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	(% Daily	(% Daily	(% Daily
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	2	20	4	4
Starters (not including side serving)															
Boomers	422	1160	59	7	0.2	0	2230	134	7	9	27	15	25	4	35
Calamari Fritti	160	450	28	2.5	0.2	255	350	25	2	1	24	0	0	10	15
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	447	750	52	8	0.3	255	1850	44	6	10	27	35	150	20	25
Chicken Wings - (no add on sauce, carrots / celery or dip)	190	540	35	6	0.2	165	840	24	2	0	34	4	0	4	20
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	270	29	4.5	0.2	5	750	1	0	0	1	0	0	6	0
Side: carrot & celery Sticks	73	20	0.2	0	0	0	55	5	2	2	1	70	6	2	2
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
Chicken Parm Sliders	519	1190	58	11	0.5	115	2580	108	8	12	58	15	20	45	45
Four Cheese & Spinach Dip (no side bread)	170	310	26	15	0.5	75	700	9	2	3	9	45	15	15	6
with Side Crostini (2)	390	900	43	18	1	75	1660	101	5	8	26	45	15	30	50
Add crispy bacon	15	80	6	2	0	15	180	0	0	0	5	2	0	0	0
Garlic Fingers (East Coast Only)	104	310	12	4	0.2	15	720	37	3	2	20	4	2	15	2
Mozzarella Sticks	269	870	55	20	1.5	90	1730	50	1	6	44	20	2	80	8
Parmesan Fries	255	680	36	6	0.4	15	1330	81	9	0	13	4	2	20	20
Side Lemon Garlic Aioli	60 mL	370	41	6	0.5	20	410	1	0	1	1	2	6	0	2
Side Spicy Cherry Pepper Aioli	60 mL	360	39	6	0.5	20	370	1	0	1	1	2	8	2	0
Prosciutto-Wrapped Mozzarella	232	530	25	9	0.4	45	1170	49	3	4	27	15	10	35	25
Side Crostini 6 pcs	66	180	5	1	0.1	0	290	28	1	2	5	0	0	4	15
Pizza (1 slice of a Lunch)															
Cheese /Build Your Own Base	60	150	6	2	0.1	5	300	18	1	1	6	4	2	8	4
Pizza (1 slice of a Thin Crust)															
Buffalo Chicken	90	230	14	4	0.2	20	500	15	1	2	10	2	4	10	4
Ultimate Canadian	70	160	8	3	0.1	15	370	15	1	1	8	4	2	8	4
Cheese /Build Your Own Base	49	120	4.5	1.5	0.1	10	210	14	1	1	6	2	2	8	4
Double-Bacon	66	170	8	3	0.1	15	290	15	1	1	8	4	4	8	2
New Yorker	68	140	6	2.5	0.1	15	350	15	1	1	7	4	15	8	4
Four Meat	68	180	9	3.5	0.1	25	480	14	1	1	10	4	2	8	6
Pizza (1 slice of a Regular)															
Buffalo Chicken	112	300	17	4.5	0.2	20	590	24	1	2	11	4	4	10	6
BYO 2-Topping Calzone	481	1240	54	18	1	75	2330	137	6	9	53	25	15	90	35
Ultimate Canadian	93	210	9	3	0.1	15	470	23	1	2	9	4	2	8	8
Cheese /Build Your Own Base	72	170	6	2	0.1	10	350	23	1	2	7	2	2	8	6
New Yorker	88	190	8	2.5	0.1	15	440	23	1	2	9	4	15	8	6
Roasted BLT Cauliflower Pizza	51	150	8	3.5	0.1	15	290	13	1	1	6	2	8	15	4
