

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

APPETIZERS

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

SALADS

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 hot grilled chicken; or a skewer of sautéed prawns

FROM OUR GRILL

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

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.

PASTAS

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

Red Thai Curry with Prawns or Chicken Light red curry and coconut milk mixed with sautéed peppers and choice of prawns or chicken tossed in gluten free penne and topped with fresh cilantro

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 extra