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 crafting. 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 information provided and inform their server of any concerns. Cross-contact with allergens is a possibility in our kitchen and front of house environment and there is always a possibility of trace amounts of allergens to be met. For those guests with a mustard allergy or sensitivity, it is also important to note that food manufacturers may not or rarely include mustard in their product ingredient lists (including and predominantly) without providing specific details on label markings. We kindly ask our guests who have allergies and sensitivities to exercise caution when dining in our establishment 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
SUPER STARS											
Calabrese Chili Fettuccine							YES Soy Lecithin		YES Wheat Flour		YES Sulphites
Cheese Chicken Cannelli	YES Milk, Cheese	YES Egg Yolk					YES Soy Lecithin		YES Wheat Flour		YES Sulphites
Cheese Chicken Cannelli Vegan	YES Vegan Cheese	YES Egg Substitute					YES Soy Lecithin		YES Wheat Flour		YES Sulphites
Entrée Fee	YES Milk, Cheese	YES Egg Yolk	YES Peanut Butter	YES Almonds, Cashews, Hazelnuts, Pecans, Pistachios, Walnuts			YES Soy Lecithin		YES Wheat Flour		YES Sulphites
Menu Item	**Dairy**	**Egg**	**Peanut**	**Tree Nuts**	**Fish**	**Shellfish**	**Soy**	**Sesame**	**Gluten**	**Mustard**	**Sulphites**
SOUPS											
Sourdough Bread				YES Almonds, Cashews, Hazelnuts, Pecans, Pistachios, Walnuts			YES Soy Flour, Soy Lecithin	YES Sesame Seeds	YES Wheat Flour		
Whipped Garlic Plain Butter	YES Milk, Cheese						YES Soy Lecithin				
Whipped Garlic Plain Butter Vegan	YES Vegan Cheese						YES Soy Lecithin				
Menu Item	**Dairy**	**Egg**	**Peanut**	**Tree Nuts**	**Fish**	**Shellfish**	**Soy**	**Sesame**	**Gluten**	**Mustard**	**Sulphites**
SOUPS SALADS											
Minestrone Soup							YES Soy Lecithin		YES Wheat Flour	YES Tomato Paste	YES Sulphites
Cream Cheddar Soup	YES Milk, Cheese						YES Soy Lecithin		YES Wheat Flour		
Baked French Onion Soup	YES Milk, Cheese						YES Soy Lecithin		YES Wheat Flour		
Aloe Cranberry							YES Soy Lecithin		YES Wheat Flour		
Menu Item	**Dairy**	**Egg**	**Peanut**	**Tree Nuts**	**Fish**	**Shellfish**	**Soy**	**Sesame**	**Gluten**	**Mustard**	**Sulphites**
STARTER SALADS											
Chop House Salad									YES Wheat Flour		
Chop House Dressing		YES Egg Yolk					YES Soy Lecithin				
Ranch Dressing	YES Milk, Cheese	YES Egg Yolk					YES Soy Lecithin		YES Wheat Flour		
Blue Cheese Dressing	YES Milk, Cheese	YES Egg Yolk					YES Soy Lecithin				
Thousand Island Dressing		YES Egg Yolk					YES Soy Lecithin				YES Sulphites
Low Fat Red Balsamic Dressing											YES Sulphites
Caesar Salad	YES Milk, Cheese						YES Soy Lecithin		YES Wheat Flour	YES Tomato Paste	YES Sulphites
Caesar Dressing	YES Milk, Cheese	YES Egg Yolk					YES Soy Lecithin		YES	YES Tomato Paste	YES Sulphites
