

Menu Items	*Serving Size (g)	Calories (kCal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fibre (g)	Sugar (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
Main Menu															
Starters															
Bread															
Sourdough Bread	175	490	2.5	0	0	0	980	95	4	0	16	0	0	10	34
Whipped Garlic Butter	15	100	11	7	0	30	75	0	0	0	0	9	0	0	0
Butter	15	110	12	8	0	30	85	0	0	0	0	10	0	0	0
Soups															
Minestrone Soup	258	110	1.5	0	0	0	1080	22	5	7	5	13	35	5	6
Clam Chowder	189	180	10	4.5	0	35	560	14	1	3	9	6	15	7	46
Baked French Onion Soup	304	250	14	9	0	30	1480	15	1	2	17	1	6	46	5
Starter Salads															
Crisp Green Salad	84	15	0	0	0	0	20	3	1	1	1	41	25	2	4
Ranch	28	130	13	1.5	0	10	115	1	0	1	1	0	0	1	0
1000 Island	28	140	14	1	0	10	180	2	0	2	0	0	2	0	0
Blue Cheese	28	130	14	1.5	0	15	170	1	0	0	1	1	0	2	0
House Italian	28	90	10	1.5	0	5	230	1	0	1	0	0	0	0	1
Raspberry Vinaigrette	28	180	18	1.5	0	0	40	5	0	4	0	0	0	0	0
Caesar Salad	127	320	26	7	0	45	660	13	1	1	11	51	30	42	11
Spinach Salad (new)	99	170	10	1.5	0	10	140	17	3	12	4	40	20	6	11
Appetizers to Start and Share															
Tomato Basil Flatbread with Goat Cheese	348	570	15	6	0	35	1600	85	5	16	20	12	25	7	43
Bam Bam Shrimp	244	720	48	7	0	175	1440	54	2	5	22	6	15	6	24
Steamed Mussels	549	1070	49	6	0	250	1730	36	1	1	110	0	120	18	293
Calamari Fritti	290	524	36	7	0	195	1130	31	1	3	19	0	10	13	18
Chicken Wings	397	830	52	14	0	375	3180	12	4	0	75	0	15	7	20
Honey Garlic Sauce	85	170	0	0	0	0	280	40	0	37	0	0	0	0	2
House BBQ Sauce	85	150	0	0	0	0	740	36	0	31	0	0	0	2	6
Hot Sauce	85	0	0	0	0	0	3400	0	0	0	0	0	0	0	0
Teriyaki Sauce	85	100	0	0	0	0	1500	25	0	25	1	0	0	0	0
Chicken Dippers	178	592	40	8.5	0	155	770	32	2	1	26	1	2	2	13
Plum Sauce	28	70	0	0	0	0	240	17	0	17	0	0	0	0	0
Honey Mustard	28	120	10	1	0	10	150	8	0	7	1	0	2	1	1
Sweet Chili Sauce	28	70	0	0	0	0	320	14	0	13	0	1	2	0	1
Sweet Potato Fries	256	668	48	3	0	0	1380	53	6	1	6	0	30	3	15
Chipotle Mayo	43	270	30	4.5	0	30	260	3	0	0	0	0	0	0	0
Mozza Triangles	148	477	29	11	1	50	910	32	3	3	21	0	0	32	21
Tomato Sauce	47	20	0.5	0	0	0	230	4	1	2	1	0	10	1	0
Ranch Dressing	42	190	19	2	0	20	170	1	0	1	1	0	0	2	0
Entrée Salads															
Caesar Salad	331	650	52	13	0	90	1330	29	5	3	24	176	90	87	28
with hot grilled chicken	413	790	58	14	0	150	1440	29	5	3	47	176	90	88	33
with sauteed prawns	394	690	53	13	0	220	1660	29	5	3	33	176	90	89	29
Spinach Salad (new)	229	420	27	3.5	0	25	400	39	6	28	9	93	50	14	25
with hot grilled chicken (new)	310	570	33	5	0	90	510	40	6	32	32	94	50	15	31
with sauteed prawns (new)	292	460	28	4	0	160	730	39	6	28	19	93	50	17	27
Mediterranean Salad	438	670	54	12	0	40	770	41	5	31	11	89	120	27	18
with hot grilled chicken	519	820	59	13	0	100	890	41	5	32	34	89	120	28	24
with sauteed prawns	501	710	54	12	0	170	1100	41	5	31	20	89	120	29	20
Spaghetti Classics															
Spaghetti with Meatballs	593	830	26	10	1	150	1910	100	10	10	51	2	50	25	45
Spaghetti with Browned Butter and Mizithra Cheese	375	980	58	33	2.5	150	2990	81	5	4	34	33	0	24	29
Spaghetti with Meat Sauce	520	610	11	3	0	45	1240	97	10	10	33	0	50	6	35
Spaghetti with Spicy Meat Sauce	538	630	12	3	0	50	1300	98	10	10	34	1	50	7	38
Spaghetti with Clam Sauce	496	740	28	16	1	100	1110	94	5	2	27	23	8	9	105
Spaghetti with Marinara Sauce	443	480	4.5	0	0	0	1110	94	9	9	18	0	45	4	23
Spaghetti with Mushroom Sauce	532	490	5	0.5	0	0	1090	94	8	10	19	0	40	4	26
Pot-Pourri Spaghetti with Meat, Mushroom, Clam Sauce	518	620	15	7	0	50	1150	95	8	7	26	8	35	7	55

