



East Side Mario's Nutrition Guide

	Serving Size	Energy	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrate	Fibre	Sugars	Protein	Vitamin A	Vitamin C	Calcium	Iron
	(g)	(Cal)	(g)	(g)	(g)	(mg)	(mg)	(g)	(g)	(g)	(g)	(% Daily Value)	(% Daily Value)	(% Daily Value)	(% Daily Value)
<b>Salads &amp; Soups</b>															
Side Garden Salad / Single Serving of Unlimited (small red bowl)	235	200	15	2	0	0	720	15	2	3	3	35	25	6	8
Garden Salad for 2 or more (large red bowl)	373	360	30	4	0	0	1390	21	2	7	5	70	40	10	15
Entrée Garden	301	290	23	3	0	0	1280	19	2	5	4	50	35	8	15
Side Caesar Salad / Single Serving of Unlimited (small red bowl)	182	420	40	3	0	55	500	8	1	2	7	15	10	2	2
Caesar Salad for 2 or More (large red bowl)	349	770	75	5	0	90	840	16	3	4	10	25	25	6	4
Entrée Caesar	260	560	52	4	0	65	680	14	2	3	9	20	15	4	4
Chicken Garden Salad	416	420	25.5	4	0	55	2170	20	3	6	29	50	37	10	19
Grilled Chicken Caesar Salad	375	690	54	5	0	120	1570	15	3	4	34	20	17	6	8
Tuscan Chicken Salad	443	530	31	4.5	0	70	1110	42	11	12	32	100	110	20	15
Italian Wedding Soup	223	90	4	1.5	0	10	900	10	1	1	5	4	0	2	6
Vegetable Soup	223	100	0.5	0	0	0	770	19	2	4	4	50	20	2	6
<b>Starters</b>															
Mamma's Best Bruschetta	402	770	38	3	0	0	1640	91	5	11	16	30	60	8	30
Baked Garlic Shrimp	255	630	29	7	0.56	105	1930	61	3	1	27	10	2	40	25
Mario's Cheesy Stuffed Mushrooms	353	710	38	15	0.5	20	1310	70	4	4	22	10	20	25	30
Calamari Fritti	369	560	12	1.5	0	430	2250	72	3	6	39	15	35	15	50
Mario's Nachos	684	1030	53	24	0.76	100	3090	103	8	5	45	50	80	100	25
Cheddar Cheese Sticks	302	810	50	25	1.1	120	2510	61	3	15	32	45	25	80	25
Buffalo Style Chicken Wings	493	830	62	6	0	40	3780	89	4	15	28	320	25	15	20
Bocce Ball Crab Cakes	218	640	54	8	0	125	430	24	2	6	16	10	15	8	2
Sizzling Calamari Al Diavolo	616	860	36	7	0	435	3080	87	6	12	42	30	80	15	35
Cheesy Artichoke Dip	341	710	42	22	1	95	810	59	3	7	22	30	15	40	15
Oven-Baked Garlic Cheese Bread	280	690	23	13	0.78	55	1640	85	4	1	39	20	2	70	35
<b>Lifestyle with Style</b>															
Lifestyle - Angel Hair Primavera	286	560	27	6	0	20	530	65	6	4	16	130	100	25	15
Lifestyle - Seafood Linguine	295	420	9	1	0	70	1240	60	3	4	23	4	15	8	15
Lifestyle - Penne Alfredo and Shrimp	239	440	16	3.5	0	110	1000	56	3	6	19	4	15	15	6
Lifestyle - Vegetarian Pizza & Salad - Not including Quebec	521	700	31.5	2.5	0	0	1460	93	8	14	14	55	80	14	64
Lifestyle - Vegetarian Pizza & Salad - Quebec Only	513	590	13.5	1.5	0	0	1660	99	7	12	18	55	80	14	49
Lifestyle - Mariboli Wrap & Salad	429	380	16.5	5	0	75	1230	21	5	5	36	50	60	31	12
Lifestyle - Tuscan Chicken Salad	385	330	12	3.5	0	70	550	31	9	10	32	100	100	15	15
<b>Bambini Menu</b>															
Chicken Buddies and Fries	258	490	16	3	0	15	1760	68	3	15	14	0	15	0	15
Cheese Cappelletti	304	460	17	7	0	55	1290	58	4	7	21	20	35	30	25
Mario's Pasta w/Becel & Cheese	109	500	28	4.5	0	10	310	52	3	3	11	30	0	10	6
Mario's Pasta w/Napolitana Sauce	317	420	12	1.5	0	0	1270	69	5	14	12	35	80	6	20
Cheesy Bowtie Alfredo	231	500	20	9	0	40	980	58	3	7	25	15	20	35	6
