

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 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 manufacturing processes may change without notice. While the Old Spaghetti Factory takes every precaution to prevent cross-contamination in our kitchen, we prepare all menu items in a shared space where food allergens are present and there is always a possibility of trace amounts of allergens in any dish. For those guests with a mustard allergy or sulphite sensitivity, it is also important to note that food manufacturers may list or modify minor ingredients in their products (such as spices and preservatives) without providing specific details or label warnings. 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.

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
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FEATURE ITEMS

Calabrian Chili Peppers	YES Cheese					YES Peanuts	YES Soy Lecithin		YES Bread Crumbs, Garlic Toast		YES Wine
Harvest Chicken Gnocchi	YES Sauce, MAY Butter, Factory Cross Contamination	YES Chicken, Factory Cross Contamination					YES Hydrolyzed Soy Protein,		YES Wheat Flour		YES Sprouts, Gravy Mix
Dulce Chocolate Crunch Bar	YES Milk, Cream, Butter	YES Egg Whites, Egg Yolks	MAY Factory Cross Contamination	YES Pistachios MAY Other Tree Nuts, Factory Cross Contamination			YES Soy Lecithin		YES Wheat Flour		

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BREAD

Sourdough Bread			MAY Factory Cross Contamination	MAY Factory Cross Contamination			YES Flour, Soy Lecithin	MAY Factory Cross Contamination	YES Wheat Flour, Tyn Flour		
Whipped Garlic Plant Butter							YES Soy Lecithin				
Whipped Plain Plant Butter							YES Soy Lecithin				

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STARTER SOUPS

Mineonone Soup							YES Spice Blend		YES	YES Spice Blend	YES Spruce Blend
Clam Chowder Soup	YES Milk					YES Clams			YES Wheat Flour		YES Bacon
Baked French Onion Soup	YES Cheese, Butter						YES Soup Base		YES Creaming, Broth		YES Sherry
Soup Crackers							YES Soy Lecithin		YES Wheat Flour		

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STARTER SALADS

Crisp Green Salad											
House Dressing		YES Mayo					YES Soybean Oil			YES Mustard Powder	YES White Vinegar
Ranch Dressing	YES Milk	YES Mayo					YES Soybean Oil			YES Mustard Powder	
Blue Cheese Dressing	YES Tzatziki, Milk, Cream	YES Mayo					YES Soybean Oil			YES	
Thousand Island Dressing		YES Cheese			YES Anchovy		YES Soybean Oil			YES Relish	MAY Ketchup
Low-Fat Balsamic Dressing											YES Balsamic Vinegar
Cheese Salad	YES Cheese	YES Dressing	Factory Cross Contamination		YES Dressing		YES Dressing		YES Dressing	YES Dressing	YES Dressing
Cesar Dressing		YES Mayo			YES Anchovy		YES Hydrolyzed Soy Protein, Soybean Oil		YES	YES Mustard Powder	YES Red Wine Vinegar
Cranberry Goat Cheese Spinach Salad	YES Cheese	YES Dressing	MAY Factory Cross Contamination	YES Almonds MAY Other			YES Dressing			YES Dressing	YES Creamer, Dressing
Honey Mustard Dressing		YES Mayo					YES Soybean Oil			YES Mustard	YES Mustard

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APPETIZERS

Garlic Cheese Toast	YES Butter, Cheese, Bread, MAY Bread, Factory Cross Contamination	MAY Butter, Factory Cross Contamination		MAY Walnuts, Bread, Factory Cross Contamination			MAY Bread, Factory Cross Contamination	MAY Bread, Factory Cross Contamination	YES Bread		MAY Bread, Factory Cross Contamination
Bam Bam Shrimp	YES Deep Fryer Cross Contamination	YES Mayo				YES Shrimp, Deep Fryer (Squid)	YES Soybean Oil		YES Deep Fryer		YES Bacon, Breading
Steamed Mussels	YES Butter					YES Mussels					YES Wine
Calamari Frits	YES Tzatziki, Deep Fryer Cross Contamination	MAY Tzatziki, Factory Cross Contamination		MAY Tzatziki, Factory Cross Contamination		YES Deep Fryer (Shrimp)	MAY Tzatziki, Factory Cross Contamination		YES Breading, Deep Fryer	YES Tzatziki, Factory Cross Contamination	MAY Tzatziki, Factory Cross Contamination
Crispy Mozzarella Triangles	YES Cheese, Deep Fryer Cross Contamination	YES Egg White Powder				YES Deep Fryer (Squid, Shrimp)			YES Breading, Deep Fryer		
Tomato Sauce											
Ranch Dressing	YES Milk	YES Mayo					YES Soybean Oil			YES Mustard Powder	
Chicken Wings	YES Deep Fryer Cross Contamination					YES Deep Fryer (Squid, Shrimp)			YES Deep Fryer		
Honey Garlic Sauce							YES Soy Sauce		YES Wheat Flour		
BBQ Sauce							YES Soy Sauce		YES, Mustard	YES Mustard Seed	
Hot Sauce											
Parmesan Sweet Potato Fries	YES Cheese, Deep Fryer Cross Contamination	YES Aioli				YES Deep Fryer (Squid, Shrimp)	YES Soybean Oil		YES Deep Fryer	YES Aioli	
Garlic Aioli		YES Egg Yolk					YES Soybean Oil			YES	
Chicken Dippers/Tenders	YES Deep Fryer Cross Contamination	MAY Breading, Factory Cross Contamination				YES Deep Fryer (Squid, Shrimp)	MAY Breading, Factory Cross Contamination		YES Wheat Flour		
Plum Sauce											
Honey Mustard Sauce		YES Mayo					YES Soybean Oil			YES Mustard	YES Mustard
Sweet Chili Sauce											

