

# 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 entrées include Italian Sourdough Bread with Whipped Garlic and Plain Butter; Minestrone Soup or Crisp Green Salad; Spumoni Ice Cream; and Hot Tea or our own blend of Coffee. Dressing choices include Ranch, 1000 Island, Blue Cheese, House Italian or Low-Fat Sesame or:

Substitute Small Caesar Salad or Spinach Salad 2.00  
Substitute Clam Chowder or Baked French Onion Soup 2.50

## APPETIZERS

### Tomato Basil Flatbread with Goat Cheese

Grape tomatoes, caramelized onions, goat cheese and fresh basil on a warm flatbread with sweet Balsamic glaze 9.35

**Bam Bam Shrimp** Crispy breaded white shrimp glazed in spicy Sriracha sauce and garnished with fresh green onion 9.50

**Steamed Mussels** A pound of juicy mussels steamed in a white wine, garlic and tomato broth 10.50

**Calamari Fritti** Lightly floured and seasoned calamari served with Tzatziki dip 9.85

**Crispy Mozzarella Triangles** Breaded mozzarella fried until golden brown. Served with tangy dill or marinara sauce 8.95

**Chicken Wings** A pound of wings with choice of Honey Garlic, House Barbeque or Hot Sauce 10.75

**Chicken Dippers** Boneless chicken tenders fried until golden brown. Served with a choice of plum, honey mustard or sweet chili sauce 8.95

**Sweet Potato Fries** Crispy sweet potato fries lightly seasoned and served with a chipotle dip 6.95

## ENTRÉE SALADS **IT'S ALL INCLUDED**

**Caesar Salad** Prepared with our signature Caesar dressing 10.50  
Served with hot grilled chicken 2.95 or a skewer of sautéed prawns 3.95

**Spinach Salad** Prepared with almonds, apples, and cranberries with our own Honey Dijon dressing and topped with creamy goat cheese 10.50  
Served with hot grilled chicken 2.95 or a skewer of sautéed prawns 3.95

**Mediterranean Salad** Spring mix, fresh vegetables, olives, candied pecans and Feta cheese in balsamic vinaigrette 11.50  
Served with hot grilled chicken 2.95 or a skewer of sautéed prawns 3.95

## SPAGHETTI CLASSICS **IT'S ALL INCLUDED**

**Spaghetti with Meatballs** Hand rolled meatballs served with Italian marinara sauce and topped with fresh parmesan cheese 15.75

**The Manager's Favourite**  
Choice of any two of the sauces listed below 13.75

**Spaghetti with Browned Butter and Mizithra Cheese**  
Our signature Mizithra is a deliciously salty cheese that is grated over our spaghetti and drizzled with browned butter 13.95

**Spaghetti with Meat Sauce** Rich meat sauce made with premium vine-ripened tomatoes, onions, roasted garlic and herbs 12.95

**Spaghetti with Spicy Meat Sauce**  
Our homemade meat sauce enhanced with additional spices and herbs 12.95

**Spaghetti with Clam Sauce**  
Baby clams in a light garlic and basil cream sauce 13.95

**Spaghetti with Marinara Sauce** Prepared using premium vine-ripened tomatoes, caramelized onions, roasted garlic, olive oil and herbs 11.95

**Spaghetti with Mushroom Sauce**  
Fresh button mushrooms, cooked until tender and blended with our rich Italian marinara sauce 12.95

**Pot-Pourri Spaghetti with Meat, Mushroom and Clam Sauce**  
A sampler for the undecided – generous portions of our most popular sauces 13.75

## LUNCH SPECIALS **IT'S ALL INCLUDED**

Available until 2:30 pm

**Hot and Crispy Chicken Club**  
Crispy chicken breast with hickory smoked bacon, sliced tomato, red onion, fresh spring greens, and our signature spicy Sriracha sauce on a ciabatta bun 12.75

**Lunch-Size Lasagna or Manicotti** 11.50

**Seafood Lino** Prawns, scallops and clams in a creamy sauce over brown rice and baked with mozzarella cheese 11.75

**Hot Roast Beef Sandwich with Fries**  
Thinly sliced roast beef served open-faced on sourdough bread with rich gravy 11.75

**New York Steak Sandwich and Fries**  
A 6oz Canadian striploin grilled as you like on top of garlic sourdough toast 13.50

**Philadelphia Cheese Steak Sandwich with Fries**  
Sliced roast beef with green peppers, onions, tomato and mushrooms baked on a ciabatta bun with Dijon and mayonnaise 12.50

