



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 (big red bowl)	359	640	50	5	0.5	75	1010	34	5	5	18	120	100	8	20
With Light Dressing	359	490	38	4	0	75	1220	28	5	5	14	120	90	8	20
Chicken Garden Salad	411	390	24	3	0	0	1660	19	3	5	22	4	30	8	10
Entrée Caesar	273	490	36	3.5	0	55	880	30	4	4	16	90	80	6	15
With Light Dressing	273	390	28	3.5	0	55	1020	26	4	4	13	90	70	6	15
Entrée Garden	343	350	23	1	0	0	1440	34	3	8	7	10	35	6	10
Entrée Garden *No dressing	298	190	4	0	0	0	1130	32	3	6	7	10	35	6	10
Dressing on side	45	160	19	1	0.2	0	310	3	0	2	0	0	2	0	0
Garden Salad for 2 or more (big red bowl)	369	360	30	4	0	0	1340	20	3	5	4	4	35	8	8
Grilled Chicken Caesar Salad	386	580	37	4	0	105	1310	30	4	4	35	90	80	6	15
With Light Dressing	386	480	29	3.5	0	105	1450	26	4	4	32	90	70	6	15
Italian Wedding Soup	240	110	4.5	1.5	0	10	1030	12	1	1	5	4	0	2	4
Minestrone Soup	240	60	0.5	0	0	0	600	12	3	4	3	8	2	4	6
Roasted Garlic and Tomato Soup	240	140	6	2.5	0.5	10	1030	19	2	6	4	20	10	8	8
Side Caesar Salad / Single Serving of Unlimited	180	320	25	2.5	0	40	510	17	2	2	9	60	50	4	10
With Light Dressing	180	250	19	2	0	40	610	14	2	2	7	60	45	4	10
Side Garden Salad / Single Serving of Unlimited	188	180	15	2	0	0	670	10	2	2	2	20	4	4	4
Tuscan Chicken Salad	503	550	35	6	0.5	90	1060	29	7	18	34	160	150	20	25
Starters (not including side serving)															
Budda Boomers	173	660	36	10	0.5	10	1140	68	3	3	16	30	6	10	15
Bocconcini Fritti	185	510	31	14	0.5	50	720	36	1	3	24	30	4	50	6
Side Mother Tomato Sauce	90 mL	80	6	1	0	0	270	7	2	4	1	10	20	2	4
Calamari Fritti	161	400	15	2	0.2	480	780	29	1	0	36	4	20	8	25
Side Mother Tomato Sauce	60 mL	60	4	0.5	0	0	180	5	1	3	1	8	15	2	2
Side Lemon Garlic Aioli	60 mL	370	41	6	0.5	20	410	1	0	1	1	2	6	0	2
Calamari Al Diavolo	448	690	39	7	0.4	480	2280	48	6	9	38	35	170	15	30
Chicken Wings - (no add on sauce, carrots / celery or dip)	190	550	41	11	0.3	20	930	13	1	4	33	4	4	4	15
Add on: Mild Sauce	45 mL	90	1.5	0.1	0	0	510	19	1	17	1	0	0	0	2
Add on: Medium Sauce	45 mL	60	2.5	0.4	0	0	610	8	0	7	0.2	0	0	0	0
Add on: Hot Sauce	45 mL	70	4	0.5	0	0	830	7	0	5	0.5	0	0	0	2
Add on: Honey Garlic Sauce	45 mL	100	0	0	0	0	270	24	0	21	0.5	0	0	0	2
Add on: Garlic Parmesan	35 mL	210	21	8	0.3	0	390	3	0	0	1	30	6	4	0
Side Blue Cheese Dip	45 mL	240	25	2.5	0.4	20	420	2	0	1	2	0	0	4	0
Side Caesar Dressing /Dip for garlic parm wings	45 mL	250	26	2.5	0.3	30	230	2	0	0	1	0	6	2	2
