

the old spaghetti factory

fresh food. refreshing prices.

IT'S ALL INCLUDED

At the Old Spaghetti Factory "It's All Included" means a complete meal at one low price. All our Gluten Free Entrees include Crisp Green Salad; Spumoni Ice Cream; and Hot Tea or our own blend of Coffee. Dressing choices include Ranch, 1000 Island, Blue Cheese or House Italian dressing, Low-Fat Basil Balsamic

Substitute Small Spinach Salad for an additional charge

All items that include gluten free noodles will be subject to a \$1.00 additional charge.

APPETIZERS

Steamed Mussels A pound of juicy mussels steamed in a white wine, garlic and tomato broth

SALADS **IT'S ALL INCLUDED**

Garden Salad Our garden mix topped with cucumbers, red onions, red and yellow peppers, and cherry tomatoes. Served with choice of ranch, 1000 island, blue cheese or house Italian dressing

Served with grilled chicken or a skewer of sautéed prawns for an additional charge

Spinach Salad Prepared with almonds, apples, and cranberries with our own Honey Dijon dressing and topped with creamy goat cheese

Served with grilled chicken or a skewer of sautéed prawns for an additional charge

FROM OUR GRILL **IT'S ALL INCLUDED**

Roasted Garlic Grilled Chicken A breast of chicken marinated with garlic and lemon and then grilled. Served over gluten free penne tossed with roasted garlic butter and topped with pesto tomatoes and parmesan cheese

New York Steak An 8oz centre cut New York steak served with sautéed mushrooms and our gluten free penne with marinara sauce

BEVERAGES

Fountain Pop, wine and distilled alcoholic beverages are tested under 20 ppm, but should NOT be considered an option for those with a celiac condition as these beverages may contain trace amounts. Our selections and prices can be found in our Beverage Menu.

Informed Dining

See our Nutritional Brochure

PASTAS **IT'S ALL INCLUDED**

Marinara Sauce Prepared using premium vine-ripened tomatoes, caramelized onions, roasted garlic, olive oil and herbs

Mushroom Sauce Fresh button mushrooms, cooked until tender and blended with our rich Italian marinara sauce

Mizithra Cheese Our signature Mizithra is a deliciously salty cheese that is grated over our gluten free penne and drizzled with browned butter

Cheesy Baked Tomato Chicken Pasta Sautéed chicken breast pieces tossed with gluten free penne in our al fresca marinara sauce and baked with mozzarella

Seafood Alfredo A creamy creation, with prawns, scallops and mushrooms sautéed with our gluten free penne and Alfredo sauce

Seafood Marinara Our gluten free penne topped with sautéed bay scallops, prawns and mushrooms in a garlic marinara sauce

Pesto Penne Our homemade pesto is a mix of organic basil, pine nuts and almonds blended with our Alfredo sauce, then garnished with grape tomatoes
Served with sautéed chicken for an additional charge

Beyond Meat® Spaghetti with Meatballs Hand rolled 100% plant based meatballs served with Italian marinara sauce included

Please see our regular menu for pricing.

These menu items may have been modified to be gluten free. Our pasta is a gluten free corn penne pasta. Be sure to contact a manager prior to ordering so we can ensure the nature of your allergy is understood. Also, please be aware that normal kitchen operations involve shared cooking and preparation areas. The possibility exists for food items to come into contact with other food products. Due to these circumstances we are unable to guarantee that any menu item can be completely gluten free.