

LAROSA'S GLUTEN-FREE PIZZA FACT SHEET

Updated 2/18/19

We make it our priority to keep our gluten sensitive Guests safe. So, we prepared this complete list of ingredients for the crust, sauce, cheese and toppings used on our gluten-free pizza. While we take every precaution, it's still possible flour transfer could pose a problem for Guests with severe gluten intolerance. So, we let our guests know that so they can make an informed decision about eating with us. Enjoy your gluten free pizza!

Gluten-Free Pizza Basics:

Gluten-free crust	LaRosa's Pizza Sauce	LaRosa's Provolone Cheese
Montgomery Inn Barbecue Sauce	Marzetti Ranch Dressing	

Toppings

We've confirmed with the partners who make them for us that all these toppings are safe for our gluten sensitive Guests. We've not been able to confirm as safe the toppings not marked "GF" on our menu (and not listed here). Because it's our priority to keep our gluten sensitive Guests safe, we don't offer them. If you're not gluten sensitive and would like one of the non-GF toppings on your gluten free crust, we can serve you a side cup.

Bacon	Black Olives	Capocollo Ham
Green Olives	Green Pepper	Ground Beef
Mushrooms	Pepperoni	Pineapple
Red Onion	Roma Tomato	Salami
Sausage	Spicy Sausage	Spinach

LAROSA'S NUTRITION INFORMATION

Gluten-free Pizza - Range per Slice	per slice	90 to 120	30 to 49	4 to 6	3 to 4	0 to 0	13 to 19	171 to 314	11 to 12	0 to 0	1 to 2	4 to 6	8
Menu Item	Portion Size (g)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	#Slices
GLUTEN-FREE PIZZAS - Build your custom pizza with the values below													
Crust - (no sauce or cheese) - Gluten Free	per slice	40	0	0	0	0	0	44	9	0	0	0	8
Add for - Gluten-Free Sauce - Pizza Sauce	per slice	0	0	0	0	0	0	31	1	0	1	0	8
Add for - Gluten-Free Sauce - Pizza Sauce (add for extra)	per slice	0	0	0	0	0	0	19	1	<1	0	<1	8
Add for - Gluten-Free Sauce - BBQ Sauce	per slice	15	0	0	0	0	0	88	4	0	4	0	8
Add for - Gluten-Free Sauce - BBQ Sauce (add for extra)	per slice	8	0	0	0	0	0	44	2	0	2	0	8
Add for - Gluten-Free Sauce - Ranch Dressing as Sauce	per slice	50	48	6	1	0	2	81	0	0	0	0	8
Add for - Gluten-Free Sauce - Ranch Dressing as Sauce (add for extra)	per slice	25	24	3	0	0	1	40	0	0	0	0	8
Add for - Gluten-Free Topping - Provolone	per slice	50	30	4	2.5	0	13	96	1	0	0	4	8
Add for - Gluten-Free Topping - Provolone (add for extra)	per slice	25	15	2	1	0	6	48	0	0	0	2	8
Add for - Gluten-Free Topping - Bacon	per slice	25	19	2	1	0	5	71	0	0	<1	2	8
Add for - Gluten-Free Topping - Black Olive	per slice	10	9	1	0	0	0	46	0	0	0	0	8
Add for - Gluten-Free Topping - Capocollo Ham	per slice	10	6	1	0	0	3	58	0	0	<1	1	8
Add for - Gluten-Free Topping - Green Olive	per slice	15	11	1	0	0	0	143	0	0	0	0	8
Add for - Gluten-Free Topping - Green Pepper	per slice	0	0	0	0	0	0	0	0	<1	0	0	8
Add for - Gluten-Free Topping - Ground Beef	per slice	15	11	1	0.5	0	4	38	0	0	0	1	8
Add for - Gluten-Free Topping - Mushroom	per slice	0	0	0	0	0	0	0	1	<1	<1	1	8
Add for - Gluten-Free Topping - Onion	per slice	0	0	0	0	0	0	0	0	<1	0	0	8
Add for - Gluten-Free Topping - Pepperoni	per slice	20	14	2	1.5	0	0	84	0	0	0	1	8
Add for - Gluten-Free Topping - Pineapple	per slice	5	0	0	0	0	0	0	1	0	1	0	8
Add for - Gluten-Free Topping - Roma Tomato	per slice	0	0	0	0	0	0	0	0	<1	0	<1	8
Add for - Gluten-Free Topping - Salami	per slice	15	9	1	0	0	3	53	<1	0	<1	1	8
Add for - Gluten-Free Topping - Sausage	per slice	20	16	2	1	0	4	71	0	0	0	1	8
Add for - Gluten-Free Topping - Spicy Sausage	per slice	20	18	2	1	0	4	56	0	<1	0	1	8
Add for - Gluten-Free Topping - Spinach	per slice	0	0	0	0	0	0	6	<1	<1	0	<1	8