Feta Bruschetta Flatbread	289	640	29	7	0.3	10	1820	79	5	6	18	50	35	8	25
Four Cheese & Spinach Dip (no side bread)	170	340	28	16	0.5	80	560	10	1	5	13	70	8	25	6
Side Flatbread	148	450	12	2.5	0.1	0	950	73	3	3	14	8	2	0	20
Portobello Parmigiana	268	450	29	6	0.4	15	880	35	4	9	12	20	20	20	10
Stuffed Mushroom Caps (no crostini)	212	450	35	17	1	65	990	12	1	5	21	35	15	60	4
Side Crostini 6 pcs	66	190	6	2	0.1	0	350	28	1	1	5	8	2	4	15
Zucchini Fritti	306	550	18	3	0.3	5	670	81	3	4	16	2	40	15	15
Side Lemon Garlic Aioli	60 mL	370	41	6	0.5	20	410	1	0	1	1	2	6	0	2
Pizza (1 slice of a Thin Crust)															
Angry Hawaiian	66	140	7	2.5	0.1	15	450	14	1	2	8	4	8	6	4
Bruschetta	51	110	5	1.5	0.1	5	260	12	1	1	4	4	4	4	4
Canadian	54	140	7	2.5	0.1	15	340	12	1	1	7	4	2	4	4
Cheese /Build Your Own Base	40	100	4	1.5	0.1	5	200	12	1	1	4	2	2	4	2
Chicken Parm	68	150	5	1.5	0.1	10	370	16	1	1	7	4	4	6	4
Four Meat	59	160	8	3	0.1	20	430	12	1	1	8	4	2	4	4
Hawaiian	61	140	7	2.5	0.1	15	380	13	1	2	8	4	2	4	4
Italiano	80	130	6	2.5	0.1	10	230	14	1	2	5	8	15	6	4
New Yorker	56	120	5	2	0.1	10	280	13	1	1	5	4	15	4	4
Pepperoni	49	140	7	2.5	0.1	15	370	12	1	1	6	4	2	4	4
Spicy San Remo	66	150	8	3	0.2	15	370	13	1	1	7	4	6	6	6
Spicy Sausage & Pepper	61	120	6	2	0.1	10	320	13	1	1	5	6	25	6	4
Quattro Formaggio	56	140	8	3.5	0.2	15	280	12	1	1	7	8	2	10	4



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)
Pizza (1 slice of a Regular)															
Angry Hawaiian	101	240	10	3.5	0.1	20	620	25	1	3	12	6	8	10	8
Bruschetta	86	200	8	3	0.1	10	430	24	1	2	8	6	6	10	6
Canadian	89	230	10	4	0.2	20	510	24	1	1	11	6	2	10	8
Cheese /Build Your Own Base	74	190	7	3	0.1	10	370	23	1	1	8	6	2	8	6
Chicken Parm	103	240	10	3	0.1	15	540	27	1	2	11	6	4	10	6
Fritta Build /Base	40	110	5	1.5	0.1	5	180	12	1	1	4	2	2	4	2
Four Meat	93	250	12	4.5	0.2	25	600	24	1	1	12	6	2	10	8
Gluten Friendly Cheese	66	170	6	3	0.1	10	290	21	1	2	6	2	6	0	0
Hawaiian	96	230	10	3.5	0.1	20	550	25	1	3	12	6	4	10	8
Italiano	117	220	9	3.5	0.2	15	410	25	1	2	9	10	15	10	6
New Yorker	91	210	9	3.5	0.2	15	450	24	1	2	9	6	15	10	6
Pepperoni	84	230	10	4	0.2	20	540	24	1	1	10	6	2	10	8
Spicy San Remo	103	250	11	4.5	0.3	20	560	24	1	1	11	6	6	10	8
Spicy Sausage & Pepper	96	220	9	3.5	0.1	15	490	24	2	2	9	8	25	10	6
Stuffed Pizza- Chicken and Broccoli	133	240	10	3.5	0.2	25	530	26	2	2	14	8	20	15	6
Stuffed Pizza- Four Meat	114	260	12	4.5	0.2	30	640	25	2	2	14	6	6	15	8
