

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

Informed Dining 

See our Nutrition Brochure

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 20.95
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 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