Four Meat	90	230	10	3.5	0.1	25	580	23	1	2	12	4	2	8	8
Cheese and Sauce ONLY (GF)	61	160	11	9	0.1	10	280	21	1	2	4	2	2	8	2
Buffalo Chicken (GF)	102	280	23	11	0.2	20	510	22	1	2	8	4	4	10	2
Ultimate Canadian (GF)	82	200	15	10	0.2	15	390	22	1	2	6	4	2	8	2
New Yorker (GF)	78	180	13	9	0.1	15	360	22	1	2	5	4	15	8	2
Four Meat (GF)	80	220	16	10	0.2	25	500	21	1	2	8	4	2	10	4
Pizza (1 slice of a Large)															
Buffalo Chicken	107	290	17	4.5	0.2	25	570	23	1	2	12	4	2	15	6
Ultimate Canadian	88	210	9	3	0.1	15	460	23	1	2	10	4	2	8	6
Cheese /Build Your Own Base	72	170	6	2	0.1	10	340	22	1	1	7	4	2	8	6
Four Meat	89	230	10	3.5	0.1	25	550	23	1	1	11	4	2	8	8
Double-Bacon	93	230	10	37	0.1	20	370	23	1	2	12	4	4	10	2
New Yorker	86	190	8	2.5	0.1	15	420	23	1	2	9	4	10	8	6
Pizza Toppings (Lunch)															
Bacon Pieces	5.3	25	2	0.5	0	5	65	0	0	0	2	0	0	0	0
Bacon Strips	3.7	20	1.5	0.5	0	5	45	0	0	0	1	0	0	0	0
Black Olives	5.3	10	0.5	0.1	0	0	25	0	0	0	0	0	0	0	2
Caramelized Onions	5.3	5	0.3	0.1	0	0	2	1	0	0	0.1	0	0	0	0
Cherry Peppers	3.7	1	0	0	0	0	55	0	0	0	0	0	4	0	0
Diced Ham	7.1	10	0.3	0.1	0	5	90	0	0	0	1	0	0	0	0
Extra Cheese	7.1	20	1.5	1	0	5	40	0	0	0	2	0	0	4	0
Feta Cheese	7.1	20	1.5	1	0	5	110	0	0	0	1	2	0	2	0
Genoa Salami	7.5	30	2.5	1	0	5	125	0	0	0	2	0	2	0	0
Goat Cheese	7.1	20	1.5	1	0	5	25	0	0	0	1	2	0	0	0
Gorgonzola Cheese	3.5	15	1.5	1	0.1	5	40	0	0	0	1	0	0	2	0
Julienne Chicken	7.1	10	0.2	0.1	0	5	25	0	0	0	2	0	0	0	0
Meatballs	10	20	1.5	0.5	0.1	5	55	1	0	0	1	0	0	0	2
Roasted Mushrooms	11	10	0.5	0.1	0	0	5	0	0	0	0.2	0	0	0	0
Parmesan Romano	3.5	15	1	0.5	0	5	85	0	0	0	1	0	0	4	0
Prosciutto	3.8	10	0.4	0.1	0	5	85	0	0	0	1	0	0	0	0
Provolone	2.3	10	0.5	0.4	0	0	20	0	0	0	1	0	0	2	0
Roasted Roma Tomato	12	3	0.2	0	0	0	2	0	0	0	0.1	2	2	0	0
Sundried Tomatoes	3.5	5	0.5	0.1	0	0	10	1	0	0	0.2	0	6	0	0
Tomatoes	12	2	0	0	0	0	1	0	0	0	0.1	0	2	0	0
Sausage Coins	7.1	20	1.5	0.5	0	5	40	0	0	0	1	0	0	0	0
Red and Green Julienne Peppers	7.1	2	0	0	0	0	0	0	0	0	0.1	0	10	0	0
Pepperoni	5.3	20	1.5	0.5	0.1	5	95	0	0	0	1	0	0	0	0
Pineapple	7.1	4	0	0	0	0	0	1	0	1	0	0	2	0	0
Mushrooms	7.1	2	0	0	0	0	0	0	0	0	0.1	0	0	0	0
Spinach	3.5	1	0	0	0	0	3	0	0	0	0.1	4	2	0	0
Pizza Toppings (Regular)															
Bacon Pieces	7.1	30	2.5	1	0	10	90	0	0	0	3	0	0	0	0
Bacon Strips	3.7	20	1.5	0.5	0	5	45	0	0	0	1	0	0	0	0
Black Olives	7.1	10	1	0.1	0	0	30	1	0	0	0	0	0	0	2
Caramelized Onions	7.1	5	0.3	0.1	0	0	3	1	0	0	0.1	0	2	0	0
Cherry Peppers	5	2	0	0	0	0	70	0	0	0	0	2	6	0	0