Stuffed Pizza-Gourmet Veg	140	230	10	3.5	0.1	15	510	27	2	3	10	8	20	15	8
Stuffed Pizza- 4 Cheese	110	250	12	5	0.2	25	460	25	1	2	12	10	6	20	6
Stuffed Pizza- Ultimate Canadian	117	250	11	4.5	0.2	20	540	25	2	2	12	8	6	15	8
Quattro Formaggio	90	240	11	5	0.2	20	450	24	1	1	11	10	2	15	6
Pizza (1 slice of a Large)															
Angry Hawaiian	91	210	9	3	0.1	20	550	23	1	2	10	6	8	10	6
Canadian	82	210	9	3.5	0.1	20	470	22	1	1	10	4	2	8	6
Cheese /Build Your Own Base	69	170	6	2.5	0.1	10	340	21	1	1	7	4	2	8	6
Chicken Parm	100	230	9	2.5	0.1	15	530	26	1	2	11	6	4	10	6
Four Meat	86	220	10	4	0.1	25	550	22	1	1	11	4	2	8	8
Hawaiian	86	200	9	3	0.1	20	480	22	1	2	10	4	4	8	6
Italiano	103	190	8	3	0.1	15	370	23	1	2	8	8	10	8	6
New Yorker	83	190	8	3	0.1	15	410	22	1	2	8	6	10	8	6
Pepperoni	78	200	9	3.5	0.2	20	490	22	1	1	9	4	2	8	6
Spicy San Remo	94	220	10	4	0.2	20	510	22	1	1	10	4	6	10	8
Spicy Sausage & Pepper	91	190	8	3	0.1	10	450	22	2	2	8	8	30	10	6
Quattro Formaggio	84	210	10	4.5	0.2	20	410	22	1	1	10	8	2	15	6
Pizza (1 slice of a X-Large)															
Angry Hawaiian	108	240	10	4	0.1	25	640	26	2	3	13	6	10	10	8
Canadian	96	240	11	4	0.2	20	540	24	1	2	12	6	4	10	8
Cheese /Build Your Own Base	81	200	8	3	0.1	10	390	24	1	1	9	6	4	10	6
Chicken Parm	110	250	10	3.5	0.1	20	570	28	1	2	12	6	6	10	6
Four Meat	100	260	12	4.5	0.2	25	620	24	1	2	13	6	4	10	8
Hawaiian	130	240	10	4	0.1	25	570	25	1	3	13	6	4	10	8
Italiano	112	210	9	3.5	0.1	15	400	25	1	2	9	8	10	10	6
New Yorker	98	220	9	3.5	0.2	15	480	24	2	2	10	6	15	10	6
Pepperoni	91	230	11	4	0.2	20	560	24	1	1	11	6	4	10	8
Spicy San Remo	110	250	12	5	0.3	25	590	25	2	1	12	6	6	10	10
Spicy Sausage & Pepper	103	220	9	3.5	0.1	15	510	25	2	2	10	8	25	10	6
Quattro Formaggio	97	240	11	5	0.2	25	470	24	1	2	12	10	4	20	6
Pizza Toppings (Regular)															
Bacon Pieces	43	190	14	5	0	45	540	1	0	1	17	0	0	0	4
Black Olives	28	45	4	0.5	0	0	125	2	1	0	0.2	0	0	2	10
Bocconcini -Pesto	54	150	12	7	0.3	25	25	1	0	0	9	15	0	20	0
Caramelized Onions	43	40	2	0.4	0	0	20	5	1	2	1	0	6	2	0
Cherry Peppers	30	10	0	0	0	0	420	2	1	1	0.2	6	30	4	0
Diced Ham	43	45	2	0.5	0	20	550	1	0	1	7	0	0	0	4
Extra Cheese	43	120	8	5	0.3	30	250	2	0	0	10	6	0	25	0
Feta Cheese	43	110	10	6	0.3	30	670	0	0	0	7	8	0	10	0
Goat Cheese	43	110	9	6	0.3	45	160	1	0	1	7	8	0	2	0
Gorgonzola Cheese	43	170	16	10	0.5	50	500	1	0	0	7	2	0	20	0
Julienne Chicken	43	50	1.5	0.5	0	25	140	0	0	0	10	0	2	0	0