Cranberry Goat Cheese Spinach Salad	YES Milk, Cheese	YES Egg Yolk		YES Almonds, Cashews, Hazelnuts, Pecans, Pistachios, Walnuts			YES Soy Lecithin			YES Tomato Paste	YES Sulphites
Vinegar Mustard Dressing		YES Egg Yolk					YES Soy Lecithin			YES Mustard Seed	YES Sulphites
Menu Item	**Dairy**	**Egg**	**Peanut**	**Tree Nuts**	**Fish**	**Shellfish**	**Soy**	**Sesame**	**Gluten**	**Mustard**	**Sulphites**
APPETIZERS											
Garlic Cheese Toast	YES Milk, Cheese, Cheese Spread	YES Egg Yolk		YES Almonds, Cashews, Hazelnuts, Pecans, Pistachios, Walnuts			YES Soy Lecithin	YES Sesame Seeds	YES Wheat Flour		YES Sulphites
Bun Bun Shrimp	YES Milk, Cheese, Sour Cream	YES Egg Yolk				YES Whole Cooked Shrimp	YES Soy Lecithin		YES Wheat Flour		YES Sulphites
Steamed Mussels	YES Milk, Cheese					YES Mussels			YES Wheat Flour		YES Sulphites
Calamari Fritti	YES Milk, Cheese	YES Egg Yolk	YES Peanut Butter	YES Almonds, Cashews, Hazelnuts, Pecans, Pistachios, Walnuts		YES Calamari, Shrimp	YES Soy Lecithin	YES Sesame Seeds	YES Wheat Flour	YES Tomato Paste	YES Sulphites
Crispy Mozzarella Triangles	YES Milk, Cheese, Sour Cream	YES Egg Whites, Powder					YES Soy Lecithin		YES Wheat Flour		YES Sulphites
Tomato Bruschetta									YES Wheat Flour		
Ranch Dressing	YES Milk, Cheese	YES Egg Yolk					YES Soy Lecithin		YES Wheat Flour		
Chicken Wings	YES Milk, Cheese, Cheese Powder					YES Chicken Wings			YES Wheat Flour		
Honey Garlic Sauce						YES Chicken Wings			YES Wheat Flour		
BBQ Sauce						YES Chicken Wings			YES Wheat Flour		
Hot Sauce						YES Chicken Wings					
Parmesan Cream Potato Fries	YES Milk, Cheese, Sour Cream					YES Chicken Wings			YES Wheat Flour		YES Sulphites
Garlic Aioli		YES Egg Yolk					YES Soy Lecithin			YES	
Chicken Dipper Platter	YES Milk, Cheese, Sour Cream	YES Egg Yolk		YES Almonds, Cashews, Hazelnuts, Pecans, Pistachios, Walnuts		YES Chicken Wings	YES Soy Lecithin		YES Wheat Flour		YES Sulphites
Pico Sauce											
Honey Mustard Sauce										YES Mustard Seed	
Cocktail Sauce											
Menu Item	**Dairy**	**Egg**	**Peanut**	**Tree Nuts**	**Fish**	**Shellfish**	**Soy**	**Sesame**	**Gluten**	**Mustard**	**Sulphites**
DIPPED SALADS											
Caesar Salad	YES Milk, Cheese						YES Soy Lecithin		YES Wheat Flour	YES Tomato Paste	YES Sulphites
Aloe Cotton Chicken	YES Milk, Cheese						YES Soy Lecithin			YES Mustard Seed	YES Sulphites
Aloe Sautéed Prawns						YES Prawns	YES Soy Lecithin				
Spinach Salad	YES Milk, Cheese		YES Peanut Butter	YES Almonds, Cashews, Hazelnuts, Pecans, Pistachios, Walnuts			YES Soy Lecithin			YES Mustard Seed	YES Sulphites
Aloe Cotton Chicken		YES Egg Whites					YES Soy Lecithin			YES Mustard Seed	YES Sulphites
Aloe Sautéed Prawns						YES Prawns	YES Soy Lecithin				
Menu Item	**Dairy**	**Egg**	**Peanut**	**Tree Nuts**	**Fish**	**Shellfish**	**Soy**	**Sesame**	**Gluten**	**Mustard**	**Sulphites**