**Chicken Dippers and Fries** 11.50

**Soup and Salad** Baked French Onion, Minestrone or Clam Chowder Soup, and Green, Caesar or Spinach Salad 10.50

## SIGNATURE PASTAS **IT'S ALL INCLUDED**

**Pesto Linguine** Our homemade pesto is a mix of organic basil, pine nuts and almonds blended with our Alfredo sauce then garnished with grape tomatoes 14.25  
Served with sautéed chicken 2.95 or sautéed prawns 3.95

**Penne with Chicken** Sautéed chicken pieces, mushrooms, and penne noodles tossed in a rich white wine basil cream sauce with minced peppers and tomatoes 15.95

**Lasagna - Mama Pulosi's Secret Homemade Recipe**  
Layer upon layer of pasta, meat sauce and mozzarella, ricotta and parmesan cheeses 16.50

**Chicken Alfredo with Mushroom and Mascarpone Cheese Ravioli**  
Sautéed chicken pieces and bacon in our creamy Alfredo sauce and mixed with wild mushroom and mascarpone cheese ravioli 16.95

**Vegetarian Lasagna** Four cheeses, spinach, mushrooms, green peppers, julienne carrots, onions and a garlic marinara sauce served over layers of spinach lasagna noodles 16.25

**Seafood Fettuccine Alfredo** A creamy creation with prawns, scallops and mushrooms sautéed with our spinach and egg fettuccine noodles and Alfredo sauce 16.95

**Red Thai Curry Linguine with Prawns or Chicken**  
Light red curry and coconut milk mixed with sautéed peppers and choice of prawns or chicken and topped with fresh cilantro 16.50

**Manicotti** Tubes of pasta stuffed with a delicately spiced mixture of cheeses and spinach, topped with marinara sauce and melted mozzarella 15.95

**Tortellini Pomodoro** Rainbow tortellini stuffed with cheese in a rich rosé basil cream sauce with mushrooms, peppers, tomatoes and garlic 14.95  
Served with sautéed chicken 2.95 or sautéed prawns 3.95

**Seafood Linguine Marinara** Linguine noodles, topped with sautéed bay scallops, prawns and mushrooms in a garlic marinara sauce 15.95

**Spicy Chorizo Penne Al Fresca** Spicy chorizo sausage sautéed with garlic, fresh chunky marinara sauce and tossed with penne rigate noodles 14.95

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

**Chicken Parmigiana** A hand-breaded chicken breast, fried to a golden brown, topped with marinara sauce and melted parmesan and mozzarella cheeses. Served with spaghetti with marinara sauce or fries 19.25

**Roasted Garlic Grilled Chicken** A breast of chicken marinated with garlic and lemon and then grilled. Served over linguine noodles tossed with roasted garlic butter and topped with pesto tomatoes and parmesan cheese 18.95

**Baby Back Ribs** A pound of baby back pork ribs, slow cooked, basted with our own Smokey Barbeque Sauce and charbroiled to perfection. Served with spaghetti with marinara sauce or fries 20.95

**New York Steak** An 8 oz. center cut New York steak served with sautéed mushrooms and spaghetti with marinara sauce or fries 20.75  
Add a skewer of sautéed prawns 3.95

## SIDES

**Clam Chowder Soup** New England style with bacon 5.95

**Baked French Onion Soup** 6.25

**Minestrone Soup** 5.75

**Sautéed Mushrooms** Half a pound of fresh whole mushrooms 6.25

**Fresh Broccoli** Flavoured with mizithra cheese and browned butter 3.95

**Meatballs and Marinara Sauce** 3 hand-rolled meatballs 4.95

**Prawns** Skewer of sautéed prawns 3.95

**Chicken** Sautéed diced chicken breast 2.95

**Substitute Gluten Free Corn Pasta** 1.95  
Ask us about our gluten-free menu

**Substitute Multigrain Pasta** 1.50

**French Fries** 3.95

## BEVERAGES

**Soft Drinks (Refillable)** 2.99

**Iced Tea (Sweetened & Unsweetened)** 2.99

**Milk** 3.25

**Hot Chocolate** 3.25

**Flavoured Lemonade / Iced Tea**  
Strawberry, Raspberry, Mango, Peach 4.25

**Ice Cream Smoothies**  
Cookie Monster, Banana Berry, Mango Frosty 4.50

**Italian Cream Sodas**  
Cherry, Blackberry, Strawberry, Raspberry 4.25

**Espresso, Latte, Americano, Café Mocha** 2.75



Informed Dining

See our Nutrition Brochure