Meatballs	81	170	12	5	0.5	25	430	4	1	1	9	2	2	4	10
Roasted Mushrooms	85	70	6	2	0.1	0	95	3	0	2	1	8	2	0	2
Parmesan Romano	28	110	9	6	0.4	30	680	0	0	0	9	8	0	40	0
Roasted Tomato	99	25	1.5	0.1	0	0	15	4	1	3	1	8	20	0	2
Sausage Coins	43	120	10	4	0.1	30	240	1	0	0	6	2	2	0	4



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)
Red and Green Julienne Peppers	43	10	0.1	0	0	0	1	2	1	1	0.4	6	70	0	2
Pepperoni	28	110	9	3.5	0.3	30	500	1	0	0	7	2	0	0	4
Pineapple	43	25	0	0	0	0	0	7	1	6	0.2	0	6	0	0
Roasted Red Peppers	43	10	0.1	0	0	0	45	2	0	2	1	8	40	0	0
Mushrooms	43	10	0.1	0	0	0	3	1	0	1	1	0	0	0	0
Spinach	28	5	0.1	0	0	0	20	1	1	0	1	25	15	2	6
Pizza Toppings (Large)															
Bacon Pieces	57	260	19	7	0	60	710	1	0	1	22	0	0	0	4
Black Olives	43	70	6	1	0	0	190	3	2	0	0.3	0	0	2	15
Bocconcini -Pesto	80	230	18	11	0.5	40	40	2	0	0	14	25	0	30	0
Caramelized Onions	57	50	3	0.5	0	0	25	6	1	3	1	0	8	2	2
Cherry Peppers	60	20	0	0	0	0	840	4	2	2	0.4	10	60	8	0
Diced Ham	57	60	2.5	1	0.1	30	730	1	0	1	9	0	0	0	4
Extra Cheese	85	250	17	11	0.5	55	500	4	1	0	21	10	0	50	0
Feta Cheese	57	150	13	9	0.4	40	890	0	0	0	9	10	0	15	0
Goat Cheese	57	150	11	8	0.4	55	210	2	0	2	9	10	0	4	0
Gorgonzola Cheese	57	230	21	13	1	65	660	2	0	0	9	4	0	30	0
Julienne Chicken	85	100	2.5	1	0.1	50	280	0	0	0	20	0	2	2	0
Meatballs	122	260	18	8	1	35	640	7	2	1	13	2	4	4	15
Roasted Mushrooms	113	90	7	2.5	0.1	0	125	5	0	2	2	10	4	0	2
Parmesan Romano	43	170	13	9	0.5	45	1020	0	0	0	14	10	0	60	0
Roasted Tomato	148	40	2	0.2	0	0	20	6	2	4	1	10	35	2	2
Sausage Coins	57	160	14	5	0.1	40	320	1	0	0	9	2	2	2	6
Red and Green Julienne Peppers	57	15	0.1	0	0	0	2	3	1	2	1	8	90	0	2
Pepperoni	43	170	14	5	0.4	45	750	1	1	0	10	2	2	2	6
Pineapple	57	35	0.1	0	0	0	1	9	1	8	0.3	0	8	0	2
Roasted Red Peppers	57	15	0.1	0.1	0	0	60	3	0	2	1	10	60	0	0
Mushrooms	57	10	0.1	0	0	0	4	2	0	1	1	0	0	0	2
Spinach	43	10	0.2	0	0	0	35	2	1	0	1	40	20	4	8
Pizza Toppings (X- Large)															
Bacon Pieces	85	380	28	10	0	90	1070	1	0	1	33	0	0	0	6
Black Olives	57	90	8	1	0	0	250	4	3	0	0.3	0	0	2	20
Bocconcini -Pesto	107	300	24	14	0.5	50	50	2	0	0	18	30	0	40	0
Caramelized Onions	85	80	4	1	0.1	0	40	9	2	4	1	0	15	2	2
Cherry Peppers	60	20	0	0	0	0	840	4	2	2	0.4	10	60	8	0
Diced Ham	85	90	3.5	1.5	0.1	45	1100	2	0	2	13	0	0	0	6
Extra Cheese	85	250	17	11	0.5	55	500	4	1	0	21	10	0	50	0
Feta Cheese	57	150	13	9	0.4	40	890	0	0	0	9	10	0	15	0