NUTRITION BROCHURE

the old spaghetti factory

fresh food. refreshing prices.

The information in this guide is effective as of [insert date] and is based on our standard product formulations, variations may occur. Nutrition information was obtained through analysis by [insert company/software] and information provided by our suppliers.

The Informed Dining program is a voluntary nutrition information program developed by the Province of British Columbia. For more information, please visit www.InformedDining.ca or call Dietitian Services at HealthLink BC by dialing 8-1-1.

The nutrition information provided has been supplied by the restaurant itself. Such nutrition information has not been independently researched, written or verified by the Government of British Columbia. The Government of British Columbia assumes no responsibility for liability arising from any errors or omission of information, or from the use of any information contained within the nutrition information supplied by the restaurant.

Signature Pastas															
Pesto Linguine	474	960	53	30	0.5	100	1080	88	6	5	29	6	4	24	16
with hot grilled chicken	562	1170	65	31	0.5	165	1400	88	6	5	52	7	6	26	32
Penne with Chicken	530	920	54	32	1.5	200	870	74	6	4	35	50	70	16	30
Lasagna	655	1170	45	24	0.5	225	2150	115	11	10	79	8	60	90	65
Chicken Alfredo with Mushroom Ravioli	504	1260	83	39	0.5	240	1530	67	2	6	54	6	4	23	39
Vegetarian Lasagna	556	890	38	22	0	140	2120	86	9	10	57	29	80	96	37
Seafood Fettuccine Alfredo	502	1040	34	20	0.5	300	1040	127	7	3	54	6	0	18	69
Red Thai Curry Linguine with Prawns	557	760	26	12	0	195	1780	95	6	11	31	14	110	7	37
Red Thai Curry Linguine with Chicken	520	790	28	12	0	45	1330	95	6	11	34	15	110	4	9
Chorizo Caneloni	556	1050	47	23	0	180	2530	98	9	8	62	3	50	68	40
Manicotti	520	690	36	20	0	140	2290	51	7	8	43	0	60	75	28
Tortellini Pomodoro	475	1020	53	28	1	175	1380	116	5	10	25	35	60	24	62
Seafood Linguine Marinara	629	790	29	16	0.5	225	1740	97	9	10	38	22	50	13	35
Spicy Chorizo Penne Ai Fresca	439	600	21	7	0	55	1440	75	5	8	27	2	45	5	25
Gluten Free Cheesy Baked Tomato Chicken Pasta	423	980	51	14	0	105	1180	73	3	7	54	2	50	60	31
From Our Grill															
Chicken Parmigiana	319	711	36	14	0.3	164	1000	40	4	6	55	7	25	38	14
with Spaghetti and Marinara Sauce	615	1031	39	14	0.3	164	1740	103	10	12	67	7	60	41	30
with Fries	546	1281	75	23	0.3	164	1870	88	9	7	65	7	50	41	28
Roasted Garlic Grilled Chicken	527	1180	62	18	0	185	1030	83	6	2	70	19	20	22	39
Baby Back Ribs	510	1500	101	37	0	400	1330	57	4	43	84	7	10	27	59
