



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)
Soups & Salads															
Caesar Salad for 2 or More (large red bowl)	349	770	75	5	0	85	870	16	3	4	11	25	25	6	4
Chicken Garden Salad	411	390	24	3	0	0	1660	19	3	5	22	4	30	8	10
Entrée Caesar	260	560	52	4	0	60	700	14	2	3	10	20	15	4	4
Entrée Garden	298	290	23	3	0	0	1220	18	3	4	3	4	25	6	8
Garden Salad for 2 or more (large red bowl)	369	360	30	4	0	0	1340	20	3	5	4	4	35	8	8
Grilled Chicken Caesar Salad	374	660	52	4	0	60	1150	14	2	3	29	20	20	6	8
Italian Minestrone Soup	240	80	0.5	0	0	0	900	17	2	5	4	60	25	2	8
Italian Wedding Soup	240	110	4.5	1.5	0	10	1030	12	1	1	5	4	0	2	4
Johnny Rocco Salad	450	630	53	5	0.5	170	1810	13	4	5	25	60	100	10	20
Salmon Salad (Quebec only) with dressing	462	700	58	11	0	95	950	9	3	3	39	35	60	10	15
Side Caesar Salad / Single Serving of Unlimited (small red bowl)	174	390	37	2.5	0	40	430	8	1	2	6	15	10	2	2
Side Garden Salad / Single Serving of Unlimited (small red bowl)	188	180	15	2	0	0	670	10	2	2	2	2	20	4	4
Tuscan Chicken Salad	459	570	34	4	0.5	10	990	43	11	13	25	50	110	15	15
Starters															
Spinach and Cheese Dip (with chips)	340	1040	65	23	1	115	1270	80	4	0	23	15	15	25	8
Sizzling Calamari Al Diavolo	582	670	30	7	0	600	1750	58	6	6	44	4	130	15	15
Mario's Nachos (no dips)	634	1270	62	25	1.5	120	2590	112	9	5	48	25	70	120	25
Side Salsa	62	20	0.2	0	0	0	450	5	0	4	1	0	15	0	4
Side Sour Cream	57	90	8	5	0.1	30	0	4	0	3	2	8	0	6	0
Mushroom Stuffed Caps (no side crostini)	204	500	44	17	0.5	35	690	10	0	2	12	15	15	20	2
Side Crostini(no margerine)	103	300	7	2.5	0	0	650	49	2	1	9	0	2	8	15
Mac N' Cheese Bites	249	460	25	7	1	5	1500	50	4	9	11	10	30	15	20
Calamari Fritti (no dips)	333	420	10	1.5	0	600	450	42	3	2	42	0	50	10	10
Side Arabiatta Sauce	53	40	2	0.3	0	0	360	5	1	3	1	6	20	2	35
Side Pesto Mayo	60	360	39	3.5	0	85	280	0	0	0	2	0	0	0	0
Crispy Ravioli with Creamy Mozzarella	268	670	25	9	0.4	50	2090	90	4	7	23	8	25	6	6
Bruschetta	337	630	38	7	0	0	1260	60	3	7	11	6	45	20	20
Budda Boomers	230	660	32	10	0.4	10	1230	74	3	4	19	0	45	10	2
Side Napolitana Sauce	82	60	3.5	0.5	0	0	420	6	1	4	1	6	25	2	6
Mussels Marinara (Atlantic only)	594	630	27	3	0	485.55	1880	29	3	4	57	15	90	20	45
Garlic Parmesan Wings (no carrots / celery or blue cheese)	491	1350	99	32	1	50	2140	34	1	9	79	2	10	15	30
Chicken Wings - (no sauce, no carrots / celery or blue cheese)	459	1140	78	24	0	0	1770	31	1	9	78	0	0	10	30
Hot Sauce	43	100	6	0.5	0	0	490	12	0	10	0.4	6	6	0	2
Medium Sauce	43	100	5	0.5	0	0	490	12	0	12	0.4	6	6	0	2
Mild Sauce	54	130	7	0.5	0.1	0	340	16	1	15	1	0	10	0	2
Blue Cheese Dip	46	210	21	3	0.1	0	400	0	0	0	1	0	0	6	0
Everyday Values															
Fettuccine Alfredo	261	580	15	9	0.5	50	900	88	0	3	22	15	0	25	80