SPAGHETTI CLASSICS											
Spaghetti with Meatballs	YES Milk, Cheese	YES Egg Yolk, Meatballs			YES Anchovies	YES Meatballs	YES Soy Lecithin		YES Wheat Flour	YES Meatballs	
Spaghetti with ARTICHOKE* Meatballs		YES Egg Yolk, Meatballs				YES Artichoke*, Meatballs	YES Soy Lecithin		YES Wheat Flour		
Mushroom Alfredo Spaghetti	YES Milk, Cheese	YES Egg Yolk					YES Soy Lecithin, Soy Flour		YES Wheat Flour		
Spaghetti with Browned Butter and Mediterra Olives	YES Milk, Cheese	YES Egg Yolk					YES Soy Lecithin		YES Wheat Flour		
Spaghetti with Aloe Cancer		YES Egg Yolk							YES Wheat Flour		YES Wheat Starch
Spaghetti with Aloe Spice Cancer		YES Egg Yolk							YES Wheat Flour		YES Chili Sauce
Spaghetti with Marinara Sauce		YES Egg Yolk, Vegetarian							YES Wheat Flour		
Pico Pacci Spaghetti	YES Milk, Cheese	YES Egg Yolk, Vegetarian					YES Soy Lecithin		YES Wheat Flour		YES Sulphites
Menu Item	**Dairy**	**Egg**	**Peanut**	**Tree Nuts**	**Fish**	**Shellfish**	**Soy**	**Sesame**	**Gluten**	**Mustard**	**Sulphites**
SIGNATURE PASTAS											
Pasta Linguine	YES Milk, Cheese	YES Egg Yolk, Vegetarian	YES Peanut Butter	YES Almonds, Cashews, Hazelnuts, Pecans, Pistachios, Walnuts			YES Soy Lecithin, Soy Flour		YES Wheat Flour		YES Sulphites
Aloe Cotton Chicken		YES Egg Whites					YES Soy Lecithin			YES Mustard Seed	YES Sulphites
Pasta with Chicken	YES Milk, Cheese	YES Egg Yolk, Vegetarian							YES Wheat Flour		YES Wheat Starch
Lasagna	YES Milk, Cheese, Cheese Powder	YES Egg Yolk, Vegetarian							YES Wheat Flour		YES Sulphites
Linguine with Clams	YES Milk, Cheese	YES Egg Yolk, Vegetarian				YES Clams			YES Wheat Flour		
Cheese Alfredo with Mushroom and Mozzarella Cheese	YES Milk, Cheese	YES Egg Yolk, Vegetarian					YES Soy Lecithin, Soy Flour		YES Wheat Flour		YES Sulphites
Fettuccine Alfredo	YES Milk, Cheese	YES Egg Yolk, Vegetarian					YES Soy Lecithin, Soy Flour		YES Wheat Flour		YES Sulphites
Seafood Fettuccine Alfredo	YES Milk, Cheese	YES Egg Yolk, Vegetarian				YES Scallops	YES Soy Lecithin, Soy Flour		YES Wheat Flour		YES Sulphites
Ravioli	YES Milk, Cheese	YES Egg Yolk, Vegetarian							YES Wheat Flour		
Tortellini Fettuccine	YES Milk, Cheese	YES Egg Yolk, Vegetarian					YES Soy Lecithin		YES Wheat Flour		YES Sulphites
Seafood Linguine Marinara		YES Egg Yolk, Vegetarian			YES Anchovies, Scallops	YES Scallops, Shrimp	YES Soy Lecithin, Soy Flour		YES Wheat Flour		YES Sulphites
Menu Item	**Dairy**	**Egg**	**Peanut**	**Tree Nuts**	**Fish**	**Shellfish**	**Soy**	**Sesame**	**Gluten**	**Mustard**	**Sulphites**
PRIME CUTS (BBQ)											
Chicken Parmigiana	YES Milk, Cheese, Sour Cream	YES Egg Yolk, Vegetarian				YES Whole Cooked Shrimp			YES Wheat Flour		
Alfio Spaghetti Marinara		YES Egg Yolk, Vegetarian							YES Wheat Flour		
Alfio Fries	YES Milk, Cheese, Sour Cream	YES Egg Yolk, Vegetarian				YES Whole Cooked Shrimp			YES Wheat Flour		