Diced Ham	7.1	10	0.3	0.1	0	5	90	0	0	0	1	0	0	0	0
Extra Cheese	7.1	20	1.5	1	0	5	40	0	0	0	2	0	0	4	0
Feta Cheese	7.1	20	1.5	1	0	5	110	0	0	0	1	2	0	2	0
Goat Cheese	7.1	20	1.5	1	0	5	25	0	0	0	1	2	0	0	0
Gorgonzola Cheese	4.7	20	1.5	1	0.1	5	55	0	0	0	1	0	0	2	0
Julienne Chicken	7.1	10	0.2	0.1	0	5	25	0	0	0	2	0	0	0	0
Meatballs	14	30	2	1	0.1	5	70	1	0	0	1	0	0	0	2
Roasted Mushrooms	14	10	0.5	0.1	0	0	5	1	0	0	0.3	0	0	0	0
Parmesan Romano	4.7	20	1.5	1	0.1	5	115	0	0	0	2	2	0	6	0
Prosciutto	3.8	10	0.4	0.1	0	5	85	0	0	0	1	0	0	0	0
Provolone	2.3	10	0.5	0.4	0	0	20	0	0	0	1	0	0	2	0
Grape Tomato	10	4	0.2	0	0	0	0	0	0	0	0.1	0	2	0	0

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
Roma Tomato	16	5	0.2	0	0	0	2	1	0	0	0.1	2	4	0	0
Tomatoes	16	3	0	0	0	0	1	1	0	0	0.1	2	4	0	0
Sundried Tomatoes	4.7	10	0.5	0.1	0	0	15	1	0	0	0.2	0	8	0	0
Sausage Coins	7.1	20	1.5	0.5	0	5	40	0	0	0	1	0	0	0	0
Red and Green Julienne Peppers	7.1	2	0	0	0	0	0	0	0	0	0.1	0	10	0	0
Pepperoni	4.7	20	1.5	0.5	0	5	85	0	0	0	1	0	0	0	0
Pineapple	7.1	4	0	0	0	0	0	1	0	1	0	0	2	0	0
Mushrooms	7.1	2	0	0	0	0	0	0	0	0	0.1	0	0	0	0
Spinach	4.7	1	0	0	0	0	4	0	0	0	0.1	4	2	0	0
Pizza Toppings (Large)															
Bacon Pieces	5.7	25	2	0.5	0	5	70	0	0	0	2	0	0	0	0
Bacon Strips	2.5	15	1	0.4	0	5	30	0	0	0	1	0	0	0	0
Black Olives	5.7	10	1	0.1	0	0	25	0	0	0	0	0	0	0	2
Caramelized Onions	5.7	5	0.3	0.1	0	0	3	1	0	0	0.1	0	0	0	0
Cherry Peppers	6	2	0	0	0	0	85	0	0	0	0	2	6	0	0
Diced Ham	5.7	5	0.2	0.1	0	5	75	0	0	0	1	0	0	0	0
Extra Cheese	8.5	25	1.5	1	0.1	5	50	0	0	0	2	2	0	6	0
Feta Cheese	5.7	15	1.5	1	0	5	90	0	0	0	1	2	0	2	0
Goat Cheese	5.7	15	1	1	0	5	20	0	0	0	1	2	0	0	0
Gorgonzola Cheese	5.7	25	2	1.5	0.1	5	65	0	0	0	1	0	0	2	0
Julienne Chicken	8.5	10	0.3	0.1	0	5	30	0	0	0	2	0	0	0	0
Meatballs	12	25	2	1	0.1	5	65	1	0	0	1	0	0	0	2
Roasted Mushrooms	11	10	0.5	0.1	0	0	5	0	0	0	0.2	0	0	0	0
Parmesan Romano	4.3	15	1.5	1	0.1	5	100	0	0	0	1	2	0	6	0
Prosciutto	3.8	10	0.4	0.1	0	5	85	0	0	0	1	0	0	0	0
Provolone	2.3	10	0.5	0.4	0	0	20	0	0	0	1	0	0	2	0
Grape Tomato	8.1	3	0.2	0	0	0	0	0	0	0	0.1	0	2	0	0
Roma Tomato	15	4	0.2	0	0	0	2	1	0	0	0.1	2	4	0	0
Tomatoes	16	3	0	0	0	0	1	1	0	0	0.1	2	4	0	0
Sundried Tomatoes	5.7	10	1	0.1	0	0	15	1	0	0	0.3	0	10	0	2
Sausage Coins	5.7	15	1.5	0.5	0	5	30	0	0	0	1	0	0	0	0
Red and Green Julienne Peppers	5.7	1	0	0	0	0	0	0	0	0	0.1	0	10	0	0
Pepperoni	4.3	15	1.5	0.5	0	5	75	0	0	0	1	0	0	0	0
Pineapple	5.7	3	0	0	0	0	0	1	0	1	0	0	0	0	0
Mushrooms	5.7	1	0	0	0	0	0	0	0	0	0.1	0	0	0	0