Kid's Pepperoni Pizza	302	800	44	13	0	50	1610	78	4	8	29	25	20	45	60
Kid's Cheese Pizza	287.6	730	37.6	10.4	0.4	37.6	1325.2	78	4	8	26	25.2	20	45.2	60
<b>Pasta Al Forno (not including salad, soup or bread)</b>															
Cheese Cappelletti (Regular)	481	760	28	13	0	95	2050	93	6	11	36	35	60	50	40
Lasagna Al Forno	485	590	21	11	0.6	35	1600	63	5	12	33	20	50	40	20
Asparagus and Ricotta Cappelletti	423	670	24	11	0	140	1200	81	5	8	33	25	40	45	40
Sausage Al Forno	817	1280	63	20	0.5	75	2930	125	10	28	55	70	120	40	40
<b>Signature Pasta (not including salad, soup or bread)</b>															
Seafood Linguine (Regular)	485	690	14	1.5	0	135	2030	96	4	6	41	6	25	15	20
Sausage and Pepper Penne (Regular)	404	770	28	8	0	30	1630	102	7	12	34	35	90	10	90
Linguine with Clams (Regular)	617	750	11	1	0	125	2390	96	5	8	62	40	80	10	290
Linguine Chicken Tetrazzini (Regular)	476	830	28	6	0	25	1470	97	5	11	41	15	45	10	15
Bucatini Chicken Amatriciana (Regular)	498	890	31	7	0	55	1710	101	6	12	49	20	70	10	25
Firecracker Shrimp Bowties (Regular)	393	840	33	5	0	150	1480	100	8	5	34	20	140	35	30
Gnocchi Napolitana	557	640	16	4	0	20	2270	111	8	14	15	45	70	15	15
Spaghetti & Meatballs	553	910	34	10	0	60	2690	116	7	19	39	50	110	15	45
Angel Hair Primavera (Regular)	515	810	28	6	0	30	980	110	12	5	26	260	200	35	25
Build Your Own Pasta - Napolitana Sauce (Regular)	441	630	16	2	0	0	1690	106	7	19	19	50	110	8	30
Build Your Own Pasta - Blush Sauce (Regular)	325	580	14	3	0	10	1140	96	5	13	19	20	60	8	15
Build Your Own Pasta - Arrabbiata Sauce (Regular)	393	600	13	1.5	0	0	1940	107	9	17	20	70	100	15	150
Build Your Own Pasta - Alfredo Sauce (Regular)	262	550	13	4	0	15	850	90	4	9	20	6	25	10	10
Build Your Own Pasta - Bolognese Sauce (Regular)	423	640	13	4	0	45	1700	98	5	10	29	20	50	6	30
Build Your Own Pasta - Extras - Grilled Chicken Breast	115	130	2.5	1	0	55	890	1	1	1	25	0	2	2	4
Build Your Own Pasta - Extras - Vegetables (Regular)	292	220	16	1	0	0	940	17	5	4	2	240	130	4	4
Build Your Own Pasta - Extras - Shrimp (Regular)	111	80	4	0.5	0	155	730	0	0	0	11	0	0	10	0
Build Your Own Pasta - Extras - Scallops	67	80	3	0	0	20	90	1	0	0	12	0	0	0	0
Build Your Own Pasta - Extras - Rotisserie Chicken (Regular)	113	220	18	5	0	60	680	1	0	0	16	6	0	0	2
Build Your Own Pasta - Extras - Meatballs (Regular)	235	370	23	9	0	60	1630	19	1	6	22	20	40	10	20
Build Your Own Pasta - Extra - Julienned Chicken Breast (Regular)	85	100	0	1	0	10	280	0	0	0	20	0	0	2	4
Build Your Own Pasta - Extra - Italian Sausage (Regular)	100	240	18	7	0	30	660	5	0	1	16	0	0	2	8
<b>Grande Pasta</b>															
Spaghetti with Meatballs (Grande)	830	1340	55	17	0.5	105	4290	156	10	28	59	70	160	25	70
Sausage and Pepper Penne (Grande)	613	1090	43	12	0	45	2690	135	10	18	47	60	150	15	150
Linguine Chicken Tetrazzini (Grande)	701	1160	43	9	0	35	2290	125	6	17	58	20	70	20	20
Bucatini Chicken Amatriciana (Grande)	736	1160	46	11	0	85	2670	132	8	18	70	30	110	15	40
Fire Cracker Shrimp Bowtie (Grande)	557	1230	46	8	0	240	2280	129	11	7	48	30	220	50	45