Spaghettini Bolognese	215	510	10	2.5	0	20	490	87	5	6	20	0	15	2	15
Penne Napolitana	359	570	13	1.5	0	0	1270	100	7	15	18	35	80	6	25
Penne Arrabiata	352	560	10	1	0	0	1850	103	9	15	19	60	100	15	110
Classics (not including salad, soup or bread)															
Baked Penne Bolognese	369	800	33	15	1	80	1280	91	5	8	33	8	20	50	15
Cheese Cappelletti	566	910	30	16	0.5	95	1070	114	7	12	43	30	60	70	50
Linguine Chicken Amatriciana	504	1070	54	11	0	55	1650	99	6	12	51	20	60	15	25
Linguine Chicken Tetrazzini	503	1050	55	14	0.5	60	1510	94	5	10	43	4	15	30	15
Mario's Classic Chicken Parmigiana - no side choice	345	460	13	6	0	90	1670	36	2	7	42	10	30	35	15
Sausage and Pepper Penne	520	920	39	7	0	50	2600	110	13	16	36	60	180	20	120
Seafood Linguine	540	830	28	2	0	195	2300	96	4	6	45	4	25	20	20
Spaghettini and Meatballs	553	910	34	10	0	60	2690	116	7	19	39	50	110	15	45
Spaghettini Primavera	420	810	32	3	0	10	1010	109	11	7	25	120	240	15	35
Veal Parmigiana - no side choice	195	290	12	5	0	30	660	21	2	6	23	10	25	25	10

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	(g)	(Cal)	(g)	(g)	(g)	(mg)	(mg)	(g)	(g)	(g)	(g)	(% Daily Value)	(% Daily Value)	(% Daily Value)	(% Daily Value)
Tastes of Little Italy (not including salad, soup or bread)															
Chicken Picatta - (no side vegetables or side choice)	470	440	23	3.5	0	90	1210	25	6	1	31	2	140	10	10
Firecracker Shrimp Bowtie	480	950	42	5	0	345	1900	100	8	3	42	10	180	35	50
Hell's Kitchen Chicken - (no side vegetables or side choice)	533	450	22	3	0	85	2170	25	3	9	33	10	40	8	10
Roma Chicken	690	1130	49	6	0.1	105	1660	108	7	12	56	25	60	25	30
Scallop and Shrimp Spaghettoni	602	760	20	2	0	240	1590	98	7	9	38	0	40	20	30
Scallop Carbonara	419	970	46	16	0.5	145	1530	91	4	7	49	6	25	30	20
Steak Pepperonata	563	1030	59	16	0	120	590	64	7	6	57	8	150	4	40
From the Neighbourhood (not including salad, soup or bread)															
Chicken Strips - no side choice or plum sauce	271	530	22	3	0	95	1060	40	3	15	42	0	4	4	20
Plum Sauce for dipping	53	100	0	0	0	0	470	25	0	24	0	0	0	0	0
Rack Back Ribs - (no side choice, no side sauce)	657	1190	51	6	0	290	2050	13	36	9	106	0	0	10	0
New York Striploin - (no vegetables or side choice)	235	590	44	16	0	120	830	0	0	0	46	0	0	2	20
Grilled Atlantic Salmon (with sauce, no vegetables or side choice)	246	530	40	12	0	115	820	3	0	1	39	2	6	10	4
Fish & Chips - no side choice or tartar sauce	345	560	9	1	0	95	1320	77	3	3	41	6	10	8	20
Side Tartar Sauce	55	320	35	3	0.4	40	280	2	0	0	1	4	4	0	0
Stuffed Pasta															
Baked Spinach and Ricotta Milanese	611	990	44	21	0	120	3030	98	6	11	47	50	80	100	50
Beef and Veal Tortellini	388	610	24	12	0.5	135	1560	7	4	6	32	15	20	25	20
Butternut squash Ravioli	352	590	29	8	0	65	910	58	5	8	16	150	70	20	15
