

Lunch ZA

INCLUDES MARIO'S PIZZA SAUCE, PIZZA MOZZARELLA, TWO FREE TOPPINGS AND YOUR CHOICE OF SIDE

4 Slices
(660-1070 Cals)



Pepperoni & Mushroom

SIDES

- Garden Salad (180 Cals)
- Caesar Salad (320 Cals)
- Italian Wedding Soup (110 Cals)
- Minestrone Soup (60 Cals)
- Roasted Garlic Tomato Soup (140 Cals)
- Fries (410 Cals)



MARIO'S FAMOUS TRIO ALL-YOU-CAN-EAT

SOUP, SALAD & GARLIC HOMELOAF

Garlic Homeloaf (230 Cals)



SALADS

VEGETARIAN GARDEN SALAD

Crisp and fresh iceberg lettuce, grape tomatoes, pepperoncini peppers, red onions, black olives and croutons. Tossed with our famous house dressing guests have been enjoying for over 30 years. (350 Cals)

CAESAR SALAD

The unbeatable combo of romaine lettuce, bacon pieces and seasoned croutons tossed with our robust and creamy Caesar dressing*. (490 Cals)
*Renée's Gourmet Light Caesar dressing is available upon request. (390 Cals)

SOUPS

ITALIAN WEDDING

The perfect marriage of chicken broth, mini meatballs, confetti pasta and spinach. (110 Cals)

VEGETARIAN MINISTRONE

A traditional Italian soup made with diced carrots, kidney beans, penne pasta and peas. (60 Cals)

VEGETARIAN ROASTED GARLIC TOMATO

Smooth tomato purée combined with sweet and mellow roasted garlic in a vegetarian broth, with hints of basil, fennel and sweet cream. (140 Cals)

DESSERT

PEANUT BUTTER HALF STACK

Layers of peanut butter, rich milk chocolate cake and crunchy honey-roasted peanuts served with butterscotch sauce. Half stack (510 Cals)



Peanut Butter Half Stack

LIFE IS UNCERTAIN
Eat Dessert
FIRST

Adults and youth (ages 13 and older) need an average of 2,000 calories a day, and children (ages 4 to 12) need an average of 1,500 calories a day. However, individual needs vary.

VEGETARIAN

CORE-LUNCH-OMEN-18

Mario
MIDDAY
FROM 11AM TO 3PM 7 DAYS A WEEK!

East Side
MARIOS

SANDWICHES SERVED WITH SOUP, SALAD OR FRIES

CHICKEN PARM SAMMY

Chicken Parmigiana Mario-style topped with sautéed mushrooms, onions, mixed peppers and served on an Italian Spaccatelli bun. (830-1180 Cals)

MARIO'S MAGNIFICENT VEAL SAMMY

Loads of breaded veal scaloppini, pizza mozzarella, roasted onions, peppers, mushrooms and our signature tomato sauce on an Italian Spaccatelli bun. MAGNIFICO! (1030-1380 Cals)

THE CLUB WRAP

Your choice of crispy or grilled chicken, pizza mozzarella, bacon, bruschetta, romaine lettuce and our lemon garlic aioli. Crispy chicken (1150-1500 Cals)
Grilled chicken breast (910-1260 Cals)



The Club Wrap

BURGERS

BUDDA BURGER

A 6 oz. char-grilled patty served with crisp romaine lettuce, tomato and red onion on an ACE® Bakery bun. (580-930 Cals)

Top with your favourite cheese
Provolone (+70 Cals)
Gorgonzola (+110 Cals)
Pizza mozzarella (+80 Cals)
Goat cheese (+80 Cals)
Top with two strips of bacon (+70 Cals)

WE HAVE ADDITIONAL GLUTEN-FRIENDLY* ITEMS.
Ask your server for our Gluten-Friendly* Menu.



