

2019 LAROSA'S FISH FRY (Limited Time Offer)

NUTRITION INFORMATION

Menu Item	Serving Size (g)	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
"LAROSA'S FISH FRY" SPECIALS												
2 PC FISH FILLET DINNER Two Cod Fillets, Tartar Sauce, French Fries and Ketchup	587	1130	450	51	9	0	10	3440	125	7	22	28
1 PC FISH FILLET DINNER One Cod Fillet, Tartar Sauce, French Fries and Ketchup	497	950	390	43	8	0	10	3150	109	7	22	17
FRIED COD ON WHITE BUN w/provolone and tartar sauce	355	770	240	27	6	0	25	1470	90	2	2	39
FRIED COD ON WHEAT BUN w/provolone and tartar sauce	355	780	240	27	6	0	25	1480	93	3	3	39
JRC FRIED COD ON WHITE BUN w/provolone, tartar sauce & Kitchen Chips	326	690	250	28	7	0	15	1720	80	4	3	24
JRC FRIED COD ON WHEAT BUN w/provolone, tartar sauce & Kitchen Chips	326	690	250	28	7	0	15	1730	82	5	3	24
TUNA HOAGY ON WHITE BUN w/ mayo, lettuce, tomato	363	650	270	30	4.5	0.5	105	1110	64	3	7	31
TUNA HOAGY ON WHEAT BUN w/ mayo, lettuce, tomato	363	660	270	30	4.5	0.5	105	1120	67	4	8	31
JRC TUNA HOAGY ON WHITE BUN w/ mayo, lettuce, tomato & Kitchen Chips	325	610	250	29	6	0	55	1500	67	5	5	19
JRC TUNA HOAGY ON WHEAT BUN w/ mayo, lettuce, tomato & Kitchen Chips	325	620	250	29	6	0	55	1500	69	6	6	19
TUNA PLATE (no breadstick or dressing)	348	420	240	27	7	0	120	930	16	3	8	29
Hot Garlic Breadsticks (1) - (no dipping sauce)	57	150	20	2.5	0	0	0	270	25	1	1	4
Add Your Choices of SALAD DRESSING Here (flavors vary by location)												
Add for - Blue Cheese	57	280	320	30	6	0	30	610	2	0	2	2
Add for - Creamy Garlic	57	320	320	34	6	0	0	570	4	0	2	0
Add for - Fat Free Honey Mustard	57	80	0	0	0	0	0	500	17	0	15	0
Add for - Fat Free Ranch	57	45	0	0	0	0	0	650	10	0	3	0
Add for - Honey French	57	250	180	19	2.5	0	0	390	18	0	16	0
Add for - Honey Mustard	57	240	200	22	3.5	0	20	310	11	0	9	0
Add for - Italian	57	320	300	34	4.5	0	0	700	4	0	2	0
Add for - Ranch	57	270	250	29	5	0	10	430	2	0	2	0
Add for - Thousand Island	57	270	260	27	4.5	0	25	400	7	0	7	0
HOAGY "MAKE IT A COMBO" ADD-ONS												
Basket of French Fries w/ Ketchup	344	510	120	13	3.5	0	0	1510	85	7	14	7
Fresh Fried Kitchen Chips (no dipping sauce)	286	570	240	27	7	0	0	1910	71	7	3	7
Tossed Garden Salad - Small	164	150	80	9	4.5	0	20	430	10	2	3	8