Goat Cheese	57	150	11	8	0.4	55	210	2	0	2	9	10	0	4	0
Gorgonzola Cheese	57	230	21	13	1	65	660	2	0	0	9	4	0	30	0
Julienne Chicken	85	100	2.5	1	0.1	50	280	0	0	0	20	0	2	2	0
Meatballs	162	350	24	11	1	50	850	9	2	2	18	4	6	6	20
Roasted Mushrooms	128	110	8	3	0.1	0	140	5	0	3	2	10	4	0	2
Parmesan Romano	43	170	13	9	0.5	45	1020	0	0	0	14	10	0	60	0
Roasted Tomato	197	50	2.5	0.3	0	0	25	8	2	5	2	15	45	2	4
Sausage Coins	85	240	20	8	0.2	55	490	2	1	0	13	4	2	2	8
Red and Green Julienne Peppers	85	20	0.2	0	0	0	3	4	2	3	1	10	140	0	2
Pepperoni	57	220	18	7	0.5	60	1010	2	1	0	13	2	0	2	8
Pineapple	85	50	0.1	0	0	0	1	13	1	12	0.4	0	15	2	2
Roasted Red Peppers	85	25	0.2	0.1	0	0	90	5	0	3	1	15	80	0	0
Mushrooms	57	10	0.1	0	0	0	4	2	0	1	1	0	0	0	2
Spinach	57	15	0.2	0	0	0	45	2	1	0	2	50	25	6	10
Everyday Value & Build Your Own Pasta															
Baked Penne and Broccoli Alfredo	488	670	25	4.5	0.3	15	1150	92	6	11	20	25	100	20	25
Baked Penne Bolognese	477	770	33	11	0.5	55	1380	87	5	10	31	20	30	35	30
Build Your Own - Pasta Alfredo	316	540	15	3.5	0.2	10	470	81	3	8	17	4	0	10	20
Build Your Own - Pasta Arrabbiata	342	490	11	1.5	0	0	450	84	5	10	14	20	30	2	25
Build Your Own - Pasta Blush	344	530	15	2.5	0.1	5	450	84	4	9	16	10	15	8	25
Build Your Own - Pasta Bolognese	348	510	14	4	0.4	30	730	79	4	6	20	8	25	2	30
Build Your Own - Pasta Mother Tomato	355	490	11	1.5	0	0	460	85	5	10	14	20	30	2	25
Build Your Own - Pasta Tomato Herb	357	500	12	2	0	0	570	85	6	10	14	20	30	2	25
Build Your Own - Pasta Primavera	262	580	24	2.5	0.1	0	460	78	4	4	14	2	6	2	25
Add Protein -Julienne Chicken	85	100	2.5	1	0.1	50	280	0	0	0	20	0	2	2	0
Add Protein - Meatballs	162	350	24	11	1	50	850	9	2	2	18	4	6	6	20



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)
Add Protein - Sausage Coins	85	240	20	8	0.2	55	490	2	1	0	13	4	2	2	8
Add Protein - Shrimp	62	60	0.5	0.2	0	120	120	0	0	0	13	4	2	2	10
Add - Primavera Vegetables	170	50	0.4	0.1	0	0	30	11	3	6	2	70	130	2	4
Fettuccine Alfredo	507	980	42	9	0.5	30	1000	118	4	12	29	10	0	40	30
Spaghettini Primavera	549	910	54	6	0.1	5	960	94	8	12	18	80	160	10	30
Lunch Pasta (not including homeloaf)															
Cheese Cappelletti (Small)	283	450	14	7	0	60	1160	57	4	6	21	20	30	35	25
Linguine Chicken Amatriciana (Small)	359	640	31	6	0.2	45	630	62	3	8	27	15	45	6	20
Linguine Chicken Tetrazzini (Small)	353	620	30	5	0.2	30	610	60	2	7	22	8	8	8	15
Mario's Lasagna (Small)	443	670	37	15	0.5	90	1470	52	5	5	35	20	20	45	25
