



East Side Mario's Allergen Guide

	Milk	Eggs	Mustard	Peanut	Seafood	Sesame	Soy	Sulphites	Tree Nuts	Wheat (Gluten)
Starters (not including side serving)										
Calamari Fritti *(no dip)	X				X					X
Side Mother Tomato Sauce										
Side Lemon Garlic Aioli		X	X				X			
Calamari *Al Diavolo	X				X		X	x		X
Chicken Wings* (no add on sauce, carrots / celery or dip)							X			X
Add on: Mild Sauce			X				X	X		X
Add on: Medium Sauce			X				X	X		X
Add on: Hot Sauce			X				X	X		
Add on: Honey Garlic Sauce							X	X		X
Add on: Garlic Parmesan	X						X	X		
Side Blue Cheese Dip	X	X	X		X		X			
Side Caesar Dressing /Dip for garlic parm wings	X	X	X		X					
Chicken Parm* Sliders	X	X	X				X	X		X
Feta Bruschetta Flatbread	X						X	X		X
Four Cheese & Spinach Dip (no side bread)	X									
Side Crostini 12 pcs	X						X	X		X
Garlic Fingers with Cheese	X						X	X		X
Side Mother Tomato Sauce										
Side Donair Sauce	X									
Mozzarella Sticks * (no dip)	X						X	X		X
Parmesan Fries* (no dip)	X						x	x		
Side Lemon Garlic Aioli		X	X				X			
Side Spicy Cherry Pepper Aioli		X	X				X			
Prosciutto-Wrapped Mozzarella (no crostini)	X									
Side Crostini 6 pcs	X						X	X		X
Shrimp Scampi (no crostini)	X				X			X		



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Goat Cheese	X									
Gorgonzola Cheese	X									
Julienne Chicken							X			
Meatballs	X	X					X	X		X
Roasted Mushrooms	X						X	X		
Parmesan Romano	X									
Prosciutto										
Roasted Grape/Roma Tomato										
Sausage Coins										
Red and Green Julienne Peppers										
Pepperoni			X							
Pineapple										
Provolone	X									
Roasted Red Peppers										
Mushrooms										
Spinach										
Everyday Value & Build Your Own Pasta										
Build Your Own - Pasta Alfredo	X									X
Build Your Own - Pasta Arrabbiata										X
Build Your Own - Pasta Blush	X									X
Build Your Own - Pasta Bolognese	X							X		X
Build Your Own - Pasta Mother Tomato										X
Build Your Own - Pasta Tomato Herb							X			X
Build Your Own - Pasta Primavera										X
Add Protein -Julienne Chicken							X			
Add Protein - Meatballs	X	X					X	X		X



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Add Protein - Sausage Coins										
Add Protein - Sauteed Shrimps					X			X		
Add - Steamed Broccoli										
Add - Primavera Vegetables	X						X	X		
Pasta										
Bacon & Shrimp Rigatoni Alla Vodka -Dinner & Lunch	X				X			X		X
Cheese Cappelletti -Dinner & Lunch	X	X								X
Double Bacon Rigatoni Carbonara -Dinner & Lunch	X									X
Inferno Mac and Cheese	X						X	X		X
Linguine Chicken Amatriciana -Dinner & Lunch	X						X	X		X
Linguine Chicken Tetrazzini -Dinner & Lunch	X						X	X		X
Mario's Made-In-House Lasagna	X	X						X		X
Mario's Spaghettoni & Meatballs	X	X					X			X
Sausage and Peppers Penne -Dinner & Lunch										X
Seafood Linguine -Dinner & Lunch					X		X	X		X
Scallop Carbonara - Atlantic Only -Dinner & Lunch	X				X					X
Spaghettoni Primavera with Goat Cheese	X									X
Entrees (does not include soup/salads and homeloaf)										
Chicken Fingers* Side Plum Sauce	X	X					X			X
Classic Chicken Parmigiana* with Pasta	X							X		X
Fish & Chips* no side or tartar sauce					X		X			X
Grilled Chicken Milano	X						X	X		
Grilled Salmon with Alfredo Fettuccini & Veg	X				X		X	X		X
Hell's Kitchen Chicken with Potatoes & Veg	X						X	X		X
New York Striploin & Parmesan Fries & Veg (no shrimps)	X						X	X		



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Add - Grilled Shrimps					X			X		
Sauteed Basa Filet	X				X		X	X		X
Veal Parmigiana* with Pasta	X	X					X	X		X
Sandwiches (not including sides)										
Budda/Traditional Burger		X								X
Chicken Parmigiana* Sammy	X						X	X		X
Mario's Grilled Chicken Panino	X	X	X				X	X		X
The Club Wrap with Chicken Fingers	X	X	X				X			X
The Club Wrap with Grilled Chicken	X	X	X				X	X		X
The Ultimate Italian Grilled Cheese	X						X	X		X
Add - Grilled Chicken								X		
Veal Sammy*	X						X	X		X
Kids										
Mini Sliders (Burger)	X					X	X			X
Cheese Cappelletti	X	X								X
Cheese Pizza	X						X	X		X
Cheesy Bowtie Alfredo	X									X
Chicken Fingers and Fries*	X	X					X	X		X
Side Plum Sauce										
Pepperoni Pizza	X		X				X	X		X
Side Servings										
Chicken Breast								X		
Chicken Breast Julienne							X			
Mario's Homeloaf	X						X	X		X
Mario's Potatoes*	X						X	X		
Bolognese Sauce	X							X		



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Hell's Kitchen Sauce										
Sriracha Pizza Sauce								X		
Spicy Arrabbiata										
Roasted Button Mushrooms	X						X	X		
Salmon Fillet					X					
Sautéed Shrimp					X			X		
Desserts										
Chocolate Pop-Up Gelato	X			X			X		X	X
Kids Brownie	X	X					X	X	X	X
Mascarpone Cheesecake with Mixed Berry Compote	X	X					X			X
Salted Caramel Square with Vanilla Ice Cream	X	X					X			X
Strawberry Pop-Up Gelato										
Vanilla Ice Cream	X									
Peanut Butter Stack	X	X		X			X		X	X
Warm Cinna-Sugar Doughnuts*	X	X					X			X
SIDE: Tiramisu Cream	X									
SIDE: Chocolate Sauce										

FOOD ALLERGY CAUTION

The safety and satisfaction of our guests is our highest priority. To help you make more informed choices we created an Allergen Guide with symbols to indicate the presence of allergens in menu items. However, as in all non-dedicated kitchens, there is the possibility of cross-contamination between food items. Occasional variations in recipes or product formulations can also occur and there is a risk of cross-contamination of ingredients at the manufacturing site. If your allergy or intolerance is mild, please use this Guide to make your



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*All fried products may contain one or all of the allergens identified in the Allergen Guide as fryer oil is a source of cross-contamination