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ENTRÉE SALADS

Cheese Salad	YES Cheese	YES Dressing			YES Anchovy		YES Soybean Oil		YES Creamer, Dressing	YES Dressing	YES Dressing
With Grilled Chicken		YES Marinade					YES Soy Lecithin			YES Mustard	YES Marinade
With Sautéed Peas						YES Peas	YES Soy Lecithin, Spice Blend				
Spinach Salad	YES Cheese		MAY Factory Cross Contamination	YES Almonds MAY Other Tree Nuts, Factory Cross Contamination						YES Dressing	YES Creamer
With Grilled Chicken		YES Marinade					YES Soy Lecithin			YES Marinade	YES Marinade
With Sautéed Peas						YES Peas	YES Soy Lecithin, Spice Blend				

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SPAGHETTI CLASSICS

Spaghetti with Meatballs	YES Cheese, Meatballs	YES Noodles, Meatballs, Cross Contamination			YES Anchovies in Meatballs		YES Soy Extract in Meatballs		YES Noodles, Meatballs	MAY Meatballs	
Spaghetti with IMPOSSIBLE™ Meatballs		YES Noodles, Cross Contamination					YES Impossible™ Meats		YES Noodles		
Mushroom Alfredo Spaghetti	YES Sauce	YES Noodles, Cross Contamination					YES Hydrolyzed Soy Protein		YES Noodles		
Spaghetti with Browned Butter and Mitzithra Cheese	YES Cheese, Butter	YES Noodles, Cross Contamination							YES Noodles		
Spaghetti with Meat Sauce		YES Noodles, Cross Contamination							YES Noodles, Meat Sauce		YES Meat Sauce
Spaghetti with Spicy Meat Sauce		YES Noodles, Cross Contamination							YES Noodles, Meat Sauce		YES Meat Sauce
Spaghetti with Marinara Sauce		YES Noodles, Cross Contamination							YES Noodles		
Pe-Pouri Spaghetti	YES Cheese, Butter	YES Noodles, Cross Contamination							YES Noodles, Meat Sauce		YES Meat Sauce

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SIGNATURE PASTAS

Pasta Linguine	YES Cheese, Sauce	YES Noodles, Cross Contamination	MAY Factory Cross Contamination	YES Pine Nuts, Almonds MAY Other Tree Nuts, Factory Cross Contamination			YES Hydrolyzed Soy Protein		YES Noodles		YES Sauce
With Grilled Chicken		YES Marinade					YES Soy Lecithin			YES Marinade	YES Marinade
Penne with Chicken	YES Sauce	YES Noodles, Cross Contamination							YES Noodles, Sauce		YES Wine in Sauce
Lasagna	YES Cheese	YES Cheese Mix, Noodles, Cross Contamination							YES Noodles, Meat Sauce		YES Meat Sauce
Linguine with Clams		YES Noodles, Cross Contamination				YES Clams			YES Noodles		
Chicken Alfredo with Mushroom and Mascarpone Cheese Ravioli	YES Cheese, Sauce	YES Noodles, Cross Contamination					YES Hydrolyzed Soy Protein		YES Noodles		YES Bacon Bits
Fettuccine Alfredo	YES Sauce	YES Noodles, Cross Contamination					YES Hydrolyzed Soy Protein		YES Noodles		
Seafood Fettuccine Alfredo	YES Sauce	YES Noodles, Cross Contamination				YES Scallops, Prawns	YES Hydrolyzed Soy Protein		YES Noodles		
Manicotti	YES Cheese	YES Egg							YES Noodles		
Tortellini Pomodoro	YES Noodles	YES Noodles					YES Soy Lecithin		YES Noodles		YES Wine
Seafood Linguine Marinara	YES Scallops	YES Noodles, Cross Contamination				YES Scallops, Prawns, Clams, Mussels	YES Soy Lecithin		YES Noodles		