Sesame Garlic Grilled Chicken	YES Milk, Cheese	YES Egg Yolk, Vegetarian	YES Peanut Butter	YES Almonds, Cashews, Hazelnuts, Pecans, Pistachios, Walnuts			YES Soy Lecithin, Soy Flour	YES Sesame Seeds	YES Wheat Flour		YES Sulphites
Aloe Fries	YES Milk, Cheese, Sour Cream	YES Egg Yolk, Vegetarian				YES Whole Cooked Shrimp	YES Soy Lecithin, Soy Flour		YES Wheat Flour		
Aloe Spaghetti Marinara		YES Egg Yolk, Vegetarian							YES Wheat Flour		YES Sulphites
Aloe Fries	YES Milk, Cheese, Sour Cream	YES Egg Yolk, Vegetarian				YES Whole Cooked Shrimp	YES Soy Lecithin, Soy Flour		YES Wheat Flour		
Aloe Sautéed Prawns						YES Prawns	YES Soy Lecithin				
Menu Item	**Dairy**	**Egg**	**Peanut**	**Tree Nuts**	**Fish**	**Shellfish**	**Soy**	**Sesame**	**Gluten**	**Mustard**	**Sulphites**
LUNCH SPECIALS											
Sesame Garlic Grilled Chicken	YES Milk, Cheese, Sour Cream	YES Egg Yolk, Vegetarian	YES Peanut Butter	YES Almonds, Cashews, Hazelnuts, Pecans, Pistachios, Walnuts			YES Soy Lecithin, Soy Flour	YES Sesame Seeds	YES Wheat Flour		YES Sulphites
Aloe Fries	YES Milk, Cheese, Sour Cream	YES Egg Yolk, Vegetarian				YES Whole Cooked Shrimp	YES Soy Lecithin, Soy Flour		YES Wheat Flour		
Aloe Spaghetti Marinara		YES Egg Yolk, Vegetarian							YES Wheat Flour		YES Sulphites
Aloe Fries	YES Milk, Cheese, Sour Cream	YES Egg Yolk, Vegetarian				YES Whole Cooked Shrimp	YES Soy Lecithin, Soy Flour		YES Wheat Flour		
Aloe Sautéed Prawns						YES Prawns	YES Soy Lecithin				
Menu Item	**Dairy**	**Egg**	**Peanut**	**Tree Nuts**	**Fish**	**Shellfish**	**Soy**	**Sesame**	**Gluten**	**Mustard**	**Sulphites**
SIDE DISHES											
Steamed and Buttered Vegetables	YES Milk, Cheese, Butter										
Side Veggies											YES Sulphites
Sautéed Mushrooms							YES Soy Lecithin				
Fresh Broccoli	YES Milk, Cheese										
Meatballs and Marinara Sauce	YES Milk, Cheese	YES Egg Yolk, Meatballs			YES Anchovies	YES Meatballs	YES Soy Lecithin		YES Wheat Flour	YES Mustard Seed	YES Sulphites
Prawns						YES Prawns	YES Soy Lecithin				
Chicken							YES Soy Lecithin				
Gluten Free Vegetable Pasta											
Multigrain Pasta											
Cheesy Rice	YES Milk, Cheese, Butter										
Menu Item	**Dairy**	**Egg**	**Peanut**	**Tree Nuts**	**Fish**	**Shellfish**	**Soy**	**Sesame**	**Gluten**	**Mustard**	**Sulphites**
GLUTEN FREE MENU											
Cranberry Goat Cheese Spinach Salad	YES Milk, Cheese	YES Egg Yolk	YES Peanut Butter	YES Almonds, Cashews, Hazelnuts, Pecans, Pistachios, Walnuts			YES Soy Lecithin			YES Tomato Paste	YES Sulphites
Steamed Mussels	YES Milk, Cheese					YES Mussels					YES Sulphites
Steamed Garlic Grilled Chicken	YES Milk, Cheese		YES Peanut Butter	YES Almonds, Cashews, Hazelnuts, Pecans, Pistachios, Walnuts			YES Soy Lecithin, Soy Flour	YES Sesame Seeds			YES Sulphites
Aloe Fresh Steak							YES Soy Lecithin				YES Sulphites