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	(g)	(Cal)	(g)	(g)	(g)	(mg)	(mg)	(g)	(g)	(g)	(g)	(% Daily Value)	(% Daily Value)	(% Daily Value)	(% Daily Value)
<b>Pizza ( not including Quebec )</b>															
Build Your Own Pizza (Cheese & Sauce only) - 1 slice	71.9	182.5	9.4	2.6	0.1	9.4	331.3	19.5	1.0	2.0	6.5	6.3	5.0	11.3	15.0
Carbonara Pizza - 1 slice	87	220.0	12.0	3.5	0.1	20.0	420.0	20.0	1.0	2.0	9.0	4.0	4.0	10.0	10.0
Chicken Parmigiana Pizza -1 slice	94	210.0	12.0	3.0	0.1	15.0	450.0	21.0	1.0	3.0	8.0	8.0	8.0	10.0	15.0
Pepperoni Pizza - 1 slice	79	217.5	12.5	3.8	0.1	15.0	476.3	19.6	1.0	2.0	7.9	6.3	5.0	11.3	16.3
Gourmet Vegetarian Pizza - 1 slice	73.8	161.3	7.0	2.4	0.1	9.4	382.5	19.1	1.5	1.3	6.6	8.8	3.1	10.0	11.3
Hawaiian Pizza - 1 slice	93.2	196.3	9.5	2.8	0.1	11.9	453.8	21.0	1.1	3.3	8.3	6.3	7.5	11.3	15.0
Four Meat Pizza -1 slice	95	248.8	14.5	4.5	0.1	22.5	566.2	20.4	1.0	2.2	11.0	6.3	5.0	11.3	17.5
Mamma Mia Pizza - 1 slice	100.5	243.8	13.9	4.4	0.1	16.9	546.3	21.0	1.1	2.4	10.5	7.5	8.8	12.5	17.5
New Yorker Pizza - 1 slice	84.4	201.3	10.9	3.3	0.1	12.5	403.8	19.9	1.1	2.0	7.3	6.3	10.0	11.3	16.3
Roma Pizza - 1 slice	90	186.3	9.4	2.6	0.1	9.4	346.3	20.3	1.1	2.8	6.5	8.8	10.0	11.3	15.0
Rustica Pizza - 1 slice	98.3	226.2	12.7	3.5	0.1	13.1	445.0	20.7	1.1	2.6	8.6	7.5	7.5	11.3	16.3
Vegetarian Pizza - 1 slice	104.5	203.8	10.9	2.8	0.1	9.4	361.3	21.5	1.5	3.3	6.8	8.8	15.0	11.3	16.3
Zesty Sicilian Pizza - 1 slice	95	222.5	12.1	3.6	0.1	16.2	527.5	20.5	1.1	2.3	9.6	6.3	5.0	11.3	17.5
<b>A Taste of Little Italy Entrées (not including side serving, salad, soup or bread)</b>															
Hell's Kitchen Chicken	607	530	20	3	0	75	4780	47	7	12	42	170	110	15	70
Veal Parmigiana	278	460	18	7	0	155	750	24	2	6	48	20	30	30	20
Spit Roasted Rotisserie Chicken	483	960	74	21	0.5	240	3730	10	1	2	69	25	2	4	15
New York Steak	470	830	58	19	0	150	1430	10	3	3	59	140	50	6	30
Mario's Classic Chicken Parmigiana	322	360	11	5	0	105	1570	20	1	5	39	20	30	25	15
Lemon Basil Salmon	425	550	38	8	0	100	770	12	3	5	39	140	70	6	6
1/4 Rotisserie Chicken - White	275	500	35	8	0	115	2950	8	2	1	41	30	4	4	10
1/4 Rotisserie Chicken - Dark	235	610	52	13	0	125	2500	8	2	1	29	30	4	4	10
Braised Beef Short Ribs	698	770	44	21	0	280	1300	12	2	3	75	140	50	15	40
Grilled Veal Chop with Barbera Sauce	521	570	29	10	0	230	1410	15	2	9	56	140	50	8	20
<b>Lunch Pasta (not including homeloaf)</b>															
Angel Hair Primavera (Small)	286	560	27	6	0	20	530	65	6	4	16	130	100	25	15
Seafood Linguine (Small)	295	420	9	1	0	70	1240	60	3	4	23	4	15	8	15
Linguine Chicken Tetrazzini (Small)	267	480	15	3.5	0	15	820	59	3	7	23	8	25	8	10
Bucatini Chicken Amatriciana (Small)	281	510	17	4	0	30	950	62	4	7	27	10	40	6	15