INGREDIENT LISTING

BEER BATTERED COD FILLETS	COD, BEER, WATER, WHEAT FLOUR, MODIFIED FOOD STARCH, CORN FLOUR, ENRICHED BLEACHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE, MONONITRATE, RIBOFLAVIN, FOLIC ACID), SALT, LEAVENING (DISODIUM DIHYDROGEN PYROPHOSPHATE, SODIUM BICARBONATE, SODIUM ALUMINUM PHOSPHATE), SUGAR, GARLIC POWDER, YEAST EXTRACT, ONION POWDER, MUSTARD, SPICE, GUAR GUM, WHEY (MILK), PARTIALLY FRIED IN CANOLA OIL
WHITE TUNA (ALBACORE)	WHITE TUNA, WATER, VEGETABLE BROTH (CONTAINS SOY), SALT
HARD BOILED EGG	HARD COOKED EGGS, CITRIC ACID, SODIUM BENZOATE AS A PRESERVATIVE
CELERY	CELERY
PICKLE RELISH	PICKLES, FRUCTOSE, VINEGAR, WATER, SALT, NATURAL FLAVORS, XANTHAN GUM, CALCIUM CHLORIDE (FIRMING AGENT), POLYSORBATE 80, SODIUM BENZOATE (PRESERVATIVE), FD&C YELLOW #5 AND TURMERIC
KRAFT REAL MAYONNAISE	SOYBEAN OIL, WATER, EGGS, VINEGAR, CONTAINS LESS THAN 2% OF EGG YOLKS, LEMON JUICE CONCENTRATE, SALT, SUGAR, DRIED ONIONS, DRIED GARLIC, PAPRIKA, NATURAL FLAVOR, CALCIUM DISODIUM EDTA (TO PROTECT FLAVOR)
BLACK PEPPER	BLACK PEPPER
WHITE HOAGY BUN	ENRICHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, ASCORBIC ACID [AS A DOUGH CONDITIONER], NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, YEAST, CONTAINS 2% OR LESS OF THE FOLLOWING INGREDIENTS; SALT, SUGAR, SODIUM STEAROYL LACTYLATE, DATEM, CALCIUM SULFATE, SOYBEAN OIL, ENZYMES, VEGETABLE PROTEIN (CORN BASED), CALCIUM PEROXIDE, POTASSIUM IODATE, CORN MEAL, POPPY SEEDS, CALCIUM PROPIONATE (AS A MOLD INHIBITOR)
WHEAT HOAGY BUN	ENRICHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, ASCORBIC ACID, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, WHOLE WHEAT FLOUR, YEAST, CONTAINS 2% OR LESS OF THE FOLLOWING INGREDIENTS; SALT, CRACKED WHEAT, HONEY, SUGAR, SODIUM STEAROYL LACTYLATE, DATEM, CALCIUM SULFATE, WHEAT GLUTEN, SOYBEAN OIL, ENZYMES, VEGETABLE PROTEIN (CORN BASED), CALCIUM PEROXIDE, POTASSIUM IODATE, CARAMEL COLOR, CORN MEAL, CALCIUM PROPIONATE
TARTAR SAUCE	WATER, VINEGAR, SOYBEAN OIL, CHOPPED PICKLES, SUGAR, HIGH FRUCTOSE CORN SYRUP, MODIFIED FOOD STARCH, CONTAINS LESS THAN 2% OF ONIONS*, SALT, EGGS, NATURAL FLAVOR, MUSTARD FLOUR, XANTHAN GUM, PARSLEY*, POTASSIUM SORBATE AND CALCIUM DISODIUM EDTA AS PRESERVATIVES, ARTIFICIAL FLAVOR, PAPRIKA, SPICE, GARLIC* *DRIED
PROVOLONE CHEESE, SLICED	PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES (ANIMAL BASED LIPASE AND MICROBIAL RENNET)
ICEBERG LETTUCE	100% FRESH ICEBERG LETTUCE