Spinach	4.3	1	0	0	0	0	3	0	0	0	0.1	4	2	0	0
Everyday Value & Build Your Own Pasta															
Build Your Own - Pasta Alfredo	454	590	20	11	0.5	55	870	81	4	6	18	15	70	15	20
Build Your Own - Pasta Arrabbiata	399	510	13	2	0	0	530	83	7	8	15	20	35	4	25
Build Your Own - Pasta Blush	418	540	16	5	0.2	20	630	82	6	7	16	20	45	8	25
Build Your Own - Pasta Bolognese	410	550	13	5	0	35	460	81	6	9	24	20	60	6	35
Build Your Own - Pasta Mother Tomato	414	520	14	2	0	0	540	83	7	9	15	25	40	4	25
Build Your Own - Pasta Tomato Herb	418	540	15	2.5	0	0	680	84	7	9	15	25	40	4	25
Build Your Own - Pasta Primavera	291	630	25	2.5	0.1	0	460	89	4	5	16	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
Add Protein - Sausage Coins	85	240	20	8	0.2	55	490	2	1	0	13	4	2	2	8
Add Protein - Sauteed Shrimps	75	170	13	1.5	0	120	300	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
Lunch Pasta															
Bacon & Shrimp Rigatoni Alla Vodka (Small)	321	570	28	6	0.1	90	660	51	4	4	20	10	25	6	15
Cheese Cappelletti (Small)	294	530	20	8	0.3	65	1060	73	4	5	22	20	25	35	25
Double Bacon Rigatoni Carbonara (Small)	315	600	34	10	0.2	60	790	51	3	4	22	8	40	10	15
Linguine Chicken Amatriciana (Small)	360	580	30	7	0.2	50	650	53	4	5	26	10	60	6	20
Linguine Chicken Tetrazzini (Small)	369	560	29	8	0.3	55	770	52	3	4	21	10	40	8	15
Sausage and Peppers Penne (Small)	329	470	17	4.5	0.1	30	940	63	5	8	17	20	90	6	20
Seafood Linguine (Small)	295	500	16	2	0	125	760	64	4	5	25	4	35	6	50
Spicy Shrimp Pasta (Small)	287	670	14	1.5	0	85	740	112	7	5	25	2	35	6	50
Pasta															
Cheese Cappelletti	574	1030	36	15	0.5	120	2040	146	8	9	40	35	45	60	50
Creamy Pesto Prosciutto Penne	511	1010	52	17	0.5	85	2070	107	8	12	26	15	80	25	50
Double Bacon Rigatoni Carbonara	606	1060	60	17	1.5	215	1550	84	4	7	38	15	70	20	25
Grilled Salmon Pasta	501	1340	71	23	1	155	930	115	7	6	55	30	60	15	50
Homestyle Lasagna	535	1080	55	30	1.5	195	1680	82	6	10	57	60	80	100	40
Linguine Chicken Amatriciana	649	1070	59	13	0.3	100	1290	87	7	10	48	20	100	10	30
Linguine Chicken Tetrazzini	723	1080	60	16	0.5	130	1680	86	5	9	49	20	80	20	25
Mario's Spaghettini and Meatballs Gigantico	950	1530	57	19	1.5	75	2110	191	14	23	57	40	70	15	80
Rigatoni Peppercorn Alfredo	388	840	40	14	0.5	75	1100	98	5	6	20	15	10	20	40
Roasted Garlic Fettuccine with Chicken	540	880	42	16	0.5	150	1640	81	4	6	42	0	0	15	25
Roasted Tomato and Goat Cheese Spaghettini	338	960	54	21	1	90	1040	95	6	7	21	30	15	6	40
