

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 9.45

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 8.85

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

SALADS **IT'S ALL INCLUDED**

Caesar Salad

Prepared with our signature Caesar dressing 10.25
Served with hot grilled chicken or a skewer of sautéed prawns 2.95

Spinach Salad

Prepared with almonds, apples and cranberries with our own Honey Dijon dressing and topped with creamy goat cheese 10.25
Served with hot grilled chicken or a skewer of sautéed prawns 2.95

Mediterranean Salad

Spring mix, fresh vegetables, olives, candied pecans and Feta cheese in balsamic vinaigrette 11.45
Served with hot grilled chicken or a skewer of sautéed prawns 2.95

FOR KIDS **FOR GUESTS UNDER 10 PLEASE**

Kids' Entrées include
Minestrone Soup or Green Salad and Sourdough Bread

Kid's Spaghetti with Meatballs 6.50

Kid's Spaghetti with Choice of Sauce 5.95

Kid's Pizza – Cheese or Pepperoni 6.50

Kid's Tortellini with Choice of Sauce 6.75

Kid's Lasagna 6.95

Kid's Chicken Dippers and Fries 6.95

BEVERAGES

Soft Drinks (Canned) Coca-Cola, Diet Coke, Sprite 1.95

Nestea Iced Tea 1.95

Dasani Bottled Water 2.95

San Pellegrino - Limonata or Aranciata 3.75

Monster Energy Drink 4.25

Fentiman's Traditional Ginger Beer 3.95

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 and Minestrone Soup or Crisp Green Salad. 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 2.50

SPAGHETTI CLASSICS **IT'S ALL INCLUDED**

Spaghetti with Meatballs

Hand rolled meatballs served with Italian marinara sauce and topped with fresh parmesan cheese 14.55

The Manager's Favourite

Choice of any two of the sauces listed below 13.65

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 12.85

Spaghetti with Spicy Meat Sauce

Our homemade meat sauce enhanced with additional spices and herbs 12.85

Spaghetti with Clam Sauce

Baby clams in a light garlic and basil cream sauce 13.55

Spaghetti with Marinara Sauce

Prepared using premium vine-ripened tomatoes, caramelized onions, roasted garlic, olive oil and herbs 10.95

Spaghetti with Mushroom Sauce

Fresh button mushrooms, cooked until tender and blended with our rich Italian marinara sauce 12.85

Pot-Pourri Spaghetti with Meat, Mushroom and Clam Sauce

A sampler for the undecided – generous portions of our most popular sauces 13.45

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 18.35

Roasted Garlic Grilled Chicken A breast of chicken marinated with garlic and lemon and then grilled. Served over linguine noodles tossed with roast garlic butter and topped with pesto tomatoes and parmesan cheese 18.35

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 19.95

New York Steak An 8 oz. center cut New York steak served with sautéed mushrooms and spaghetti with marinara sauce or fries 19.95
Add a skewer of sautéed prawns 2.95

SIGNATURE PASTAS **IT'S ALL INCLUDED**

Pesto Linguine

Our homemade pesto sauce is a mix of organic basil, pine nuts and almonds blended with our Alfredo sauce, then garnished with grape tomatoes 13.65
Served with sautéed chicken for 2.95

Penne with Chicken

Sautéed chicken pieces, mushrooms, and penne noodles tossed in a rich white wine basil cream sauce with minced peppers and tomatoes 15.55

Lasagna - Mama Pulosi's Secret Homemade Recipe

Layer upon layer of pasta, meat sauce and mozzarella, ricotta and parmesan cheeses 15.85

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 16.45

Vegetarian Lasagna

Four cheeses, spinach, mushrooms, green peppers, julienne carrots, onions and a garlic marinara sauce served over layers of spinach lasagna noodles 15.45

Seafood Fettuccine Alfredo

A creamy creation with prawns, scallops and mushrooms sautéed with our fresh spinach and egg fettuccine noodles and Alfredo sauce 16.35

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 15.85

Manicotti

Tubes of pasta stuffed with a delicately spiced mixture of cheeses and spinach, topped with marinara sauce and melted mozzarella 15.65

Tortellini Pomodoro

Rainbow tortellini stuffed with cheese in a rich rosé basil cream sauce with mushrooms, peppers, tomatoes and garlic 14.65
Served with sautéed chicken for 2.95

Seafood Linguine Marinara

Linguine noodles, topped with sautéed bay scallops, prawns and mushrooms in a garlic marinara sauce 15.65

Large Party Experts

Keeping variety and value in mind, we have created group packages that are available for sit down dining in each of our restaurants. After all, who needs more worries when feeding a large group? We do all the work while you relax in a fascinating atmosphere. Please ask for the manager to see a Group Menu or for any inquiries about group bookings.

OSF Group Take Out

As large party experts we've put together a menu for our guests who want to host the party themselves. We've reproduced our most popular take out entrees in family-sized serving trays for buffet style serving. Choose from Lasagna, Manicotti, Penne with Chicken and Choice of Sauce Penne pasta. All Group Take Out orders are prepared at pre-arranged times with as little as one day prior notice. If your order is needed for the same day please call the restaurant and talk to the manager who will do our best to help you.

*Prices subject to all applicable taxes.
Menu items and prices are subject to change.*

Locations

The Old Spaghetti Factory To Go menu is a great way to grab a quick and easy lunch or dinner. Simply drop in or call ahead and we'll have your order hot and ready for you to pick up at your convenience.

Vancouver

53 Water Street
604-684-1288

Victoria

703 Douglas Street
250-381-8444

Whistler

4154 Village Green
Crystal Lodge
604-938-1081

Richmond

110 - 14200 Entertainment Blvd
604-277-8373

New Westminster

50 - 8th Street
604-524-9788

Langley

20077 - 91A Avenue
604-513-1673

Abbotsford

2030 Sumas Way
604-854-1130

Kelowna

1755 Capri Street
250-860-5111

Banff

Cascade Plaza Mall, 2nd Floor
317 Banff Avenue
403-760-2779

Calgary - Downtown

222 - 3rd Street SW
403-263-7223

Calgary - North East

472 - 36th Street N.E.
Unit #108
403-273-0250

West Edmonton Mall

Unit 1632, 8882 - 170th Street
780-444-2181

Downtown Edmonton

10220 103rd Street
780-422-6088

Winnipeg

The Forks
110 - 25 Forks Market Road
204-957-1391

Toronto

54 The Esplanade
416-864-9761

www.osf.ca

Gift Certificates Available

Informed Dining 

See our Nutritional Brochure

Take Out Menu

Call it in

Phone in your Factory favourites.
We'll have it waiting for you.



Take it away

the old spaghetti factory

fresh food. refreshing prices.