

Allergen Guide

October 2026

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
FEATURE ITEMS											

Cabotian Chili Peppers	YES Cheese					YES Peanuts	YES Soy Lecithin		YES Baked Cornflour, Garlic Toast		YES Wine
Harold's Chicken Gnocchi	YES Sauce, MAY Dairy, Factory Cross Contamination	YES Eggs, Gnocchi, Factory Cross Contamination					YES Hydrolysed Soy Protein,		YES Wheat Flour		YES Sesame, MAY Breadcrumbs, Gray Mix
Dubai Chocolate Crunch Bar	YES Milk, Cream, Butter	YES Egg Whites, Egg Yolk	MAY Factory Cross Contamination	YES Pistachios, MAY Other Tree Nuts, Factory Cross Contamination			YES Soy Lecithin		YES Wheat Flour		

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

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

Menu Item	Dairy	Egg	Peanut	Tree Nuts	Fish	Shellfish	Soy	Sesame	Gluten	Mustard	Sulphites
STARTER SOUPS											

Minecone Soup							YES Spice Blend		YES Noodles	YES Spice Blend	YES Spice 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, Both		YES Sherry
Soup Crackers							YES Soy Lecithin		YES Wheat Flour		

Menu Item	Dairy	Egg	Peanut	Tree Nuts	Fish	Shellfish	Soy	Sesame	Gluten	Mustard	Sulphites
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 Milk, Cream	YES Mayo					YES Soybean Oil			YES	
Thousand Island Dressing		YES Eggs			YES Anchovy		YES Soybean Oil			YES Relish	MAY Ketchup
Low Fat Baiti Balsamic Dressing											YES Balsamic Vinegar
Cesar Salad	YES Cheese	YES Dressing			YES Dressing		YES Dressing		YES Creaming, Dressing	YES Dressing	YES Dressing
Casual Dressing		YES Mayo			YES Anchovy		YES Hydrolysed 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 Creaming, Dressing
Honey Mustard Dressing		YES Mayo					YES Soybean Oil			YES Mustard	YES Mustard

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APPETIZERS											

Garlic Cheese Toast	YES Butter, Cheese, MAY Dairy, Factory Cross Contamination	MAY Bread, 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, Shrimp)	YES Soybean Oil		YES Deep Fryer		YES Sauce, MAY Breading
Steamed Mussels	YES Butter					YES Mussels					YES Wine
Calamari Fries	YES Tzatziki, Deep Fryer Cross Contamination	MAY Tzatziki, Factory Cross Contamination		MAY Tzatziki, Factory Cross Contamination		YES Squid, 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 Wheat	YES Mustard Seed	
Hot Sauce											
Parmesan Sweet Potato Fries	YES Butter, YES Deep Fryer Cross Contamination	YES Aisk				YES Deep Fryer (Squid, Shrimp)	YES Soybean Oil		YES Deep Fryer	YES Aisk	
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											

Menu Item	Dairy	Egg	Peanut	Tree Nuts	Fish	Shellfish	Soy	Sesame	Gluten	Mustard	Sulphites
ENTRÉE SALADS											

Cesar Salad	YES Cheese	YES Dressing			YES Anchovy		YES Soybean Oil		YES Creaming, Dressing	YES Dressing	YES Dressing
With Grilled Chicken		YES Marinade					YES Soy Lecithin		YES Noodles, Sauce	YES Marinade	YES Marinade
With Sautéed Prawns						YES Prawns	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 Creamerless, Dressing
With Grilled Chicken		YES Marinade					YES Soy Lecithin			YES Marinade	YES Marinade
With Sautéed Prawns						YES Prawns	YES Soy Lecithin, Spice Blend				

Menu Item	Dairy	Egg	Peanut	Tree Nuts	Fish	Shellfish	Soy	Sesame	Gluten	Mustard	Sulphites
SPAGHETTI CLASSICS											

Spaghetti with Meatballs	YES Cheese, Meatballs	YES Meatballs, Noodles, 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 Hydrolysed Soy Protein		YES Noodles		
Spaghetti with Browned Butter and Mitlithra Cheese	YES 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		
Pot-Pouri Spaghetti	YES Cheese, Butter	YES Noodles, Cross Contamination							YES Noodles, Meat Sauce		YES Meat Sauce

Menu Item	Dairy	Egg	Peanut	Tree Nuts	Fish	Shellfish	Soy	Sesame	Gluten	Mustard	Sulphites
SIGNATURE PASTAS											

Pesto Linguine	YES Cheese, Sauce	YES Noodles, Cross Contamination	MAY Factory Cross Contamination	YES Pine Nuts, Almonds, MAY But, Factory Cross Contamination			YES Hydrolysed 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 Milk, 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 Hydrolysed Soy Protein		YES Noodles		YES Bacon Bits
Fettuccine Alfredo	YES Sauce	YES Noodles, Cross Contamination					YES Hydrolysed Soy Protein		YES Noodles		
Seafood Fettuccine Alfredo	YES Sauce	YES Noodles, Cross Contamination				YES Scallops, Prawns	YES Hydrolysed 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, 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 Butter, Cheese, Pesto	YES Noodles, Cross Contamination	MAY Factory Cross Contamination	YES Pesto (Almonds, Pine Nuts), MAY But, MAY 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 Prawns						YES Prawns	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 Cheese, Butter, MAY Soy Lecithin Cross Contamination	YES Sauce				YES Deep Fryer (Squid, Shrimp)			YES Breading, Soy Lecithin, Deep Fryer		
With Spaghetti Marinara		YES Noodles, Cross Contamination							YES Noodles		

Menu Item	Dairy	Egg	Peanut	Tree Nuts	Fish	Shellfish	Soy	Sesame	Gluten	Mustard	Sulphites
LUNCH SPECIALS											

Braised Beef Dip au Jus	YES Cheese	YES Aisk, But		MAY But, Factory Cross Contamination			YES Soybean Oil, Hydrolysed Soy Protein, But, MAY Factory Cross Contamination	MAY But, Factory Cross Contamination	YES But, Onions	YES Aisk	YES Sauce, MAY But, 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, MAY Soy Flour, Soy Lecithin	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 Milk, 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 Breading, Factory Cross Contamination	MAY Bread, Factory Cross Contamination	YES Bread, Breading, Deep Fryer		YES Bacon, Soy Lecithin, 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
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 Milk, 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 Hydrolysed 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		

Menu Item	Dairy	Egg	Peanut	Tree Nuts	Fish	Shellfish	Soy	Sesame	Gluten	Mustard	Sulphites
SIDE DISHES											

Broccoli and Mithuna	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		