

SPAGHETTI WAREHOUSE RESTAURANTS ALLERGEN INFORMATION

At Spaghetti Warehouse Restaurants, the health and safety of our guests is important. The FDA identified the major food allergens as milk, eggs, fish, crustacean shellfish, tree nuts, peanuts, wheat and soy, as well as ingredients that contain protein derived from these foods.

Our allergen information is based on product information provided by Spaghetti Warehouse Restaurants' approved food manufacturers. Every effort is made to keep this information current. However, it is possible that ingredient changes and substitutions may occur due to the differences in regional suppliers, recipe revisions, preparation techniques, and/or the season of the year. Certain menu items may vary from restaurant to restaurant and may not be available at all locations. Limited time offers, test products, or regional items have not been included in the menus. Please be aware that the during normal operations involving shared cooking and preparation areas, including common fryer oil, the possibility exists for food items to come in contact with other food products. **Due to these circumstances, we are unable to guarantee that any menu item can be completely free of allergens.**

While some foods listed indicate they do not contain peanuts and/or tree nuts, peanuts and tree nuts may be used in common manufacturing plants.

APPETIZERS AS SERVED.

PRODUCT	MILK	EGG	SOY	PEANUTS	TREE NUTS	FISH	SHELL FISH	WHEAT	GLUTEN	MSG	COLORS
Sicilian Sampler	X	X	X	-	-	X	-	X	X	-	-
Ranch Dressing	X	X	X	-	-	-	-	X	X	X	-
Marinara Sauce	-	-	X	-	-	-	-	-	-	-	-
Stuffed Mushrooms	X	X	X	-	-	-	-	X	X	-	-
Golden- Crusted Shrimp Scampi	X	-	X	-	-	-	X	X	X	-	-
Spinach Artichoke Dip	X	-	X	-	-	-	-	X	X	-	X
Mozzarella Fritta	X	X	X	-	-	-	-	X	X	-	-
Tomato Sauce	X	-	X	-	-	-	-	X	X	-	-
Ranch Dressing	X	X	X	-	-	-	-	X	X	X	-
Calamari	-	X	X	-	-	X	-	-	-	-	-
Marinara Sauce	-	-	X	-	-	-	-	-	-	-	-
Garlic Aioli	X	-	X	-	-	X	-	-	X	-	-
Toasted Ravioli	X	X	X	-	-	-	-	X	X	-	-
Tomato Sauce	X	-	X	-	-	-	-	X	X	-	-
Bruschetta	X	-	X	-	-	-	-	X	X	-	-
Fried Zucchini /Ranch Drsg	X	X	X	-	-	-	-	X	X	X	-
Garlic Cheese Bread	X	-	X	-	-	-	-	X	X	-	-

LASAGNE AS SERVED WITHOUT SOUP, SALAD OR BREAD.

PRODUCT	MILK	EGG	SOY	PEANUTS	TREE NUTS	FISH	SHELL FISH	WHEAT	GLUTEN	MSG	COLORS
15 Layer Lasagne	X	X	X	-	-	-	-	X	X	X	-
Vegetable Lasagne	X	X	X	-	-	-	-	X	X	-	-

PASTA FAVORITES AS SERVED WITHOUT SOUP, SALAD OR BREAD.

PRODUCT	MILK	EGG	SOY	PEANUTS	TREE NUTS	FISH	SHELL FISH	WHEAT	GLUTEN	MSG	COLORS
Chicken Alfredo	X	X	X	-	-	-	-	X	X	-	X
Shrimp Alfredo	X	X	X	-	-	-	X	X	X	-	X
Fettuccini Alfredo	X	X	X	-	-	-	-	X	X	-	X
Red Pepper Alfredo Sauce	X	X	X	-	-	-	-	X	X	-	X
Wild Mushroom & Chicken Pasta	-	X	X	-	-	-	-	X	X	X	-
Ravioli - Meat	X	X	X	-	-	-	-	X	X	-	-
Ravioli - Cheese	X	X	X	-	-	-	-	X	X	-	-
Baked Penne	X	X	X	-	-	-	-	X	X	-	-
Four Cheese Manicotti	X	X	-	-	-	-	-	X	X	-	-
Sausage Penne Pomodoro	X	X	X	-	-	-	-	X	X	X	X
Sausage, Peppers and Onions	X	X	X	-	-	-	-	X	X	X	-
Roasted Garlic Shrimp Sautee	X	X	X	-	-	-	X	X	X	-	X
Roasted Garlic Shrimp Fried	X	X	X	-	-	-	X	X	X	-	X
Chicken Florentine	X	X	X	-	-	-	-	X	X	-	X

FAMILY-STYLE MEALS AS SERVED WITHOUT SOUP, SALAD OR BREAD.