ROMA TOMATOES	100% FRESH ROMA TOMATOES
FRENCH FRIES	POTATOES, VEGETABLE OIL (MAY CONTAIN ONE OR MORE OF THE FOLLOWING: CANOLA OIL, SUNFLOWER OIL, COTTONSEED OIL, PALM OIL, CORN OIL, SOYBEAN OIL), MODIFIED FOOD STARCH, RICE FLOUR, DEXTRIN, SALT, LEAVENING (DISODIUM DIHYDROGEN PYROPHOSPHATE, SODIUM BICARBONATE), DEXTROSE, XANTHAN GUM
KETCHUP	TOMATO CONCENTRATE MADE FROM RED RIPE TOMATOES, DISTILLED VINEGAR, HIGH FRUCTOSE CORN SYRUP, CORN SYRUP, SALT, SPICE, ONION POWDER, NATURAL FLAVORING
KITCHEN CHIPS	POTATOES, VEGETABLE OIL (MAY CONTAIN ONE OR MORE OF THE FOLLOWING: CANOLA OIL, SUNFLOWER OIL, COTTONSEED OIL, PALM OIL, CORN OIL, SOYBEAN OIL), SALT, DISODIUM DIHYDROGEN PYROPHOSPHATE (TO PROMOTE COLOR RETENTION), DEXTROSE
SEA SALT	SEA SALT, YELLOW PRUSSIAN OF SODA (ANTICAKING AGENT)
TOSSED SALAD BLEND	ICEBERG LETTUCE, ROMAINE LETTUCE
RED ONION	100% FRESH RED ONION
ROMA TOMATOES	100% FRESH ROMA TOMATOES
PROVOLONE CHEESE, SHREDDED	PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES (ANIMAL BASED LIPASE AND MICROBIAL RENNET), POWDERED CELLULOSE ADDED TO PREVENT CAKING, AND NATAMYCIN (A NATURAL MOLD INHIBITOR)
GREEN OLIVES, WHOLE	QUEEN OLIVES, WATER, SALT, LACTIC ACID
BLACK OLIVES, WHOLE	RIPE OLIVES, WATER, SALT, AND FERROUS GLUCONATE (ADDED TO STABILIZE COLOR)
CROUTONS & CROUTON PACKETS	ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), CANOLA AND/OR SUNFLOWER OIL, DEHYDRATED GARLIC, SALT, YEAST, WATER, NATURAL BUTTER FLAVOR (A MILK INGREDIENT), MALTED BARLEY FLOUR, CITRIC ACID AND/OR TOCOPHEROLS ADDED TO MAINTAIN FRESHNESS
ITALIAN DRESSING	SOYBEAN OIL, RED WINE VINEGAR (PRESERVED WITH SULFITES), WATER, EXTRA VIRGIN OLIVE OIL, SUGAR, SALT, SPICE, DEHYDRATED GARLIC, XANTHAN GUM, CALCIUM DISODIUM EDTA ADDED TO PROTECT FLAVOR
CREAMY GARLIC DRESSING	SOYBEAN OIL, WATER, BUTTERMILK, DISTILLED VINEGAR, SUGAR, ROMANO CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES), SALT, RED WINE VINEGAR, GARLIC JUICE, ROASTED GARLIC, EGG YOLK, NATURAL FLAVOR, EXTRA VIRGIN OLIVE OIL, GARLIC*, SPICE, ONION*, CORNSTARCH, MALTODEXTRIN, XANTHAN GUM, SODIUM BENZOATE ADDED AS A PRESERVATIVE, YEAST EXTRACT, LACTIC ACID, CANOLA OIL, SESAME SEED OIL, CALCIUM DISODIUM EDTA ADDED TO PROTECT FLAVOR. *DEHYDRATED
BLUE CHEESE DRESSING	SOYBEAN OIL, WATER, BLUE CHEESE (MILK, CHEESE CULTURES, SALT, ENZYMES), DISTILLED VINEGAR, EGG YOLK, SUGAR, SALT, SOUR CREAM POWDER (CREAM, NONFAT MILK SOLIDS, CITRIC ACID, LACTIC ACID), XANTHAN GUM, GUAR GUM, NATURAL FLAVOR, DEHYDRATED GARLIC