Spaghettini and Meatballs	576	870	38	13	1	50	1390	92	9	11	33	25	45	10	45
Spicy Shrimp Pasta	497	1130	27	3	0	165	1470	179	10	8	42	4	45	10	80
Sausage and Peppers Penne	542	810	32	9	0.2	55	1360	101	8	13	30	35	150	8	40
Seafood Linguine	548	880	31	4	0	255	1520	105	7	9	46	8	50	10	100
Entrees (not including salad, soup or bread)															
Classic Chicken Parmigiana with Pasta (6oz.)	428	720	30	6	0.3	70	1250	74	6	8	38	20	25	25	15
Classsic Chicken Parmigiana with Pasta	599	1060	47	10	0.4	110	1700	104	8	15	59	30	40	35	30
Mario's Mussels (East Coast Only)	397	1040	66	20	0.5	165	1530	62	3	4	50	25	60	15	110
Fish & Chips (East Coast Only)															
Hell's Kitchen Chicken with Potatoes & Veg	654	730	39	6	0.3	80	4340	60	10	8	38	30	290	8	50
Veal Parmigiana with Pasta	569	1150	52	10	0.5	95	1330	111	9	15	62	30	40	40	40
Chicken Fingers	533	1110	45	4.5	0.3	105	2580	125	7	41	49	2	4	4	30
Side Plum Sauce	60 mL	140	0	0	0	0	230	35	0	27	0.1	0	0	0	2
Add Grilled Shrimps (5 each)	72	80	4.5	0.5	0	160	1120	1	0	0	9	0	0	4	2
Chicken Milano	539	900	59	18	0.5	170	1310	42	7	3	53	40	220	10	40
Sandwiches (not including side serving)															
Budda/Traditional Burger (no choice cheese or bacon)	336	730	41	15	0	150	150	43	3	3	46	25	8	6	25
Add On: Bacon Strips (2 each)	14	70	6	2	0	15	160	0	0	0	5	0	0	0	0
Add On: Gorgonzola Cheese	28	110	10	7	0.5	35	330	1	0	0	5	2	0	15	0
Add On: Goat Cheese	28	80	6	4	0.2	30	105	1	0	1	5	6	0	2	0
Add On: Mozzarella Cheese	28	80	6	3.5	0.2	20	170	1	0	0	7	4	0	15	0
Add On: Provolone Cheese Slice	21	70	5	3.5	0.1	15	125	0	0	0	5	6	0	15	0
Italian Pulled Beef Sammy	348	690	36	11	0.5	110	1770	51	3	8	40	15	70	15	50
Pesto Chicken Parm Sammy (No side)	393	890	49	11	0.5	90	2110	72	5	8	42	20	20	45	40
The Club Wrap with Crispy Chicken	396	1090	66	16	1	110	2090	76	5	6	50	60	15	35	40
The Club Wrap with Grilled Chicken	345	850	50	15	1	110	1650	59	5	6	43	60	35	35	35
The Ultimate Italian Grilled Cheese	299	810	44	11	0.5	30	1830	79	4	5	27	15	15	35	25
Side: Garlic Parm Fries	257	590	40	4.5	0.4	0	1640	53	5	0	5	2	4	2	10
Veal Sammy	422	1000	40	10	0.4	145	2150	108	6	10	48	8	10	45	60
Mini Mario's Menu															
Mini Sliders - Burger (no side, choice cheese or bacon)	179	380	18	7	0.5	55	610	33	3	5	20	15	8	6	30
Cheese Cappelletti	294	530	20	8	0.3	65	1060	73	4	5	22	20	25	35	25
Cheesy Bowtie Alfredo	273	510	20	8	0.4	35	540	60	3	6	23	8	0	35	15
Fingers - Big Kids - no Fries	417	830	34	3	0.3	60	1950	98	6	27	31	0	2	2	20
