



East Side Mario's Allergen Guide

	Corn	Dairy Products	Eggs	Fats & Oils (animal)	Fish or Seafood	Sulphites	Peanuts	Soya Beans	Nuts & Seeds	Oils & Extracts	Wheat / Gluten	MSG - Monosodium Glutamate
Salads & Soups												
Garden Salad		X						X		X	X	
Caesar Salad		X	X	X	X	X		X	X	X	X	
Chicken Garden Salad		X	X	X	X	X		X		X	X	
Grilled Chicken Caesar Salad		X	X	X	X	X		X	X	X	X	
Tuscan Chicken Salad		X		X				X	X	X	X	
Salmon Salad (Quebec only)				X	X			X		X	X	
Italian Wedding Soup			X	X				X		X	X	
Italian Minestrone Soup	X							X		X	X	
Starters												
Spinach and Cheese Dip for one	X	X	X				X	X		X	X	
Spinach and Cheese Dip for two	X	X	X				X	X		X	X	
Sizzling Calamari Al Diavolo	X	X		X	X	X		X	X	X	X	
Chicken Wings - no sauce	X	X		X				X		X	X	
Mario's Nachos	X	X						X		X	X	
Mushroom Stuffed Caps	X	X	X					X		X	X	
Baked Garlic Shrimp	X	X			X	X		X		X	X	
Calamari Fritti	X	X	X		X			X		X	X	
Cheddar Cheese Sticks	X	X						X		X	X	
Bruschetta for one	X	X						X		X	X	
Bruschetta for two	X	X						X		X	X	
Budda Boomers	X	X						X		X	X	
Mini Mario's Menu												
Cheese Cappelletti	X	X	X					X		X	X	
Mario's Pasta and Parmesan Romano Cheese		X						X		X	X	
Mario's Pasta with Napolitana Sauce								X		X	X	
Cheesy Penne Alfredo	X	X						X		X	X	
Mario's Kid's Chicken Parmigiana - no side	X	X	X					X	X	X	X	
Mario's Kid's Pepperoni Pizza	X	X		X						X	X	
Mario's Kid's Cheese Pizza	X	X								X	X	
Mini Mario's Burger - no side				X				X		X	X	
Chicken Strips with fries	X	X	X	X				X	X	X	X	
Classics (not including salad, soup or bread)												
Spaghetti Primavera	X	X						X		X	X	
Spaghetti and Meatballs	X	X		X				X		X	X	
Sausage and Pepper Penne	X	X		X				X		X	X	
Baked Penne Bolognese	X	X		X		X		X		X	X	
Linguine Chicken Tetrazzini	X	X		X				X		X	X	
Mario's Classic Chicken Parmigiana	X	X		X				X		X	X	
Veal Parmigiana	X	X		X				X		X	X	
Linguine Chicken Amatriciana	X	X		X				X		X	X	
Cheese Cappelletti	X	X	X					X		X	X	
Mario's Classic Lasagna	X	X	X			X		X	X	X	X	
Seafood Linguine	X	X		X	X	X		X		X	X	
Fettuccine Alfredo	X	X						X		X	X	
Spaghetti Bolognese	X			X		X				X	X	
Penne Napolitana								X		X	X	
Penne Arrabbiata	X									X	X	

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- (c) Calculations are based on the nutritional data as of the date of this posting only.
- (d) Software used to compile the data for a particular dish from all the ingredients' data has inherent errors.
- (e) Limited time specials may not be included in the table.

Also Note: If you or anyone in your party joining us have allergies, or are sensitive to any ingredients, please advise your server. In addition, we cannot guarantee that our restaurants and dishes will be 100% free of peanuts – a food item that can cause severe reactions for some people.