Chicken and Vegetable Cannelloni	247	410	24	10	0.5	65	1410	19	2	4	26	15	60	50	8
Four Cheese Ravioli	397	390	14	4	0.2	55	1450	43	3	5	15	2	30	20	15
Marios 16 Layer Lasagna	806	690	31	13	1	80	1490	64	4	8	36	30	20	40	20
Pizza (Round, 1 slice)															
Chicken and Bacon	90	190	7	3.5	0.2	5	370	18	1	1	12	2	6	10	8
Four Meat	86	200	9	3.5	0.2	15	400	19	1	2	12	2	4	10	15
Goat Cheese and Grilled Chicken	81	150	4	2	0.2	10	380	18	1	1	9	2	6	6	8
Margherita	91	160	5	2.5	0.2	10	340	19	1	2	7	6	10	10	15
New Yorker	81	160	6	2.5	0.2	0	240	19	1	2	8	2	8	10	15
Pepperoni	75	160	6	3	0.2	15	340	19	1	2	8	4	4	10	15
Vegetarian	93	170	7	2.5	0.2	0	260	20	1	2	8	2	10	10	15
Pizza (Square 1 slice)															
Chicken and Bacon	93	220	10	3.5	0.1	5	330	20	1	1	12	2	8	15	10
Four Meat	89	230	12	4	0.1	15	370	21	1	2	12	2	6	10	20
Goat Cheese and Grilled Chicken	84	180	7	2.5	0.1	10	340	19	1	1	9	2	8	6	10
Margherita	94	190	8	2.5	0.1	10	300	21	1	2	7	6	10	10	15
New Yorker	83	190	9	2.5	0.1	0	210	21	1	1	8	2	10	10	15
Pepperoni	78	190	9	3	0.1	15	300	20	1	1	7	4	6	10	15
Vegetarian	96	200	10	2.5	0.1	0	230	22	1	2	8	2	15	10	15
Pizza Topping (small)															
Extra Cheese	57	200	15	10	0.5	50	370	0	0	0	13	10	0	35	0
Goat Cheese	28	80	6	4	0.2	25	105	1	0	1	5	6	0	2	0
Pepperoni	14	15	1.5	0.5	0	5	3	0	0	0	1	0	0	0	0
Grilled Chicken	57	50	0.2	0.1	0.1	0	220	0	0	0	10	0	0	0	2
Italian Sausage Crumble	57	150	10	3.5	0.1	35	570	3	2	0	11	0	2	4	8
Bacon Pieces	14	60	4.5	1.5	0	15	180	0	0	0	6	0	0	0	2
Diced Ham	28	130	9	3.5	0	30	360	0	0	0	11	0	0	0	2
Caramelized Onions	28	25	1.5	0.3	0	0	15	3	0	1	0.2	0	2	0	0
Mushrooms	14	3	0	0	0	0	1	0	0	0	0.4	0	0	0	0
Pineapple	28	15	0	0	0	0	2	3	0	3	0	0	6	0	0
Black Olives	21	35	3.5	0.5	0	0	170	1	0	0	0.1	0	0	6	0
Hot Cherry Peppers	14	5	0	0	0	0	200	1	0	0	0.1	0	15	2	0
Red and Green Julienne Peppers	28	30	3	0.2	0	0	0	1	0	0	0.1	0	25	0	0
Roasted Red Peppers	28	5	0	0	0	0	70	1	0	1	0.2	0	15	0	2

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Sandwiches (not including side serving)															
Calzone	366	640	23	7	0	5	1330	84	4	11	25	20	60	25	15
Chicken & Provolone Panini	340	770	45	10	0	75	1540	47	3	1	40	20	25	40	25
Chicken Parmigiana Sandwich	402	560	15	5	0	60	2210	71	4	9	33	30	60	30	35
Mariboli Wrap	314	600	45	8	0	90	970	13	3	3	29	6	35	30	8
New York Steak Sandwich (West only)	300	710	49	14	0	90	1190	25	1	0	40	0	4	4	25
Philly Cheesesteak	399	980	62	23	1.5	105	1600	58	3	2	41	6	40	60	25
Traditional Burger	386	680	35	15	1	150	1480	53	3	6	40	10	15	10	40
Tuscan Turkey Club	426	800	42	7	0	105	2410	69	4	6	38	25	40	2	30
Lunch Pasta (not including homeloaf)															
Sausage and Pepper Penne (Small)	331	540	21	4	0	25	1650	70	8	10	21	40	120	15	80
Seafood Linguine (Small)	322	490	16	1	0	100	1380	60	3	4	25	4	15	10	15