GLUTEN-FREE PIZZA INGREDIENT LISTING

INGREDIENT	INGREDIENT LISTING	EGG	FISH	MILK	PEANUT	SHELLFISH	SOY	TREE NUTS	WHEAT	MSG
GLUTEN-FREE PIZZA CRUST (limited availability)	WATER, RICE FLOUR, MODIFIED RICE STARCH, POTATO STARCH, SUGAR, TAPIOCA STARCH, POTATO FLOUR, CANOLA/OLIVE OIL BLEND, YEAST, SALT, XANTHAN GUM, CULTURED BROWN RICE									
PIZZA SAUCE & PIZZA SAUCE DIPPING CUPS	WATER, TOMATO PASTE, SUGAR, SALT, SPICES, GARLIC POWDER & CITRIC ACID									
BARBECUE SAUCE (Montgomery Inn)	TOMATOES, DISTILLED VINEGAR, SUGAR, WATER, SALT, SPICES, DEHYDRATED ONIONS, DEHYDRATED GARLIC, CORN SYRUP, NATURAL FLAVORS, MODIFIED CORN STARCH, MOLASSES, CARAMEL COLOR, AND TAMARIND									
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	X		X						X
PROVOLONE CHEESE, SLICED	PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES (ANIMAL BASED LIPASE AND MICROBIAL RENNET)			X						
BACON	BACON (CURED WITH WATER, SALT, SUGAR, SODIUM PHOSPHATES, SODIUM NITRITE), SMOKE FLAVORING. MAY CONTAIN SODIUM ASCORBATE, SODIUM ERYTHORBATE, POTASSIUM CHLORIDE, DEXTROSE									
BLACK OLIVES, SLICED	RIPE OLIVES, WATER, SALT, AND FERROUS GLUCONATE (ADDED TO STABILIZE COLOR)									
CAPOCOLLO HAM	CURED WITH WATER, SALT, SODIUM LACTATE, SUGAR, SODIUM PHOSPHATE, SODIUM DIACETATE, SODIUM ERYTHORBATE, SODIUM NITRATE (COATED WITH SPICES AND PAPRIKA)									
GREEN OLIVES, SLICED	OLIVES, WATER, SEA SALT, LACTIC ACID									
GREEN PEPPER STRIPS	100% FRESH GREEN PEPPERS									
GROUND BEEF CRUMBLES	BEEF, SALT, SPICES									
MUSHROOM SLICES	100% FRESH MUSHROOMS									
PEPPERONI	PORK, BEEF, SALT, SPICES, SUGAR, WATER, OLEORESIN OF PAPRIKA, NATURAL SMOKE FLAVORING, LACTIC ACID STARTER CULTURE, GARLIC POWDER, FLAVORING, SODIUM NITRITE, ASCORBIC ACID, BHA, BHT, CITRIC ACID									

GLUTEN-FREE PIZZA INGREDIENT LISTING (continued)

INGREDIENT	INGREDIENT LISTING	EGG	FISH	MILK	PEANUT	SHELLFISH	SOY	TREE NUTS	WHEAT	MSG
PINEAPPLE	PINEAPPLE, WATER, SUGAR, CITRIC ACID AND ASCORBIC ACID (VITAMIN C)									
RED ONION	100% FRESH RED ONION									
ROMA TOMATOES	100% FRESH ROMA TOMATOES									
SALAMI GENOA	PORK, BEEF, SALT, DEXTROSE, LACTIC ACID STARTER CULTURE, SPICES, SODIUM ASCORBATE, SODIUM NITRITE, GARLIC POWDER, BHA, BHT, CITRIC ACID *BHA & BHT WITH CITRIC ACID ADDED TO HELP PROTECT FLAVOR									
SAUSAGE CRUMBLES	PORK, SALT, SPICES, WATER, CORN SYRUP SOLIDS, PAPRIKA, FLAVORING, DISODIUM INOSINATE AND DISODIUM GUANYLATE, BHA, BHT, PROPYL GALLATE									
SPICY SAUSAGE CRUMBLES	PORK, SPICES, SALT, WATER, CORN SYRUP SOLIDS, PAPRIKA, PAPRIKA EXTRACT, FLAVORING, DISODIUM INOSINATE AND DISODIUM GUANYLATE, ANNATTO EXTRACT, BHA, BHT, PROPYL GALLATE									
SPINACH	SPINACH									

The ingredient information contained herein is accurate and correct to the best of our ability. Products may change without notice or be substituted by the supplier. The document is provided for informational purposes only. Please discuss any questions you have with your health care professional. Some of our food items contain ingredients known to be common food allergens, all of our food items are prepared in a common kitchen and menu items may be cooked in the same oil as an item containing an allergen. Contact your health care professional if you have any questions relating to your specific circumstance.

If you would like additional information, please contact: Guest Service Center - at contact_us@larosas.com

Complete list of gluten-free pizzerias:

Cincinnati, OH – Anderson (Beechmont Ave. near Asbury), Boudinot (near corner of Glenway and Boudinot), Kenwood (Montgomery Rd. south of Kenwood Towne Center), Festhaus at Kings Island, Mason (corner of Triway Dr. and St. Rt. 42) and Queensgate (at W 8th St. and Dalton by the Viaduct).

Northern Kentucky – Cold Spring (Corner of Alexandria Pike and S. Ripple Creek Rd.), Hebron (corner of Rt. 237 and Rt. 20) and Taylor Mill – Trifecta (Across from Remke Shopping Center)

Dayton, OH – Centerville (corner of Alex Bell and Loop Rds.)

Columbus, OH – Dublin (In Avery Square)

Oxford, OH (between Lynn Ave. and Locus St.)

Jackson, OH (On the corner of State Route 32 and State Route 93 near the Days Inn)