Sausage and Peppers Penne (Small)	386	520	20	5	0.1	30	1080	68	7	10	17	30	170	8	25
Seafood Linguine (Small)	334	470	17	2.5	0	65	580	62	4	8	18	15	25	4	25
Spaghettini Primavera (Small)	325	540	28	3.5	0.1	0	500	63	5	7	12	40	80	6	20
Pasta															
Cheese Cappelletti	566	910	30	16	0.5	95	1070	114	7	12	43	30	60	70	50
Double Bacon Linguine Carbonara	419	930	49	12	0.2	70	1190	85	4	9	40	8	10	15	30
Firecracker Shrimp Bowtie	443	990	61	8	0.2	125	1120	83	5	6	31	15	50	15	40
Mario's Lasagna	753	1140	58	23	1	140	2200	98	8	9	57	30	25	70	40
Linguine Chicken Amatriciana	590	1080	60	12	0.3	85	1170	90	5	12	48	20	70	10	30
Linguine Chicken Tetrazzini	634	1080	58	10	0.4	85	1250	87	4	11	48	15	20	15	25
Linguine and Mussels Alfredo	484	860	41	7	0.2	15	1070	96	4	9	22	10	10	20	30
Pesto and Peppers Spaghettini with Goat Cheese	515	670	25	7	0.3	30	1030	92	8	13	22	60	160	15	35
Sausage and Peppers Penne	542	780	33	9	0.2	55	1450	93	9	14	28	40	230	10	35
Seafood Linguine	487	700	26	3.5	0	125	820	86	6	10	29	25	35	6	40
Steak & Mushrooms Penne	478	690	34	9	1	50	690	72	5	11	27	50	50	8	40
Spaghettini and Meatballs	953	1510	59	20	1.5	75	2190	183	15	23	55	40	70	15	80
Zesty Sun-Dried Tomato Pesto Feta Fettuccini	660	980	54	11	0.5	25	1560	98	7	16	25	45	70	30	30
Entrees (not including salad, soup or bread)															
Classic Chicken Parmigiana with Pasta	599	1030	39	10	0.5	115	2150	110	7	13	61	30	40	35	30
Grilled Chicken Scaloppini Pasta	480	640	30	5	0.1	40	1150	69	6	11	27	80	110	15	30
Grilled Lemon Chicken with Rice & Veg	497	540	26	5	0.2	70	1770	45	5	6	31	30	160	15	15
Grilled Salmon with Sauce, Rice & Veg	503	770	51	11	0.3	80	1850	46	5	6	33	50	170	10	20
Hell's Kitchen Chicken with Potatoes & Veg	695	900	55	10	0.5	85	2580	59	9	9	42	50	190	8	25
Portobello Parmigiana with Pasta	666	1140	59	12	0.5	35	1750	120	10	19	34	35	40	40	35
Riso Italiano with Chicken, Rice & Veg	492	660	45	9	0.2	60	1560	41	3	5	23	35	40	8	20
Riso Italiano with Shrimp, Rice & Veg	497	660	44	9	0.2	150	1430	42	4	5	25	50	50	10	35
Sautéed Basa Filet with Veg	513	650	38	8	0.1	85	2080	46	6	7	34	80	140	8	30
Veal Parmigiana with Pasta	569	1060	36	10	0.5	145	1770	126	7	14	57	30	40	40	40
Chicken Strips - no side or plum sauce	294	670	25	3.5	0.4	110	1780	59	2	3	51	2	2	10	10
Side Plum Sauce	60 mL	140	0	0	0	0	230	35	0	27	0.1	0	0	0	2
