonds Cashew Nuts Macadamia Nuts Pecan Nuts Pistachio Nuts Walnuts		YES Crab Crab Oil Scallops Scallop Oil	YES Soybean Oil Soy Flour		YES Wheat Flour		YES Sulphites
KIDS MAIN STORE											
KIDS MAIN SIDE											
Chicken Parmigiana	YES Butter Milk Sour Cream	YES Egg Egg Whites				YES Chicken Chicken Oil	YES Soybean Oil		YES Wheat Flour		
Milk Spaghetti Marinara		YES Egg Egg Whites					YES Soybean Oil		YES Wheat Flour		
Side Fries	YES Cheese Sour Cream					YES Chicken Chicken Oil	YES Soybean Oil		YES Wheat Flour		
Sautéed Garlic Grilled Chicken	YES Butter Cheese	YES Egg Egg Whites	YES Peanut Oil Peanuts	YES Almond Oil Almonds Cashew Nuts Macadamia Nuts Pecan Nuts Pistachio Nuts Walnuts		YES Chicken Chicken Oil	YES Soybean Oil Soy Flour		YES Wheat Flour		YES Sulphites
Side Fresh Broccoli									YES Wheat Flour		YES Sulphites
Side Fresh Carrots									YES Wheat Flour		YES Sulphites
Side Spaghetti Marinara		YES Egg Egg Whites					YES Soybean Oil		YES Wheat Flour		YES Sulphites
Side Sautéed Pecans							YES Soybean Oil				
Side Fettuccine Alfredo	YES Butter Cheese	YES Egg Egg Whites	YES Peanut Oil Peanuts	YES Almond Oil Almonds Cashew Nuts Macadamia Nuts Pecan Nuts Pistachio Nuts Walnuts			YES Soybean Oil Soy Flour		YES Wheat Flour		YES Sulphites
Side Fettuccine Alfredo	YES Butter Cheese	YES Egg Egg Whites	YES Peanut Oil Peanuts	YES Almond Oil Almonds Cashew Nuts Macadamia Nuts Pecan Nuts Pistachio Nuts Walnuts			YES Soybean Oil Soy Flour		YES Wheat Flour		YES Sulphites
Side Ravioli	YES Cheese	YES Egg Egg Whites					YES Soybean Oil		YES Wheat Flour		
Side Tortellini Fettuccine	YES Butter Cheese	YES Egg Egg Whites					YES Soybean Oil Soy Flour		YES Wheat Flour		YES Sulphites
Side Seafood Linguine Marinara	YES Butter Cheese	YES Egg Egg Whites		YES Almond Oil Almonds Cashew Nuts Macadamia Nuts Pecan Nuts Pistachio Nuts Walnuts		YES Crab Crab Oil Scallops Scallop Oil	YES Soybean Oil Soy Flour		YES Wheat Flour		YES Sulphites
KIDS MAIN STORE											
KIDS SPECIALS											
Braised Beef Rip on Jus	YES Cheese	YES Egg		YES Almond Oil Almonds			YES Soybean Oil	YES Sesame Seeds	YES Wheat Flour	YES	YES Sulphites Dried Egg Tannic Tissue Tannic Fish Gelatin
Side Fries	YES Cheese Sour Cream					YES Chicken Chicken Oil	YES Soybean Oil		YES Wheat Flour		
Rare Tuna Steak Sautéed	YES Butter Cheese	YES Egg Egg Whites		YES Almond Oil Almonds		YES Tuna Tuna Oil	YES Soybean Oil Soy Flour		YES Wheat Flour		
Side Fries	YES Cheese Sour Cream					YES Chicken Chicken Oil	YES Soybean Oil		YES Wheat Flour		
LUNCH SPECIALS											
Lunch Lasagna	YES Cheese Sour Cream	YES Egg Egg Whites	YES Peanut Oil Peanuts				YES Soybean Oil		YES Wheat Flour		YES Sulphites
Lunch Meatball	YES Cheese	YES Egg Egg Whites					YES Soybean Oil		YES Wheat Flour		
Chicken Tenders and Fries	YES Butter Cheese Sour Cream	YES Egg Egg Whites	YES Peanut Oil Peanuts			YES Chicken Chicken Oil	YES Soybean Oil Soy Flour		YES Wheat Flour		
Crispy Chicken Cobb	YES Butter Cheese Sour Cream	YES Egg Egg Whites	YES Peanut Oil Peanuts	YES Almond Oil Almonds		YES Chicken Chicken Oil Bacon Bacon Grease	YES Soybean Oil Soy Flour	YES Sesame Seeds	YES Wheat Flour	YES	YES Sulphites Dried Egg Tannic Tissue Tannic Fish Gelatin
Side Fries	YES Cheese Sour Cream					YES Chicken Chicken Oil	YES Soybean Oil		YES Wheat Flour		
KIDS MAIN STORE											
GLUTEN FREE MENU											