with Spaghetti and Marinara Sauce	805	1820	104	38	0	400	2080	119	10	49	96	8	40	30	75
with Fries	737	2070	140	46	0	400	2200	104	9	43	92	7	35	29	73
Italian Spiced Ribs with Mizithra Spaghetti	648	2170	165	68	2	535	2830	64	7	3	106	37	20	40	73
New York Steak	329	360	14	4	0	130	1370	5	1	2	54	7	10	3	34
with Spaghetti and Marinara Sauce	624	680	17	4.5	0	130	2110	67	7	8	66	7	40	6	50
with Fries	556	930	53	13	0.5	130	2230	52	6	3	62	7	35	6	48
with sauteed prawns	392	400	14	4.5	0	265	1700	5	1	2	63	7	10	6	36
Hunter's Chicken	366	731	44	19	1	184	570	43	2	8	42	15	20	7	16
Sandwiches, Pizzas and Lunch Specials															
Chicken Parmigiana Sandwich	335	910	35	22	0.2	135	1430	97	5	6	36	9	15	21	30
with Fries	562	1480	74	31	1	135	2300	144	11	7	44	9	40	24	44
Chicken Clubhouse Sandwich	278	680	25	7	0	90	1130	67	2	8	31	13	8	20	27
with Fries	505	1250	64	15	0.2	90	1999	114	7	8	39	13	33	23	38
Open Faced Roast Beef Sandwich	220	530	17	6	0	100	1330	45	1	1	45	0	0	5	35
with Fries	447	1100	56	15	0	100	2200	92	7	1	53	0	25	8	49
Philadelphia Cheesesteak Sandwich	420	960	47	15	0	140	2590	66	3	4	55	1	20	38	47
with Fries	647	1530	85	24	0	140	3450	113	8	4	63	1	45	40	61
Angus Hamburger	340	840	58	12	0	105	920	49	2	6	29	3	20	6	30
with Fries	567	1410	96	21	0	105	1780	96	7	6	37	3	45	9	44
Flatbread Pizza and Caesar	366	710	44	15	0	70	1710	52	5	6	28	63	70	67	37
Lasagna	378	690	29	16	0	130	1360	59	6	6	49	6	35	63	34
Manicotti	320	460	24	14	0	95	1410	31	4	4	29	0	30	52	19
Side Dishes															
Broccoli and Mizithra Side Dish	184	230	18	11	1	50	1120	8	4	1	12	52	220	15	11
Saute Mushrooms	261	190	14	9	0	35	440	9	0	6	4	12	6	2	6
Kids Menu															
Cheese Pizza	127	260	7	4	0	15	590	34	2	3	13	0	8	18	17
Pepperoni Pizza	135	280	8	4.5	0	15	700	34	2	3	15	0	8	18	17
Spaghetti with Marinara Sauce	295	320	3	0	0	0	740	62	6	6	12	0	30	3	16
Spaghetti with Meat Sauce	358	420	8	2	0	30	870	65	7	7	23	0	35	4	24
Spaghetti with Meatballs	389	530	15	5	0.5	95	1170	67	7	7	32	2	30	10	31
Lasagna	378	690	29	16	0	130	1360	59	6	6	49	6	35	63	34
Chicken and Fries	287	734	47	11	0	60	1140	58	6	1	20	0	25	3	18
Plum Sauce	56	140	0	0	0	0	480	34	0	34	0	0	0	0	0
Honey Mustard	56	240	20	2	0	10	300	16	0	14	2	0	4	2	2
Desserts															
Spumoni Ice Cream	125	130	6	3.5	0.2	20	50	18	0	14	1	6	0	4	2

Daily Calorie and Sodium Requirements

Healthy adults should aim for 1,500 to 2,300 milligrams of sodium per day. Children and seniors need less. Healthy adults should aim for 2,000 to 2,400 calories per day. Individual needs vary depending on age, activity level and gender. (Source: Health Canada)