Fish & Chips - no side 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
New York Striploin (no vegetables or side choice)	161	440	26	9	0.5	110	650	0	0	0	46	0	0	2	30
New York Striploin - Marsala (no vegetables or side choice)	286	520	31	11	1	110	960	6	0	3	48	6	2	2	30
Sandwiches & Street Eats (not including side serving)															
Budda/Traditional Burger	368	680	31	14	1	135	1490	62	4	3	40	25	10	6	50
Caesar Wrap with Sautéed Steak	425	1030	67	16	1.5	100	1830	74	6	9	35	80	30	20	50
Caesar Wrap with Crispy Chicken	474	1190	64	12	1	115	2590	105	6	9	52	80	20	25	45
Caesar Wrap with Grilled Chicken	369	860	50	10	0.5	80	1790	69	5	7	33	80	20	20	40
Chicken Parm Sammy	359	770	31	10	0.5	65	1760	83	5	6	40	25	45	25	30
New York Steak Sandwich (West only)	300	710	49	14	0	90	1190	25	1	0	40	0	4	4	25
Portobello Parmigiana Sammy	373	750	34	8	0.5	15	1510	87	7	9	24	35	20	25	35
Steak & Gorgonzola Wrap	338	710	40	14	1.5	65	1320	62	5	8	27	40	60	15	45
Tuscan Chicken Club Wrap with Crispy Chicken	450	1160	62	16	1	120	2460	95	6	7	57	60	40	40	45
Tuscan Chicken Club Wrap with Grilled Chicken	345	820	49	14	1	85	1660	59	5	5	38	60	40	35	40
Veal Sammy	393	920	34	10	0.5	110	1820	106	6	7	46	25	45	30	40



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)
Mini Mario's Menu															
Burger Mini - no side	178	330	17	7	0.4	70	480	28	2	3	20	15	8	6	25
Cheese Pizza - Little	60	150	6	2	0.1	5	300	18	1	1	6	4	2	8	4
Cheese Pizza - 10"	74	190	7	3	0.1	10	370	23	1	1	8	6	2	8	6
Cheese Cappelletti	283	460	15	8	0	45	1030	57	4	6	21	15	30	35	25
Cheesy Bowtie Alfredo	303	510	20	8	0.4	35	620	60	3	6	23	8	0	35	15
Chicken Parmigiana with Pasta	440	720	25	6	0.3	65	1300	86	6	10	37	25	30	25	25
Fingers - Big Kids - no Fries	176	400	15	2	0.2	65	1070	36	1	2	31	2	0	6	6
Fingers - Kids - no Fries	117	270	10	1.5	0.1	45	710	24	1	1	20	2	0	4	4
Side Plum Sauce	60 mL	140	0	0	0	0	230	35	0	27	0.1	0	0	0	2
Grilled Chicken with Rice & Veg	253	300	17	2.5	0	30	650	22	3	2	15	20	100	4	10
Pepperoni Pizza - Little	65	170	7	2.5	0.1	15	390	18	1	1	7	4	2	8	6
Pepperoni Pizza - 10"	79	210	9	3.5	0.2	15	450	24	1	1	9	6	2	10	6
Kids - Build Your Own Pasta															
Build Your Own - Pasta Alfredo	230	390	12	2.5	0.2	10	330	58	2	6	12	4	0	10	15
Build Your Own - Pasta Arrabbiata	257	360	9	1	0	0	360	61	4	7	10	15	25	2	20
Build Your Own - Pasta Blush	229	360	9	1.5	0.1	5	270	59	3	6	11	6	10	6	15