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FROM OUR GRILL

Chicken Parmigiana	YES Cheese, Sauce, YES Deep Fryer Cross Contamination					YES Deep Fryer (Squid, Shrimp)			YES Breading, Deep Fryer		
With Spaghetti Marinara		YES Noodles, Cross Contamination							YES Noodles		
With Fries	YES Deep Fryer Cross Contamination					YES Deep Fryer (Squid, Shrimp)			YES Deep Fryer		
Roasted Garlic Grilled Chicken	YES Cheese, Sauce, Peas	YES Noodles, Cross Contamination	MAY Factory Cross Contamination	YES Peas (Almonds, Pine Nuts), MAY Other Tree Nuts, Factory Cross Contamination					YES Noodles		YES White Wine
Baby Back Ribs	YES Deep Fryer Cross Contamination					YES Deep Fryer (Squid, Shrimp)	YES Sauce		YES Sauce, Deep Fryer	YES Sauce	
With Spaghetti Marinara		YES Noodles, Cross Contamination							YES Noodles		
With Fries	YES Deep Fryer Cross Contamination					YES Deep Fryer (Squid, Shrimp)			YES Deep Fryer		
New York Steak							YES Spice Blend, Soy Flour, Soy Lecithin		YES Noodles		YES Sautéed Mushrooms
With Spaghetti Marinara		YES Noodles, Cross Contamination							YES Noodles		
With Fries	YES Deep Fryer Cross Contamination					YES Deep Fryer (Squid, Shrimp)			YES Deep Fryer		
With Sautéed Peas						YES Peas	YES Soy Lecithin, Spice Blend				
BBQ Ribs	YES Deep Fryer Cross Contamination					YES Deep Fryer (Squid, Shrimp)	YES Sauce		YES Sauce, Deep Fryer	YES Sauce	
Hunter's Chicken	YES Butter, Sauce, YES Deep Fryer Cross Contamination	YES Sauce				YES Deep Fryer (Squid, Shrimp)			YES Breading, Sauce, Deep Fryer		
With Spaghetti Marinara		YES Noodles, Cross Contamination							YES Noodles		

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LUNCH SPECIALS

Braised Beef Dip au Jus	YES Cheese	YES Aioli, Bun		MAY Bun, Factory Cross Contamination			YES Soybean Oil, Hydrolyzed Soy Protein MAY Bun, Factory Cross Contamination	MAY Bun, Factory Cross Contamination	YES Bun, Onions	YES Aioli	YES Sauce, MAY Bun, Factory Cross Contamination
With Fries	YES Deep Fryer Cross Contamination					YES Deep Fryer (Squid, Shrimp)			YES Deep Fryer		
New York Steak Sandwich	YES Butter			MAY Bread, Factory Cross Contamination			YES Spice Blend, Meat, MAY Factory Cross Contamination	MAY Bread, Factory Cross Contamination	YES Bread		MAY Bread, Factory Cross Contamination
With Fries	YES Deep Fryer Cross Contamination					YES Deep Fryer (Squid, Shrimp)			YES Deep Fryer		
Lunch Lasagna	YES Cheese	YES Cheese Mix, Noodles, Cross Contamination							YES Noodles, Meat Sauce		YES Meat Sauce
Lunch Manicotti	YES Cheese	YES Egg							YES Noodles		
Chicken Tenders and Fries	YES Deep Fryer Cross Contamination	MAY Breading, Factory Cross Contamination				YES Deep Fryer (Squid, Shrimp)	MAY Breading, Factory Cross Contamination		YES Breading, Deep Fryer		
Crispy Chicken Club	YES Deep Fryer Cross Contamination	YES Sauce		MAY Bread, Factory Cross Contamination		YES Deep Fryer (Squid, Shrimp)	MAY Bread, Factory Cross Contamination	MAY Bread, Factory Cross Contamination	YES Bread, Breading, Deep Fryer	YES Bacon, Sauce, MAY Bread, Factory Cross Contamination	
With Fries	YES Deep Fryer Cross Contamination					YES Deep Fryer (Squid, Shrimp)			YES Deep Fryer		

