



East Side Mario's Allergen Guide

	Corn	Dairy Products / Lactose	Eggs	Fats & Oils (Animal)	Fish or Seafood	Sulphites	Soya Beans	Nuts & Seeds	Oils & Extracts	Wheat / Gluten
<b>Salads &amp; Soups</b>										
Side Garden Salad / Single Serving of Unlimited (small red bowl)		✓				✓	✓		✓	✓
Garden Salad for 2 or more (large red bowl)		✓				✓	✓		✓	✓
Entrée Garden		✓				✓	✓		✓	✓
Side Caesar Salad / Single Serving of Unlimited (small red bowl)	✓	✓	✓	✓	✓		✓	✓	✓	✓
Caesar Salad for 2 or More (large red bowl)	✓	✓	✓	✓	✓		✓	✓	✓	✓
Entrée Caesar	✓	✓	✓	✓	✓		✓	✓	✓	✓
Chicken Garden Salad		✓		✓		✓	✓	✓	✓	✓
Grilled Chicken Caesar Salad	✓	✓	✓	✓	✓		✓	✓	✓	✓
Tuscan Chicken Salad		✓		✓			✓	✓	✓	✓
Italian Wedding Soup			✓	✓			✓	✓	✓	✓
Vegetable Soup	✓						✓	✓	✓	✓
<b>Starters</b>										
Bruschetta per uno		✓					✓		✓	✓
Bruschetta per due		✓					✓		✓	✓
Artichoke Fonduta per uno	✓	✓					✓		✓	✓
Artichoke Fonduta per due	✓	✓					✓		✓	✓
Can't Decide	✓	✓					✓		✓	✓
Steamed Mussels Bianco	✓	✓			✓		✓	✓	✓	✓
Mushroom Stuffed Mushrooms	✓	✓					✓		✓	✓
Calamari Fritti	✓	✓	✓		✓		✓		✓	✓
Goat Cheese & Bruschetta Crostini	✓	✓					✓		✓	✓
Garlic Bread with Cheese	✓	✓					✓		✓	✓
Baked Garlic Shrimp	✓	✓			✓	✓	✓		✓	✓
Sizzling Calamari Al Diavolo	✓	✓		✓	✓		✓	✓	✓	✓
Provolone Cheese Sticks	✓	✓					✓		✓	✓
Classic Chicken Wings	✓	✓	✓	✓			✓		✓	✓
Italian Style Chicken Wings	✓	✓	✓	✓			✓		✓	✓
<b>Signature Sautéé (not including salad, soup or bread)</b>										
Sausage and Pepper Penne (Regular)	✓			✓					✓	✓
Seafood Linguine (Regular)	✓			✓	✓	✓			✓	✓
Angel Hair Primavera (Regular)	✓	✓							✓	✓
Bucatini Chicken Amatriciana	✓	✓		✓			✓		✓	✓
Linguine Chicken Tetrazzini (Regular)	✓	✓		✓			✓	✓	✓	✓
Firecracker Shrimp Farfalle (Regular)	✓	✓		✓	✓	✓			✓	✓
Spaghetti & Meatballs Bolognese	✓	✓		✓			✓		✓	✓
Spaghetti Carbonara	✓	✓		✓			✓	✓	✓	✓
Spaghetti con Funghi	✓	✓		✓			✓		✓	✓
Orecchiette Genovese Alfredo	✓	✓		✓			✓	✓	✓	✓
Build Your Own Pasta - Napolitana Sauce (Regular)	✓						✓		✓	✓
Build Your Own Pasta - Arrabbiata Sauce (Regular)	✓						✓		✓	✓
Build Your Own Pasta - Alfredo Sauce (Regular)	✓	✓					✓		✓	✓
Build Your Own Pasta - Bolognese Sauce (Regular)	✓			✓			✓		✓	✓
Build Your Own Pasta - Extras - Grilled Chicken Breast							✓	✓	✓	✓
Build Your Own Pasta - Extras - Vegetables (Regular)							✓		✓	✓
Build Your Own Pasta - Extras - Shrimp (Regular)					✓	✓			✓	✓
Build Your Own Pasta - Extras - Salmon					✓				✓	✓
Build Your Own Pasta - Extras - Rotisserie Chicken (Regular)							✓		✓	✓
Build Your Own Pasta - Extras - Meatballs (Regular)		✓					✓		✓	✓
Build Your Own Pasta - Extra - Julienned Chicken Breast (Regular)				✓			✓		✓	✓
Build Your Own Pasta - Extra - Italian Sausage (Regular)	✓			✓			✓		✓	✓
<b>Pasta Al Forno (not including salad, soup or bread)</b>										
Cheese Cappelletti (Regular)	✓	✓	✓				✓		✓	✓
Seafood Manicotti	✓	✓		✓	✓	✓	✓		✓	✓
Lasagna Al Forno	✓	✓	✓	✓		✓	✓		✓	✓