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Tastes of Little Italy (not including salad, soup or bread)												
Firecracker Shrimp Penne	X	X			X					X	X	
Orecchiette Genovese Alfredo	X	X		X				X		X	X	
Spaghettini with Mushrooms	X	X								X	X	
Vernazza Peppercorn Alfredo	X	X		X				X		X	X	
Spinach and Ricotta Milanese	X	X	X					X		X	X	
Scallop Carbonara	X	X		X	X					X	X	
Chicken Picatta - no side choice	X	X		X		X		X		X	X	
Chicken Picatta with Side Pasta and Vegetables	X	X		X		X		X		X	X	
Hell's Kitchen Chicken - no side choice	X	X		X				X		X	X	
Hell's Kitchen Chicken with Side Pasta and Vegetables	X	X		X				X		X	X	
Chicken Marsala - no side choice	X	X		X		X		X		X	X	
Chicken Marsala with Mario's Potatoes and Vegetables	X	X		X		X		X		X	X	
Four Cheese Ravioli	X	X	X	X		X		X		X	X	
From the Neighbourhood (not including salad, soup or bread)												
Rotisserie Chicken with Mario Potatoes, Dipping Sauce (1/4 / 1/2)	X	X		X				X		X	X	X
Rotisserie Chicken - no side dishes	X	X		X						X	X	
Chicken Strips with Dipping Sauce, Fries	X	X	X	X				X	X	X	X	
Back Ribs - no side choice	X	X		X						X	X	
Back Ribs with Fries and Dipping Sauce	X	X		X				X		X	X	
New York Striploin - with Vegetables and Mario's Potatoes	X	X		X				X		X	X	
New York Striploin - no side dish	X	X		X						X	X	
Grilled Atlantic Salmon with Vegetables and Fettucine Alfredo	X	X		X	X	X		X		X	X	
Grilled Atlantic Salmon - no side dish	X	X		X	X	X				X	X	
Fish & Chips with Tartar Sauce	X	X	X	X				X	X	X	X	
Pizza (not including Quebec)												
Pepperoni	X	X		X						X	X	
Roasted Chicken & Bacon	X	X		X				X		X	X	
Goat Cheese & Grilled Chicken	X	X		X				X		X	X	
Vegetarian	X	X						X		X	X	
Four Meat	X	X		X						X	X	
Hawaiian	X	X		X						X	X	
New Yorker	X	X		X						X	X	
Margherita Pizza	X	X								X	X	
Sausage & Hot Pepper Pizza	X	X		X						X	X	
Build Your Own Pizza (Cheese & Sauce only) - 1 slice	X	X								X	X	
Lunch Pasta (not including homeloaf)												
Sausage and Pepper Penne (Small)	X	X		X						X	X	
Seafood Linguine (Small)	X	X		X	X			X		X	X	
Spaghettini Primavera (Small)	X	X		X		X		X		X	X	
Linguine Chicken Tetrazzini (Small)	X	X		X				X		X	X	
Cheese Cappelletti (Small)	X	X	X	X		X		X		X	X	
Linguine Chicken Amatriciana (Small)	X	X		X				X	X	X	X	
Spaghettini and Meatballs (Small)	X	X		X				X		X	X	
Orecchiette Genovese Alfredo	X	X		X				X	X	X	X	

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Sandwiches (not including side serving)												
New York Steak Sandwich - Western Canada	X	X		X				X		X	X	
Philly Steak Sandwich	X	X		X				X		X	X	
Tuscan Turkey Club	X	X	X	X				X		X	X	
Mariboli Wrap		X	X	X				X		X	X	
Chicken Parmigiana Sandwich	X	X	X	X				X		X	X	
Roasted Chicken & Provolone Panini	X	X	X	X						X	X	
Portobello Panini	X	X	X							X	X	
Traditional Burger				X				X		X	X	
New York Calzone	X	X		X				X		X	X	
Piadini												
Chicken Caesar Piadini	X	X	X	X	X			X	X	X	X	
Grilled Portobello Mushroom & Spinach Piadini	X	X						X		X	X	
Tuscan Chicken Piadini	X	X		X				X	X	X	X	
Side Servings												
French Fries	X							X	X	X		
Vegetables										X		
Chicken Breast				X				X		X		
Mario's Potatoes	X	X								X		
Penne with Bolognese	X			X		X				X	X	
Pasta with Napolitana Sauce								X		X	X	
Fettuccinne Alfredo	X	X								X	X	
Shrimp Skewer	X	X			X	X				X	X	
Homeloaf with Garlic Spread (no Margarine)	X	X						X		X	X	
Cup - Italian Wedding Soup			X	X		X		X	X	X	X	
Cup - Vegetable Soup	X							X		X	X	
Desserts												
Funnel Cake		X	X					X	X	X	X	
Ice Cream		X	X							X	X	
Black & White Mousse		X	X					X		X	X	
Chocolate Vesuvius		X	X					X		X	X	
Birthday Dessert	X	X	X					X	X	X	X	
Double Chocolate Explosion	X	X	X					X	X	X	X	
Mini Cones		X	X					X		X	X	
Peanut Butter Stacker	X	X	X				X	X	X	X	X	
Budda Bingers		X	X					X		X	X	
Apple Blossom (Quebec only)	X	X	X					X		X	X	

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