Spaghettini Primavera (Small)	226	460	16	2	0	5	460	65	6	4	15	60	120	8	20
Linguine Chicken Tetrazzini (Small)	280	590	29	8	0	35	840	58	3	6	24	2	8	20	10
Cheese Cappelletti (Small)	283	450	14	7	0	60	1160	57	4	6	21	20	30	35	25
Linguine Chicken Amatriciana (Small)	287	600	28	6	0	30	910	61	4	7	27	10	40	8	15
Spaghettini and Meatballs (Small)	401	630	25	7	0	45	2020	77	5	14	27	35	80	10	30
Piadini															
Chicken Caesar Piadini	376	750	30	3	0	30	1590	79	4	7	38	6	10	6	8
Tuscan Chicken Piadini	438	730	22	4	0	10	1620	93	7	12	37	15	50	10	10
Side Servings															
French Fries	234	380	16	3	0	0	1370	53	7	0	6	0	25	2	15
Homeloaf (no Margarine)	103	300	7	2.5	0	0	650	49	2	1	9	0	2	8	15
Mario's Potatoes	287	770	57	11	0.5	0	450	61	5	1	6	0	50	4	8
Shrimp Skewers - 2 skewers	53	120	5	2	0.1	100	270	1	0	0	12	0	2	8	10
Fettucine Alfredo	159	360	9	5	0.3	30	540	55	0	2	14	10	0	15	50
Spaghettini with Herbed Olive Oil	107	260	1.5	0	0	0	260	53	3	3	10	2	6	0	8
Side Veg (Broccoli and mixed peppers)	113	60	3.5	0.2	0	0	25	5	3	0	3	25	160	4	6
Penne Napolitana	235	370	8	1	0	0	850	63	4	10	11	25	50	4	15
Bacon Wrapped Scallop Skewer (1 Piece)	15	35	3	1	0	20	75	0	0	0	3	0	0	0	0
Mini Mario's Menu															
Cheese Cappelletti	283	460	15	8	0	45	1030	57	4	6	21	15	30	35	25
Cheesy Bowtie Alfredo	231	540	22	14	0.5	105	740	54	3	3	27	2	0	50	15
Kids Mac N' Cheese Bites	318	530	27	7	1	5	1880	64	7	8	11	10	40	10	25
Mario's Kid's Chicken Parmigiana - no side dish	220	280	10	4	0	45	1050	21	2	5	23	10	30	20	10
Mario's Pasta with Napolitana Sauce	235	370	8	1	0	0	850	63	4	10	11	10	50	4	20
Mario's Pasta with Margerine & Parmesan Romano Cheese	113	510	28	7	0.3	15	370	52	3	3	14	2	0	15	10
Mini Mario's Burger - no side dish	255	480	22	9	0.5	85	870	48	2	6	26	4	8	8	30
Dino Buddies - no side dish or plum sauce	148	350	20	3	0	35	600	23	11	4	19	0	0	0	0
Plum Sauce for dipping	53	100	0	0	0	0	470	25	0	24	0	0	0	0	0
Kid's Side Fries	120	220	11	1.5	0.1	0	680	26	3	0	3	0	15	0	8
Desserts															
Birthday Dessert	85	340	17	7	0.4	35	350	43	1	27	4	2	0	4	20
Black & White Mousse Cake	66	290	22	13	0	40	75	24	2	21	2	0	2	4	4
Brownie Bites	269	860	31	8	1.5	0	410	139	5	88	11	0	15	2	25
Budda Bingers	278	840	32	5	0.4	0	1210	130	4	8	14	30	0	8	35
Double Chocolate Explosion - Ontario	231	850	58	41	1	85	460	86	5	65	9	0	0	15	35
Double Chocolate Explosion - Rest of Country	234	910	57	33	1.5	120	570	93	4	66	10	0	0	2	2
Funnel Cake	494	1230	55	24	0	100	1140	176	5	60	15	15	10	20	30
Ice Cream - Adult Size	306	290	15	5	0.5	50	150	39	0	20	2	20	0	4	0
Mini Cones	107	120	5	3.5	0.2	15	45	18	0	11	1	0	0	2	4
New York Cheese Cake	207	740	53	33	0	215	580	56	2	45	12	45	0	10	6
Peanut Butter Stackers	222	950	55	28	0.5	115	150	106	4	57	11	20	0	15	20

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