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<b>Pizza ( not including Quebec )</b>										
Four Meat Pizza	✓	✓		✓					✓	✓
Chicken Parmigiana Pizza	✓	✓		✓					✓	✓
Carbonara Pizza	✓	✓		✓			✓		✓	✓
Zesty Sicilian Pizza	✓	✓		✓					✓	✓
Goat Cheese & Grilled Chicken	✓	✓		✓			✓		✓	✓
Vegetarian Pizza	✓	✓		✓			✓		✓	✓
New Yorker Pizza	✓	✓		✓					✓	✓
Roma Pizza	✓	✓		✓					✓	✓
Tropical Italian Pizza	✓	✓		✓			✓		✓	✓
Pepperoni Pizza	✓	✓		✓					✓	✓
Build Your Own Pizza (Cheese & Sauce only)	✓	✓		✓					✓	✓
<b>A Taste of Little Italy Entrées (not including side serving, salad, soup or bread)</b>										
Mario's Classic Chicken Parmigiana	✓	✓		✓					✓	✓
Veal Parmigiana	✓	✓		✓					✓	✓
Mario's Marsala	✓	✓		✓		✓	✓		✓	✓
Mario's Picatta	✓	✓		✓			✓		✓	✓
Lemon Roasted Salmon	✓	✓		✓	✓			✓	✓	✓
10oz. New York Striploin	✓	✓		✓					✓	✓
Hell's Kitchen Chicken	✓	✓		✓			✓		✓	✓
Spit Roasted Rotisserie Chicken	✓	✓	✓	✓		✓	✓		✓	✓
1/4 Rotisserie Chicken - White	✓	✓	✓	✓		✓	✓		✓	✓
1/4 Rotisserie Chicken - Dark	✓	✓	✓	✓		✓	✓		✓	✓
<b>Lunch Pasta (not including homeloaf)</b>										
Sausage and Pepper Penne (Small)	✓			✓					✓	✓
Seafood Linguine (Small)	✓			✓	✓	✓			✓	✓
Angel Hair Primavera (Small)	✓	✓		✓					✓	✓
Bucatini Chicken Amatriciana	✓			✓			✓		✓	✓
Linguine Chicken Tetrazini (Small)	✓			✓			✓		✓	✓
Cheese Cappelletti (Small)	✓		✓	✓					✓	✓
Spaghetti and Meatballs Bolognese (Small)	✓			✓			✓		✓	✓
Orecchiette Genovese Alfredo	✓			✓			✓		✓	✓
<b>Sandwiches (not including side serving)</b>										
Mariboli Wrap		✓	✓	✓			✓	✓	✓	✓
Traditional Burger				✓			✓		✓	✓
Tuscan Turkey Club	✓	✓	✓	✓			✓	✓	✓	✓
Roasted Chicken & Provolone Panini	✓	✓	✓	✓			✓	✓	✓	✓
Spicy Calabrese Panini	✓	✓	✓	✓			✓	✓	✓	✓
Portobello Panini	✓	✓	✓	✓			✓	✓	✓	✓
New Yorker Calzone	✓	✓		✓			✓		✓	✓
<b>Piadini</b>										
Chicken Caesar Piadini	✓	✓	✓	✓	✓		✓	✓	✓	✓
Grilled Portobello Mushroom & Arugula Piadini	✓	✓		✓			✓	✓	✓	✓
Tuscan Chicken Piadini	✓	✓		✓			✓	✓	✓	✓
<b>Side Servings</b>										
French Fries	✓						✓	✓	✓	✓
Vegetables									✓	✓
Mario's Potatoes		✓					✓	✓	✓	✓
Pasta with Napolitana Sauce							✓	✓	✓	✓
Pasta with Herbed Olive Oil		✓							✓	✓
Homeloaf (no Margarine)		✓			✓				✓	✓
Cup - Italian Wedding Soup			✓	✓			✓	✓	✓	✓
Cup - Vegetable Soup	✓						✓	✓	✓	✓
<b>Bambini Menu</b>										
Provolone Cheese Sticks - Kid's		✓					✓	✓	✓	✓
Chicken Strips and Fries	✓	✓	✓	✓			✓	✓	✓	✓
Cheese Cappelletti	✓		✓						✓	✓
Mario's Pasta w/Becel & Cheese		✓					✓	✓	✓	✓
Mario's Pasta w/Napolitana Sauce		✓					✓	✓	✓	✓
Cheesy Bowtie Alfredo	✓	✓					✓	✓	✓	✓
Kid's Pepperoni Pizza	✓	✓		✓					✓	✓
Kid's Cheese Pizza	✓	✓		✓					✓	✓
Build Your Own Pasta - Kid's Extras - Vegetables									✓	✓
Build Your Own Pasta - Kid's Extras - Shrimp					✓	✓			✓	✓
Build Your Own Pasta - Kid's Extras - Meatballs		✓					✓		✓	✓
Build Your Own Pasta - Kid's Extra - Julienned Chicken Breast				✓			✓		✓	✓
Build Your Own Pasta - Kid's Extra - Italian Sausage	✓			✓					✓	✓

Note:

- (a) Our allergen information is based upon data received from suppliers.
- (b) Serving sizes can vary, and ingredient substitution is possible.
- (c) Calculations are based on the allergen 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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