



East Side Mario's Nutrition Guide

Table with 16 columns: Item, Serving Size, Energy, Total Fat, Saturated Fat, Trans Fat, Cholesterol, Sodium, Carbohydrate, Fibre, Sugars, Protein, Vitamin A, Vitamin C, Calcium, Iron. Rows include Soups & Salads, Starters, Pizza, and Pizza Toppings.



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 |
|--|--------------|--------|-----------|---------------|-----------|-------------|--------|--------------|-------|--------|---------|-----------|-----------|---------|------|
| 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 |
| 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 |



East Side Mario's Nutrition Guide

Table with columns: Serving Size, Energy, Total Fat, Saturated Fat, Trans Fat, Cholesterol, Sodium, Carbohydrate, Fibre, Sugars, Protein, Vitamin A, Vitamin C, Calcium, Iron. Rows include various menu items like Spaghettini and Meatballs, Sandwiches, Kids - Pizza, and Desserts.

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