



East Side Mario's Allergen Guide

	Dairy	Eggs	Mustard	Peanut	Seafood	Sesame Seed	Soy	Sulphites	Tree Nuts	Wheat
Starters										
Budda Boomers	X						X	X		X
Calamari Al Diavolo	X				X		X			X
Calamari Fritti	X	X			X		X			X
Chicken Wings - no sauce							X			X
-Mild Sauce	X	X	X				X			X
-Medium Sauce	X	X					X			X
-Hot Sauce	X	X					X			X
-Honey Garlic Sauce							X			
-Garlic Parmesan	X						X			
Crispy Mozzarella Ravioli	X	X					X			X
Feta Bruschetta	X						X			X
Mario's Nachos	X									
Mushroom Stuffed Caps	X	X					X			X
Spinach Dip	X	X					X			X
Soups/Salads										
Caesar Salad	X	X	X		X		X	X		X
Garden Salad	X						X	X		X
Grilled Chicken and Caprese Salad	X						X			X
Italian Wedding Soup		X					X			X
Mediterranean Salad	X						X			
Roasted Garlic and Tomato Soup	X						X			X
Tuscan Chicken Salad	X						X		X	
Kids										
Kids Cheese Cappelletti	x	x					x			x
Kids Cheesey Bowtie Alfredo	x									x
Kids Burger with Fries	x						x			x
Kids Chicken Parmigiana	x						x			x
Kids Dino Buddies with Plum Sauce							x			x
Side Servings										
Chicken Breast							X			
Chicken Breast Julienne							X			
Italian Poutine	X						X	X		X
Marios Potatoes	X						X			
Roasted Button Mushrooms	X						X			
Salmon Fillet					X					
Sauteed Shrimp	X				X		X	X		
Sweet Potato Fries										
Viva Amore										
Chicken Strips with Dipping Sauce, Fries	X	X					X			X
Fish & Chips with Tartar Sauce		X	X		X		X			X
New York Stiploin	X						X			
Rack of Ribs			X				X			



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Pastas/Viva Value(not including salad, soup or bread)										
16 Layer Lasagna	X	X					X	X		X
Baked Penne Alfredo	X									X
Baked Penne Bolognese	X							X		X
Basil Chicken and Fettuccini Pomodoro	X						X	X		X
Alfredo Sauce	X									
Arrabbiata Sauce										
Bolognese Sauce								X		
Italian Sausage										
Marios' Meatballs	X						X			X
Napolitana							X			
Pasta										X
Sauteed Shrimp					X			X		
Seasoned Chicken Breast							X			
Cheese Cappelletti	X	X					X			X
Chicken Parmigiana	X						X			X
Chicken Picatta	X						X	X		X
Firecracker Shrimp Bowtie	X				X			X		X
Hell's Kitchen Chicken	X						X			X
Linguine Chicken Amatriciana	X						X			X
Linguine Chicken Tetrazini	X						X			X
Pesto and Peppers Spaghettini	X						X			X
Sausage and Pepper Penne										X
Sauteed Basa Filet	X				X		X	X		X
Scallop and Shrimp Spaghettini	X				X		X	X		X
Scallop Carbonara	X				X					X
Seafood Linguine					X		X	X		X
Spaghettini and Meatballs	X						X			X
Spaghettini Primavera	X						X			X
Steak and Mushroom Ravioli	X	X					X	X		X
Grilled Salmon	X				X		X	X		X
Pizza										
Build Your Own - cheese and sauce	X						X			X
Bruschetta Pizza (Ontario)	X						X			X
Bruschetta Pizza (Québec)	X						X	X		X
Four Meat(Ontario)	X						X			X
Four Meat (Québec)	X						X	X		X
Gluten Free Pizza Dough		X								
New Yorker (Ontario)	X						X			X
New Yorker (Québec)	X						X	X		X
Pepperoni (Ontario)	X						X			X
Pepperoni (Québec)	X						X	X		X
Chicken and Bacon (Ontario)	X						X			X
Chicken and Bacon (Québec)	X						X	X		X
Vegetarian (Ontario)	X						X			X
Vegetarian (Québec)	X						X	X		X
Kids Cheese	X						X	X		X
Kids Pepperoni	X						X	X		X



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	Dairy	Eggs	Mustard	Peanut	Seafood	Sesame Seed	Soy	Sulphites	Tree Nuts	Wheat
Sandwiches (not including sides)										
Chicken and Provolone	X	X					X			X
Chicken Parmigiana	X	X					X			X
Fat Tony Burger	X	X	X				X			X
Mariboli Wrap	X	X					X			X
New York Calzone	X						X	X		X
New York Steak Sandwich	X						X			X
Philly Cheesesteak	X						X			X
Pulled Pork Sandwich	X	X	X				X			X
The Traditional Burger							X			X
Tuscan Turkey Club	X	X					X			X
Veggie Panini	X	X					X			X
Desserts										
Birthday Dessert	X	X					X			X
Black & White Mousse	X	X					X			X
Budda Bingers	X						X	X		X
Funnel Cake	X	X					X			X
Kids Cones	X						X			X
New York Cheesecake	X	X					X			X
Peanutbutter Stack	X	X		X			X			X
Smores Pizza	X						X	X		X
Vanilla Ice Cream	X									

X-DENOTES ALLERGENS IN DISH

- (a) Our nutritional information is based upon data received from suppliers.
- (b) Serving sizes can vary, and ingredient substitution is possible.
- (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.

November 7 2013

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Some items may contain traces of, or have come in contact with, nuts.