PRODUCT	MILK	EGG	SOY	PEANUTS	TREE NUTS	FISH	SHELL FISH	WHEAT	GLUTEN	MSG	COLORS
Family Spaghetti & Meatballs	X	X	X	-	-	-	-	X	X	-	-
Family Lasagna	X	X	X	-	-	-	-	X	X	X	-
Family Sausage & Peppers	X	X	X	-	-	-	-	X	X	X	-
Family Baked Penne	X	X	X	-	-	-	-	X	X	-	-
Family Chicken, Peppers & Onions	-	X	X	-	-	-	-	X	X	-	-

FEASTS AS SERVED WITHOUT SOUP, SALAD OR BREAD.

PRODUCT	MILK	EGG	SOY	PEANUTS	TREE NUTS	FISH	SHELL FISH	WHEAT	GLUTEN	MSG	COLORS
Spaghetti Feast	X	X	X	-	-	-	-	X	X	X	-
Lasagna Feast	X	X	X	-	-	-	-	X	X	X	-
Fettucini Feast	X	X	X	-	-	-	-	X	X	X	X
Ultimate Feast for Two	X	X	X	-	-	-	-	X	X	X	-

COMBINATIONS AS SERVED WITHOUT SOUP, SALAD OR BREAD.

PRODUCT	MILK	EGG	SOY	PEANUTS	TREE NUTS	FISH	SHELL FISH	WHEAT	GLUTEN	MSG	COLORS
Turin Trio	X	X	X	-	-	-	-	X	X	X	X
Lasagne & Chicken Parmigiana	X	X	X	-	-	-	-	X	X	X	-
Lasagne Platter w Garlic Toast	X	X	X	-	-	-	-	X	X	-	-
Lasagne & Fettucini Alfredo	X	X	X	-	-	-	-	X	X	X	X
Lasagne & Angel Hair w Chix	X	X	X	-	-	-	-	X	X	X	-
Chicken Parmigiana & Manicotti	X	X	X	-	-	-	-	X	X	-	X
Lasagne & Manicotti	X	X	X	-	-	-	-	X	X	X	X

WAREHOUSE SPECIALTIES AS SERVED WITHOUT SOUP, SALAD, OR BREAD.

PRODUCT	MILK	EGG	SOY	PEANUTS	TREE NUTS	FISH	SHELL FISH	WHEAT	GLUTEN	MSG	COLORS
Golden-Crusted Tilapia w Garlic											
Shrimp, Pasta & Vegetables	X	X	X	-	-	X	X	X	X	-	-
Warehouse Scampi w Pasta & Grilled Vegetables	X	X	X	-	-	-	X	X	X	-	-
Chicken Parmigiana with Pasta & Tomato Sauce	X	X	X	-	-	-	-	X	X	-	X
Veal Parmigiana with Pasta & Tomato Sauce	X	X	X	-	-	-	-	X	X	-	-
Eggplant Parmigiana with Pasta & Tomato Sauce	X	X	X	-	-	-	-	X	X	-	-
Trolley Stop - Sirloin & Spaghetti	X	X	X	-	-	-	-	X	X	-	X

LUNCH AS SERVED WITHOUT SOUP, SALAD OR BREAD.

PRODUCT	MILK	EGG	SOY	PEANUTS	TREE NUTS	FISH	SHELL FISH	WHEAT	GLUTEN	MSG	COLORS
Spaghetti w Marinara sauce or w Tomato sauce	- X	X X	X X	- -	- -	- -	- -	X X	X X	- -	- -
Spaghetti w Meat Sauce	X	X	X	-	-	-	-	X	X	-	-
Spaghetti w Meatballs	X	X	X	-	-	-	-	X	X	-	-
Seafood Mediteraneo	X	X	X	-	-	X	X	X	X	X	X
Spaghetti Feast Garlic Toast	X X	X	X X	- -	- -	- -	- -	X X	X X	X -	- -
15 Layer Lasagne	X	X	X	-	-	-	-	X	X	X	-
Vegetable Lasagne	X	X	X	-	-	-	-	X	X	-	-
Four Cheese Manicotti	X	X	X	-	-	-	-	X	X	-	X
Baked Penne	X	X	X	-	-	-	-	X	X	-	-

LUNCH AS SERVED WITHOUT SOUP, SALAD OR BREAD.