Menu Item	Dairy	Egg	Peanut	Tree Nuts	Fish	Shellfish	Soy	Sesame	Gluten	Mustard	Sulphites
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KIDS MENU

Cheese Pizza	YES Cheese						YES Soybean Oil		YES Crust		
Pepperoni Pizza	YES Cheese						YES Soybean Oil		YES Crust		
Lasagna	YES Cheese	YES Cheese Mix, Noodles, Cross Contamination							YES Noodles, Meat Sauce		YES Meat Sauce
Spaghetti and Meatballs	YES Cheese, Meatballs	YES Meatballs, Noodles, Cross Contamination			YES Anchovies in Meatballs		YES Soy Extract in Meatballs		YES Noodles, Meatballs	MAY Meatballs	
Spaghetti Marinara		YES Noodles, Cross Contamination							YES Noodles		
Spaghetti Meat Sauce		YES Noodles, Cross Contamination							YES Noodles, Meat Sauce		YES Meat Sauce
Tortellini with Marinara Sauce	YES Sauce	YES Noodles							YES Noodles		
Tortellini with Alfredo Sauce	YES Sauce	YES Noodles					YES Hydrolyzed Soy Protein		YES Noodles		
Chicken Tenders with Fries	YES Deep Fryer Cross Contamination	MAY Breading, Factory Cross Contamination				YES Deep Fryer (Squid, Shrimp)	MAY Breading, Factory Cross Contamination		YES Bread, Breading, Deep Fryer		

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SIDE DISHES

Broccoli and Mitzithra	YES Cheese, Butter										
Side Veggies							YES Spice Blend				YES Wine
Sautéed Mushrooms							YES Spice Blend				YES Wine
Fresh Broccoli	YES Cheese, Butter										
Meatballs and Marinara Sauce	YES Meatballs	YES Meatballs			YES Anchovies in Meatballs		YES Soy Extract in Meatballs		YES Meatballs	MAY Meatballs	
Prawns						YES Prawns	YES Soy Lecithin, Spice Blend				
Chicken		YES Marinade					YES Soy Lecithin				YES Marinade
Gluten-Free Vegetable Pasta											
Multigrain Pasta		YES Cross Contamination							YES Wheat Flour		
French Fries	YES Deep Fryer Cross Contamination					YES Deep Fryer (Squid, Shrimp)			YES Deep Fryer		

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GLUTEN-FREE MENU

Cranberry Goat Cheese Spinach Salad	YES Cheese	YES Dressing	MAY Factory Cross Contamination	YES Almonds MAY Other Tree Nuts, Factory Cross Contamination						YES Dressing	YES Creamer, Dressing
Steamed Mussels	YES Butter					YES Mussels					YES Wine
Roasted Garlic Grilled Chicken	YES Butter, Cheese, Peas		MAY Factory Cross Contamination	YES Peas (Almonds, Pine Nuts), MAY Other Tree Nuts, Factory Cross Contamination							YES Sauce
New York Steak							YES Spice Blend				YES Sautéed Mushrooms
Pasta with Marinara Sauce		YES Noodles, Cross Contamination									
Mushroom Alfredo Spaghetti	YES Sauce	YES Noodles, Cross Contamination					YES Hydrolyzed Soy Protein				
Pasta with Mitzithra Cheese	YES Cheese	YES Noodles, Cross Contamination									
Spaghetti with IMPOSSIBLE™ Meatballs		YES Noodles, Cross Contamination					YES Impossible™ meats				
Linguine with Clams		YES Noodles, Cross Contamination				YES Clams					
Seafood Alfredo	YES Sauce	YES Noodles, Cross Contamination				YES Scallops, Prawns	YES Hydrolyzed Soy Protein				
Seafood Linguine Marinara	YES Sauce	YES Noodles, Cross Contamination				YES Scallops, Prawns, Clams, Mussels	YES Soy Lecithin				
Pesto Linguine	YES Cheese, Sauce	YES Noodles, Cross Contamination	MAY Factory Cross Contamination	YES Pine Nuts, Almonds MAY Other Tree Nuts, Factory Cross Contamination			YES Pine Nuts, Almonds MAY Other Tree Nuts, Factory Cross Contamination		YES Hydrolyzed Soy Protein		YES Sauce

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DESSERTS

Spumoni Ice Cream	YES				NO Contains artificial peach-like flavouring, but no real peaches.		MAY Factory
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