Mario's Grilled Chicken Panino

MARIO'S GRILLED CHICKEN PANINO

Grilled chicken scaloppini topped with prosciutto, provolone cheese, lemon garlic aioli and served on an Italian Spaccatelli bun. (840-1190 Cals)

THE ULTIMATE ITALIAN GRILLED CHEESE

Grilled Italian flatbread brushed with garlic Parmesan and stuffed with pizza mozzarella, bruschetta and our basil pesto sauce. Served with garlic parm fries. (1280 Cals)
Add seasoned chicken breast (+100 Cals)
Add two strips of bacon (+70 Cals)

* SIDES

Garden Salad (180 Cals)
Caesar Salad (320 Cals)
Italian Wedding Soup (110 Cals)
Minestrone Soup (60 Cals)
Roasted Garlic Tomato Soup (140 Cals)
Fries (410 Cals)



The Ultimate Italian Grilled Cheese

PASTAS

COMES WITH A GARLIC HOMOLOAF (+230 Cals)

ADD SOUP OR SALAD

Garden Salad (180 Cals)
Caesar Salad (320 Cals)
Italian Wedding Soup (110 Cals)
Minestrone Soup (60 Cals)
Roasted Garlic Tomato Soup (140 Cals)

V CHEESE CAPPELLETTI

Lotsa rich rosé sauce. An ESM favourite. (530 Cals)

LINGUINE CHICKEN TETRAZZINI

Tons of seasoned chicken breast, roasted button mushrooms and fresh bruschetta tossed in Alfredo sauce. Now, that's AMORE! (560 Cals)



Linguine Chicken Tetrazzini

SEAFOOD LINGUINE

Shrimp, mussels and calamari simmered in our tomato-herb sauce with fresh basil. DELIZIOSO! (460 Cals)

LINGUINE CHICKEN AMATRICIANA

Seasoned chicken breast with fresh peppers, garlic, bacon, roasted button mushrooms and cracked black pepper tossed in our rosé sauce. (580 Cals)

BACON AND SHRIMP RIGATONI ALLA VODKA

Sautéed shrimp and bacon tossed with rigatoni in our vodka tomato cream sauce and garnished with green onions. (570 Cals)



Bacon & Shrimp Rigatoni alla Vodka

MARIO'S SPAGHETTINI & MEATBALLS

An East Side Mario's classic. (570 Cals)

DOUBLE-BACON CARBONARA

Crispy bacon over rigatoni with Alfredo sauce, green onions and even more bacon. (600 Cals)

V SPAGHETTINI PRIMAVERA WITH GOAT CHEESE

A variety of gourmet primavera veggies sautéed in olive oil with spinach, basil pesto and topped with goat cheese. (640 Cals)

S SAUSAGE & PEPPERS PENNE

Spicy Italian sausage and roasted red and green peppers sautéed with our spicy Arrabbiata sauce. (470 Cals)

Sausage & Peppers Penne



BUILD YOUR OWN PASTA

1. PICK YOUR PASTA

Rigatoni (230 Cals)
Penne (230 Cals)
Bowtie (230 Cals)
Linguine (230 Cals)
Spaghettini (230 Cals)
Fettuccine (230 Cals)
Penne (220 Cals)

2. SELECT YOUR SAUCE

ALL SAUCES ARE GLUTEN-FRIENDLY*

Alfredo (260 Cals)
Tomato-herb (120 Cals)
Rosé (160 Cals)
Primavera (160 Cals)
Arrabbiata (70 Cals)
Mario's signature tomato (80 Cals)
Bolognese (90 Cals) ADD 1.00

3. CHOOSE A TOPPING

Mario's Meatballs (260 Cals)
Baked Cheese (60 Cals)
Steamed Broccoli (45 Cals)
Gourmet Primavera Vegetables (90 Cals)
Roasted Button Mushrooms (60 Cals)
Seasoned Chicken Breast (50 Cals)
Sliced Italian Sausage (120 Cals)
Sautéed Shrimp (30 Cals)

4. WANT MORE TOPPINGS?

Mario's Meatballs (260 Cals)
Baked Cheese (60 Cals)
Steamed Broccoli (45 Cals)
Gourmet Primavera Vegetables (90 Cals)
Roasted Button Mushrooms (60 Cals)
Seasoned Chicken Breast (50 Cals)
Sliced Italian Sausage (120 Cals)
Sautéed Shrimp (30 Cals)



Spaghettini and Meatballs

GLUTEN-FRIENDLY*

V VEGETARIAN S SPICY!

Adults and youth (ages 13 and older) need an average of 2,000 calories a day, and children (ages 4 to 12) need an average of 1,500 calories a day. However, individual needs vary.

*Gluten-Friendly items are made with gluten-free ingredients, however, please be advised that cross contamination with gluten containing products may occur in our kitchen during preparation. Please ask your server for details.