Cranberry Goat Cheese Spinach Salad	YES Cheese	YES Egg	YES Peanut Oil Peanuts	YES Almond Oil Almonds			YES Soybean Oil			YES Mustard Seeds	YES Sulphites
Steamed Mussels	YES Butter					YES Mussels					YES Sulphites
Sautéed Garlic Grilled Chicken	YES Butter Cheese	YES Egg Egg Whites	YES Peanut Oil Peanuts	YES Almond Oil Almonds Cashew Nuts Macadamia Nuts Pecan Nuts Pistachio Nuts Walnuts		YES Chicken Chicken Oil	YES Soybean Oil Soy Flour		YES Wheat Flour		YES Sulphites
Side Fresh Broccoli									YES Wheat Flour		YES Sulphites
Side Fresh Carrots							YES Soybean Oil		YES Wheat Flour		YES Sulphites
Side Spaghetti Marinara		YES Egg Egg Whites					YES Soybean Oil		YES Wheat Flour		YES Sulphites
Side Sautéed Pecans							YES Soybean Oil				
Side Fettuccine Alfredo	YES Butter Cheese	YES Egg Egg Whites	YES Peanut Oil Peanuts	YES Almond Oil Almonds Cashew Nuts Macadamia Nuts Pecan Nuts Pistachio Nuts Walnuts			YES Soybean Oil Soy Flour		YES Wheat Flour		YES Sulphites
Side Fettuccine Alfredo	YES Butter Cheese	YES Egg Egg Whites	YES Peanut Oil Peanuts	YES Almond Oil Almonds Cashew Nuts Macadamia Nuts Pecan Nuts Pistachio Nuts Walnuts			YES Soybean Oil Soy Flour		YES Wheat Flour		YES Sulphites
Side Ravioli	YES Cheese	YES Egg Egg Whites					YES Soybean Oil		YES Wheat Flour		
Side Tortellini Fettuccine	YES Butter Cheese	YES Egg Egg Whites					YES Soybean Oil Soy Flour		YES Wheat Flour		YES Sulphites
Side Seafood Linguine Marinara	YES Butter Cheese	YES Egg Egg Whites		YES Almond Oil Almonds Cashew Nuts Macadamia Nuts Pecan Nuts Pistachio Nuts Walnuts		YES Crab Crab Oil Scallops Scallop Oil	YES Soybean Oil Soy Flour		YES Wheat Flour		YES Sulphites
KIDS MAIN STORE											
DESSERTS											
Apricot Ice Crisps	YES			YES Almond Oil Almonds Cashew Nuts Macadamia Nuts Pecan Nuts Pistachio Nuts Walnuts			YES Soybean Oil Soy Flour		YES Wheat Flour		YES Sulphites
Gaelic Ice Cream	YES						YES Soybean Oil Soy Flour		YES Wheat Flour		YES Sulphites
Cheese Cake	YES Cheese	YES	YES Peanut Oil Peanuts	YES Almond Oil Almonds			YES Soybean Oil Soy Flour		YES Wheat Flour		YES Sulphites
Chocolate Cake	YES	YES	YES Peanut Oil Peanuts	YES Almond Oil Almonds			YES Soybean Oil Soy Flour		YES Wheat Flour		YES Sulphites
Tiramisu	YES Cheese	YES	YES Peanut Oil Peanuts	YES Almond Oil Almonds			YES Soybean Oil Soy Flour		YES Wheat Flour		YES
Whipped Cream	YES										
KIDS MAIN STORE											
DRINKS											
Gaelic Sauce											
Hershey Sauce											YES
Marinara Sauce											
Mint Sauce									YES Wheat Flour		YES Sulphites
Spicy Mint Sauce									YES Wheat Flour		YES Sulphites
Cool Ranch Sauce	YES	YES					YES Soybean Oil			YES Mustard Seeds	YES Sulphites
Bun Bun Sauce		YES					YES Soybean Oil			YES Mustard Seeds	YES
Pesto Sauce	YES Cheese		YES Peanut Oil Peanuts	YES Almond Oil Almonds Cashew Nuts Macadamia Nuts Pecan Nuts Pistachio Nuts Walnuts			YES Soybean Oil Soy Flour		YES Wheat Flour		YES Sulphites
Pesto Sauce	YES Cheese						YES Soybean Oil Soy Flour		YES Wheat Flour		YES Sulphites
Anchovies Sauce	YES Cheese					YES Anchovies	YES Soybean Oil Soy Flour		YES Wheat Flour		YES Sulphites
Alfredo Sauce	YES						YES Soybean Oil Soy Flour		YES Wheat Flour		YES Sulphites
Honey Mustard Sauce		YES Egg Egg Whites					YES Soybean Oil			YES Mustard Seeds	YES Sulphites
Garlic Aioli		YES Egg Egg Whites					YES Soybean Oil			YES Mustard Seeds	YES Sulphites
Honey Dijon Mustard		YES Egg Egg Whites					YES Soybean Oil			YES Mustard Seeds	YES Sulphites