PRODUCT	MILK	EGG	SOY	PEANUTS	TREE NUTS	FISH	SHELL FISH	WHEAT	GLUTEN	MSG	COLORS
Meat Ravioli w Tomato Sauce	X	X	X	-	-	-	-	X	X	-	-
Cheese Ravioli w Tomato Sauce	X	X	X	-	-	-	-	X	X	-	-
Grilled Chicken Breast Sandwich	X		X	-	-	-	-	X	X	-	-
Tilapia Sandwich	X	X	X	-	-	X	-	X	X	-	-
Meatball Sandwich	X	X	X	-	-	-	-	X	X	-	-
French Fries & Ketchup	-	-	X	-	-	-	-	-	X	-	-
Chicken Parmigiana	X	-	X	-	-	-	-	X	X	-	X
Fettucini Alfredo	X	X	X	-	-	-	-	X	X	-	X
Chicken Alfredo	X	X	X	-	-	-	-	X	X	-	X
Shrimp Alfredo	X	X	X	-	-	-	X	X	X	-	X
Classic Caesar Salad	X	-	X	-	-	X	-	X	X	-	-
Caesar Salad w Grilled Chicken	X	-	X	-	-	X	-	X	X	-	-
Caesar Salad w Grilled Shrimp	X	-	X	-	-	X	X	X	X	-	-
Tuscan Tender Salad - no dressing	X	-	X	-	-	-	-	X	X	-	-
Chopped Salad "Warehouse Style"	X	-	X	-	-	-	-	X	X	-	-
Garden Salad - no dressing	X	-	X	-	-	-	-	X	X	-	-
Beer Chili	-	-	X	-	-	-	-	X	X	-	-
Cheese & Onion	X	-		-	-	-	-	-	-	-	-
Minestrone Soup	X	-	X	-	-	-	-	X	X	-	-
Wedding Soup	X	X	X	-	-	-	-	X	X	X	-
Pasta Toppers :											
Meatballs	X	X	X	-	-	-	-	X	X	-	-
Grilled Chicken	-	-	X	-	-	-	-	-	-	-	-
Italian Sausage	-	-		-	-	-	-	-	X	X	-

KID'S MEALS AS SERVED. WITHOUT SOUP, SALAD OR BREAD.

PRODUCT	MILK	EGG	SOY	PEANUTS	TREE NUTS	FISH	SHELL FISH	WHEAT	GLUTEN	MSG	COLORS
Kids Meat Ravioli	X	X	X	-	-	-	-	X	X	-	-
Kids Cheese Ravioli	X	X	X	-	-	-	-	X	X	-	-
Kids Combo Ravioli	X	X	X	-	-	-	-	X	X	-	-
Kids Macaroni and Cheese	X	X	X	-	-	-	-	X	X		X
Corn Dog	-	-	X	-	-	-	-	X	X	-	X
Fries & Ketchup	-	-	X	-	-	-	-	-	X	-	-
Chicken Strips	-	-	X	-	-	-	-	X	X	-	-
Fries & Ketchup	-	-	X	-	-	-	-	-	X	-	-
Vanilla Ice Cream	X	-	-	-	-	-	-	-	-	-	-
Chocolate Ice Cream	X	-	-	-	-	-	-	-	-	-	-

The nutritional information provided is a compilation of data provided by Analytical Food Laboratories, Grand Prairie, TX (an independent testing facility contracted by Spaghetti Warehouse Restaurants), combined with the nutrient data from Spaghetti Warehouse Restaurants suppliers, the United States Department of Agriculture and nutrient data base analysis of Spaghetti Warehouse Restaurants recipes using Genesis SQL program from ESHA Research, Salem, Oregon. The rounding up of figures is based upon guidelines of the Food and Drug Administration. Spaghetti Warehouse Restaurants attempts to provide nutritional information regarding its products that is as complete as possible. However, some menu items may not be available in all restaurants. Test products, test recipes, specials, limited time offers, and/or regional items may not be included. Further, from time to time, we may have to obtain product from different or substitute suppliers which may alter the information contained herein. While menu item ingredients are based upon standard product recipes and portions, variations may and do occur based upon ordinary differences inherent in the preparation of menu items, local suppliers, region of the country and season of the year.