Fingers - Kids - no Fries	262	550	22	2	0.2	40	1200	66	3	27	20	0	2	2	10
Side Plum Sauce	60 mL	140	0	0	0	0	230	35	0	27	0.1	0	0	0	2
Kids - Pizza (1 slice)															
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
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	290	58	2	6	12	4	0	10	15
Build Your Own - Pasta Arrabbiata	228	330	7	1	0	0	270	59	4	6	10	10	20	2	20
Build Your Own - Pasta Blush	230	360	9	1.5	0.1	5	270	59	3	6	11	8	10	6	15
Build Your Own - Pasta Bolognese	233	350	7	2.5	0	20	240	58	3	7	15	10	30	2	20
Build Your Own - Pasta Mother Tomato	235	340	7	1	0	0	280	59	4	7	10	10	20	2	20
Side Servings and Add-ons															
Chicken Wings - (no add on sauce, carrots / celery or dip)	136	390	25	4.5	0.2	120	600	17	1	0	24	2	0	2	15

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
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	130	14	2.5	0.1	5	360	0	0	0	1	0	0	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
Crispy Chicken Add-on	147	320	16	2	0	55	1190	24	1	2	20	2	6	4	15
Garlic Parm Fries	257	590	40	4.5	0.4	0	1640	53	5	0	5	2	4	2	10
Grilled Chicken Add-on	103	200	15	2	0	55	410	0	0	0	17	2	2	0	4
French Fries	170	420	18	1.5	0.1	0	115	62	7	0	7	0	0	2	15
Homeloaf (no Butter)	96	230	1	0	0	0	420	46	2	2	9	0	0	6	25
Mario's Potatoes	133	320	21	4.5	0.2	0	300	29	3	0	3	15	6	2	6
Bolognese Sauce	60 mL	70	3.5	1.5	0	10	160	4	1	2	4	6	20	2	4
Creamy Garlic Caesar Sauce	60 mL	330	35	3	0.3	40	300	3	0	0	2	2	6	2	2
Hell's Kitchen Sauce	60 mL	20	1	0.1	0	0	380	2	1	1	1	2	4	2	2
Lemon Garlic Aioli	60 mL	370	41	6	0.5	20	410	1	0	1	1	2	6	0	2
Mother Tomato Sauce	60 mL	60	4	0.5	0	0	180	5	1	3	1	8	15	2	2
Spicy Arrabbiata	60 mL	50	4	0.5	0	0	180	4	1	2	1	8	10	2	2
Roasted Button Mushrooms	99	120	10	3.5	0.1	0	170	4	1	2	3	0	8	0	2
Sauteed Shrimps	75	170	13	1.5	0	120	300	0	0	0	13	4	2	2	10
Side Veg (Primavera)	175	170	8	1.5	0.1	0	400	18	5	4	8	20	260	2	30
Desserts															
Bingers	245	470	13	1.5	0	0	630	78	3	16	13	0	0	0	15
Chocolate Pop-Up- Gelato	80 mL	170	10	6	0	20	55	18	1	18	3	0	0	8	2
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
Mascarpone Cheesecake	215	540	28	18	0.5	110	390	67	3	51	8	25	10	8	10
Salted Caramel Brownie	231	640	28	13	0.5	60	110	96	3	66	7	8	0	6	8
Peanut Butter Stack	231	1010	61	33	2.5	105	430	105	4	78	12	15	0	10	10
Strawberry Pop-Up Gelato	80 mL	90	0	0	0	0	0	20	2	19	0	0	60	0	2

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