Cheese Cappelletti (Small)	304	460	17	7	0	55	1290	58	4	7	21	20	35	30	25
Sausage and Pepper Penne (Small)	251	460	16	4	0	15	1060	64	5	8	19	25	60	8	60
Penne with Blush Sauce & Roasted Chicken (Small)	269	480	18	4.5	0	35	1100	61	3	8	20	15	40	6	15
Bucatini with Bolognese Sauce (Small)	305	430	10	2.5	0	30	1270	64	3	8	19	20	45	6	20
Linguine with Clams (Small)	385	470	6	0.5	0	80	1440	60	3	4	41	25	50	8	190
Spaghetti with Meatballs (Small)	401	630	25	7	0	45	2020	77	5	14	27	35	80	10	30
<b>Calzones (not including side serving)</b>															
Chicken & Broccoli Calzone	395	770	37	11	0	70	1960	76	4	6	36	15	60	30	25
New Yorker Calzone	401	700	30	8	0	30	1990	84	5	11	26	30	70	30	45
<b>Burgers &amp; Sandwiches (not including side serving)</b>															
Classic Burger	355	680	35	15	1	150	1240	52	3	6	40	4	10	10	40
Italian Burger	513	980	62	20	1	215	1970	57	4	2	47	10	60	25	50
Tuscan Turkey Club	340	700	40	6	0	105	2570	51	3	2	34	25	50	2	4
Mariboli Wrap	318	620	47	8	0	145	1140	14	3	4	36	15	40	25	8
Philly Cheesesteak	428	800	39	11	0	80	2320	69	5	2	39	10	60	40	35
Rotisserie Chicken Salad Sandwich	277	550	33	4.5	0	75	1090	48	3	3	15	10	20	6	25
Roasted Chicken & Provolone Panini	288	670	38	13	0	105	2020	47	2	0	38	25	40	30	4
East Side Deli Sandwich	377	620	28	10	0	65	2750	51	3	5	39	20	20	35	25
Meatball Sandwich	394	670	31	13	0.5	75	2490	65	4	5	35	20	80	30	40
<b>Side Servings</b>															
French Fries	233	380	16	3	0	0	880	53	7	0	6	0	25	2	15
Vegetables	168	60	3.5	0	0	0	230	7	2	3	1	130	50	2	2
Mushrooms	256	220	16	0.5	0	0	2150	11	0	0	5	2	10	0	6
Mario's Potatoes	198	280	14	0	0	0	930	31	3	2	3	2	25	2	10
Pasta with Napolitana Sauce	194	340	7	0.5	0	0	630	60	4	8	11	20	40	2	15
Homeloaf (no Margarine)	142	330	5	1.5	0.1	0	760	57	3	1	11	8	2	8	25
Cup - Italian Wedding Soup	140	60	2.5	1	0	5	560	6	1	1	3	2	0	2	4
Cup - Vegetable Soup	142	70	0	0	0	0	490	13	2	3	3	35	15	2	4

Note:

- (a) Our nutritional information is based upon data received from suppliers.
- (b) Serving sizes can vary, and ingredient substitution is possible.
- (c) Calculations are based on the nutritional data as of the date of this posting only.
- (d) Software used to compile the data for a particular dish from all the ingredients' data has inherent errors.
- (e) Limited time specials may not be included in the table.

Also Note: If you or anyone in your party joining us have allergies, or are sensitive to any ingredients, please advise your server. In addition, we cannot guarantee that our restaurants and dishes will be 100% free of peanuts – a food item that can cause severe reactions for some people.

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