INGREDIENT LISTING

FAT FREE HONEY MUSTARD DRESSING	WATER, SUGAR, DISTILLED VINEGAR, MUSTARD SEED*, HONEY, MODIFIED CORNSTARCH, SALT, XANTHAN GUM, SPICE, ARTIFICIAL COLORS (INCLUDING YELLOW #5), NATURAL FLAVOR, WHITE WINE, DEHYDRATED ONION, SODIUM BENZOATE ADDED AS PRESERVATIVE, CITRIC ACID, TARTARIC ACID, CORN SYRUP, MOLASSES, DEHYDRATED GARLIC, TURMERIC, TAMARIND *ADDS A TRIVIAL AMOUNT OF FAT
FAT FREE ITALIAN DRESSING PACKETS	WATER, CORN CIDER VINEGAR, DISTILLED VINEGAR, SUGAR, MODIFIED CORNSTARCH, SALT, GARLIC*, ONION*, LEMON JUICE CONCENTRATE, RED BELL PEPPER*, XANTHAN GUM, SPICE, CARROTS*, POTASSIUM SORBATE AND SODIUM BENZOATE ADDED AS PERSERVATIVES, ARTIFICIAL COLORS (INCLUDES YELLOW #5 AND YELLOW #6) *DEHYDRATED
FAT FREE RANCH DRESSING	WATER, DISTILLED VINEGAR, MALTODEXTRIN, MODIFIED CORN STARCH, SUGAR, CORN SYRUP SOLIDS, SALT, BUTTERMILK POWDER*, MICROCRYSTALLINE CELLULOSE, WHEY, SOUR CREAM POWDER*(CULTURED SOUR CREAM, SKIM MILK SOLIDS, WHEY, SUGAR, CITRIC ACID, LACTIC ACID), TITANIUM DIOXIDE, ADIPIC ACID, NATURAL FLAVOR, CELLULOSE GUM, POTASSIUM SORBATE & SODIUM BENZOATE ADDED AS PRESERVATIVES, DEHYDRATED GARLIC, XANTHAN GUM, DEHYDRATED ONION, DISODIUM GUANYLATE, DISODIUM INOSINATE, SPICE, PROPYLENE GLYCOL ALGINATE, DEHYDRATED GREEN ONION, PHOSPHORIC ACID *ADDS A TRIVIAL AMOUNT OF FAT
HONEY FRENCH DRESSING	SOYBEAN OIL, SUGAR, WATER, CORN SYRUP, CORN CIDER VINEGAR, DISTILLED VINEGAR, TOMATO PASTE, SALT, PAPRIKA, HONEY, XANTHAN GUM, ONION*, OLEORESIN PAPRIKA, BEET JUICE, MUSTARD SEED, GARLIC*, PROPYLENE GLYCOL ALGINATE, NATURAL FLAVOR *DEHYDRATED
HONEY MUSTARD DRESSING/DIPPING SAUCE	SOYBEAN OIL, WATER, SUGAR, DISTILLED VINEGAR, HONEY, MUSTARD SEED, EGG YOLK, SALT, WHITE WINE, SPICE, NATURAL FLAVOR, XANTHAN GUM, CITRIC ACID, TARTARIC ACID, ARTIFICIAL COLOR INCLUDING YELLOW #5), CALCIUM DISODIUM EDTA ADDED TO PROTECT FLAVOR
RANCH DRESSING & DIPPING CUP	SOYBEAN OIL, WATER, BUTTERMILK, DISTILLED VINEGAR, SALT, EGG YOLK, SUGAR, WHEY PROTEIN CONCENTRATE, GARLIC JUICE, MONOSODIUM GLUTAMATE, XANTHAN GUM, NATURAL FLAVOR, ONION*, POTASSIUM SORBATE, AND SODIUM BENZOATE, ADDED AS PRESERVATIVES, POLYSORBATE 6, GARLIC*, SPICE, PHOSPHORIC ACID, LACTIC ACID, CALCIUM DISODIUM EDTA ADDED TO PROTECT FLAVOR *DEHYDRATED
THOUSAND ISLAND DRESSING	SOYBEAN OIL, WATER, SUGAR, PICKLES, EGG YOLK, TOMATO PASTE, DISTILLED VINEGAR, SALT, ONION*, CELERY SEED, SODIUM BENZOATE ADDED AS A PRESERVATIVE, XANTHAN GUM, NATURAL & ARTIFICIAL FLAVORS, RED BELL PEPPER, MUSTARD SEED, GARLIC* *DEHYDRATED

ALLERGEN LISTING	EGG	FISH	MILK	PEANUT	SHELLFISH	SOY	TREE NUTS	WHEAT	MSG
BEER BATTERED COD FILLETS		X	X					X	
WHITE TUNA (ALBACORE)		X				X			
HARD BOILED EGG	X								
CELERY									
PICKLE RELISH									
KRAFT REAL MAYONNAISE	X								
BLACK PEPPER									
WHITE HOAGY BUN								X	
WHEAT HOAGY BUN								X	
TARTAR SAUCE	X								
PROVOLONE CHEESE, SLICED			X						
ICEBERG LETTUCE									
ROMA TOMATOES									
FRENCH FRIES									
KETCHUP									
KITCHEN CHIPS									
SEA SALT									
TOSSED SALAD BLEND									
RED ONION									
ROMA TOMATOES									
PROVOLONE CHEESE, SHREDDED			X						
GREEN OLIVES, WHOLE									
BLACK OLIVES, WHOLE									
CROUTONS & CROUTON PACKETS			X					X	
ITALIAN DRESSING									
CREAMY GARLIC DRESSING	X		X						
BLUE CHEESE DRESSING	X		X						
FAT FREE HONEY MUSTARD DRESSING									
FAT FREE ITALIAN DRESSING PACKETS									
FAT FREE RANCH DRESSING			X						
HONEY FRENCH DRESSING									
HONEY MUSTARD DRESSING/DIPPING SAUCE	X								
RANCH DRESSING & DIPPING CUP	X		X						X
THOUSAND ISLAND DRESSING	X								