Pasta with Marinara Sauce			YES Peanut Butter								
Mushroom Alfredo Spaghetti	YES Milk, Cheese	YES Egg Yolk, Vegetarian	YES Peanut Butter				YES Soy Lecithin, Soy Flour		YES Wheat Flour		
Pasta with Mediterra Olives	YES Milk, Cheese	YES Egg Yolk, Vegetarian	YES Peanut Butter				YES Soy Lecithin		YES Wheat Flour		
Spaghetti with ARTICHOKE* Meatballs		YES Egg Yolk, Meatballs				YES Artichoke*, Meatballs	YES Soy Lecithin		YES Wheat Flour		
Linguine with Clams	YES Milk, Cheese	YES Egg Yolk, Vegetarian	YES Peanut Butter			YES Clams			YES Wheat Flour		
Aloe Alfredo	YES Milk, Cheese	YES Egg Yolk, Vegetarian	YES Peanut Butter				YES Soy Lecithin, Soy Flour		YES Wheat Flour		
Seafood Linguine Marinara	YES Milk, Cheese	YES Egg Yolk, Vegetarian	YES Peanut Butter		YES Anchovies, Scallops	YES Scallops, Shrimp	YES Soy Lecithin, Soy Flour		YES Wheat Flour		YES Sulphites
Pasta Linguine	YES Milk, Cheese	YES Egg Yolk, Vegetarian	YES Peanut Butter	YES Almonds, Cashews, Hazelnuts, Pecans, Pistachios, Walnuts			YES Soy Lecithin, Soy Flour		YES Wheat Flour		YES Sulphites
Menu Item	**Dairy**	**Egg**	**Peanut**	**Tree Nuts**	**Fish**	**Shellfish**	**Soy**	**Sesame**	**Gluten**	**Mustard**	**Sulphites**
DESSERTS											
Apricot Ice Cream	YES			YES Almonds, Hazelnuts, Pecans, Pistachios, Walnuts			YES Soy Lecithin		YES Wheat Flour		
Vanilla Ice Cream	YES			YES Almonds, Hazelnuts, Pecans, Pistachios, Walnuts			YES Soy Lecithin		YES Wheat Flour		
Cheese Cake	YES Milk, Cheese	YES	YES Peanut Butter	YES Almonds, Hazelnuts, Pecans, Pistachios, Walnuts			YES Soy Lecithin		YES Wheat Flour		YES Sulphites
Chocolate Cake	YES Milk, Cheese	YES	YES Peanut Butter	YES Almonds, Hazelnuts, Pecans, Pistachios, Walnuts			YES Soy Lecithin		YES Wheat Flour		YES Sulphites
Tiramisu	YES Milk, Cheese	YES	YES Peanut Butter	YES Almonds, Hazelnuts, Pecans, Pistachios, Walnuts			YES Soy Lecithin		YES Wheat Flour		YES
Whipped Cream	YES Milk, Cheese										
Menu Item	**Dairy**	**Egg**	**Peanut**	**Tree Nuts**	**Fish**	**Shellfish**	**Soy**	**Sesame**	**Gluten**	**Mustard**	**Sulphites**
BEVERAGES											
Garlic Sauce											
Honey Dijon										YES Mustard Seed	
Marinara Sauce											
Bleu Cheese	YES Milk, Cheese								YES Wheat Flour		
Spicy Mayo Sauce									YES Wheat Flour		
Cocktail Sauce	YES	YES					YES Soy Lecithin			YES Mustard Seed	YES Sulphites
Sweet and Sour Sauce											
Sweet Chili Sauce											
Ranch Dressing	YES Milk, Cheese	YES Egg Yolk					YES Soy Lecithin		YES Wheat Flour		
Garlic Aioli		YES Egg Yolk					YES Soy Lecithin			YES	
Honey BBQ Sauce									YES Wheat Flour		
Alfredo Sauce	YES Milk, Cheese	YES Egg Yolk					YES Soy Lecithin, Soy Flour		YES Wheat Flour		
Creamy Mustard Sauce		YES Egg Yolk					YES Soy Lecithin			YES Mustard Seed	YES Sulphites
Garlic Aioli		YES Egg Yolk					YES Soy Lecithin				
Honey BF Sauce (Message)		YES Egg Yolk					YES Soy Lecithin		YES Wheat Flour		