Build Your Own - Pasta Bolognese	262	380	11	3	0.3	25	590	57	3	5	15	6	20	2	20
Build Your Own - Pasta Mother Tomato	267	370	9	1	0	0	370	61	4	8	10	15	25	2	20
Side Servings and Add-ons															
Chicken Wings - (no add on sauce, carrots / celery or dip)	136	390	29	8	0.2	15	660	9	0	3	23	2	2	4	10
Add on: Mild Sauce	22 mL	40	2	0.3	0	0	450	6	0	5	0.2	0	0	0	0
Add on: Medium Sauce	22 mL	45	1	0.1	0	0	250	9	0	8	0.3	0	0	0	0
Add on: Hot Sauce	22 mL	30	2	0.3	0	0	410	3	0	2	0.2	0	0	0	2
Add on: Honey Garlic Sauce	22 mL	50	0	0	0	0	135	12	0	10	0.2	0	0	0	0
Add on: Garlic Parmesan	17 mL	100	10	4	0.2	0	190	1	0	0	1	15	2	2	0
Side Blue Cheese Dip	30 mL	160	17	1.5	0.2	15	280	1	0	1	1	0	0	2	0
Side Caesar Dressing /Dip for garlic parm wings	30 mL	170	18	1.5	0.2	20	150	1	0	0	1	0	4	0	2
Bacon Wrapped Scallop Skewer (1 Piece)	15	35	3	1	0	20	75	0	0	0	3	0	0	0	0
French Fries	161	410	17	1.5	0.2	0	1650	59	6	0	5	0	0	2	6
Grilled Salmon Filet	171	310	19	3.5	0	100	260	0	0	0	34	0	10	4	4
Grilled Seasoned Chicken Breast	114	90	1	0.3	0	50	590	0	0	0	19	0	0	0	0
Homeloaf (no Butter)	96	230	1	0	0	0	420	46	2	2	9	0	0	6	25
Italian Poutine	375	500	22	9	0.5	10	1430	58	7	1	17	2	35	20	20
Mario's Potatoes	133	410	29	5	0.4	0	450	35	3	0	3	15	10	0	6
Roasted Button Mushrooms	99	120	10	3.5	0.1	0	170	4	1	2	3	0	8	0	2
Sautéed Shrimp	53	120	5	2	0.1	100	270	1	0	0	12	0	2	8	10
Side Veg (Broccoli and mixed peppers)	120	90	6	0.5	0	0	390	8	3	2	2	20	150	4	6
Tomato Rice	170	210	8	2	0.1	0	330	32	1	2	3	10	10	2	10
Desserts															
Chocolate Pop-Up- Gelato	80 mL	170	10	6	0	20	55	18	1	18	3	0	0	8	2
Funnel Cake	496	1440	76	29	0.5	90	1020	181	4	89	14	10	50	20	25
Ice Cream - Adult Size	270	260	13	4.5	0.4	45	130	35	0	17	2	15	0	4	0
Kids Brownie	105	420	19	12	0.5	25	170	59	3	44	3	0	0	0	35
New York Cheese Cake*does not include choice of sauce	227	760	51	34	0	210	560	64	2	54	12	45	0	10	25
Peanut Butter Stacker	231	1010	61	33	2.5	105	430	105	4	78	12	15	0	10	10
Pizza Cookie Gigantico	404	1380	61	29	0.5	85	1000	201	5	123	18	70	0	10	90
Strawberry Pop-Up Gelato	80 mL	90	0	0	0	0	0	20	2	19	0	0	60	0	2
Super Sundae	247	420	17	10	0.5	30	170	63	1	43	3	10	0	4	25

ABOUT THIS NUTRITION GUIDE

-This Guide contains information based on our standard products formulations; however there may be occasions when variations in product formulations may occur
 -Certain menu items may vary from restaurant and may not be available at all locations