

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 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 Basil Balsamic or:

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

APPETIZERS

Garlic Cheese Toast

Mozzarella, parmesan, and cheddar cheeses with an extra kick of garlic and spice. Served toasted on ciabatta 8.50

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 10.25

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 11.50

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 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 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 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 15.95

The Manager's Favourite

Choice of any two of the sauces listed below 13.95

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 13.50

Spaghetti with Spicy Meat Sauce

Our homemade meat sauce enhanced with additional spices and herbs 13.50

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 13.25

Pot-Pourri Spaghetti with Meat, Mushroom and Clam Sauce

A sampler for the undecided – generous portions of our most popular sauces 13.95

LUNCH SPECIALS

IT'S ALL INCLUDED

Available until 2:30 pm

All sandwiches come with French Fries

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 Spaghetti

A hearty portion of spaghetti with your choice of sauce: Marinara, Meat, Spicy, Mushroom, Clam or Mizithra cheese 10.95

Lunch-Size Lasagna or Manicotti 11.50

Hot Roast Beef Dip

Thinly sliced beef, roasted in-house, on a ciabatta with crispy onions and roasted garlic parmesan aioli
Served with a side of rich Au Jus for dipping 12.75

New York Steak Sandwich

A 6oz Canadian striploin grilled as you like on top of garlic sourdough toast 13.95

Chicken Dippers and Fries 11.75

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 local organic basil, pine nuts and almonds blended with our Alfredo sauce then garnished with grape tomatoes 14.50
Served with sautéed chicken or sautéed prawns 3.95

Penne with Chicken

Sautéed chicken pieces, mushrooms, peppers and penne noodles tossed in a rich white wine basil cream sauce 16.50

Lasagna - Mama Pulosi's Secret Homemade Recipe

Layer upon layer of pasta, meat sauce and mozzarella, ricotta and parmesan cheeses 16.75

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 17.50

Vegetarian Lasagna

Four cheeses, spinach, mushrooms, green peppers, julienne carrots, onions and a garlic marinara sauce served over layers of spinach lasagna noodles 16.50

Seafood Fettuccine Alfredo

A creamy creation with prawns, scallops and mushrooms sautéed with our spinach and egg fettuccine noodles and Alfredo sauce 17.50

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 16.95

Manicotti

Tubes of pasta stuffed with a delicately spiced mixture of cheeses and spinach, topped with marinara sauce and melted mozzarella 16.50

Tortellini Pomodoro

Rainbow tortellini stuffed with cheese in a rich rosé basil cream sauce with mushrooms, peppers, tomatoes and garlic 15.25
Served with sautéed chicken or sautéed prawns 3.95

Seafood Linguine Marinara

Linguine noodles, topped with sautéed bay scallops, prawns and mushrooms in a garlic marinara sauce 16.75

Spicy Chorizo Penne Al Fresca

Spicy chorizo sausage sautéed with garlic, fresh chunky marinara sauce and tossed with penne rigate noodles 15.50

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 19.50

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 19.25

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 20.95
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 3.95

Substitute Gluten Free Corn Pasta

1.00
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