

LAROSA'S GLUTEN-FREE CAULIFLOWER CRUST PIZZA FACT SHEET

4/26/21

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 cauliflower crust
Montgomery Inn Barbecue Sauce

LaRosa's Pizza Sauce
Marzetti Ranch Dressing

LaRosa's Provolone Cheese

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
Green Olives
Mushrooms
Red Onion
Sausage

Black Olives
Green Pepper
Pepperoni
Roma Tomato
Spicy Sausage

Capocollo Ham
Ground Beef
Pineapple
Salami
Spinach

LAROSA'S NUTRITION INFORMATION

Gluten-free Cauliflower Crust Pizza - Range per Slice	per slice	140 - 170	7 - 10	4 - 5	0 - 0	17 - 25	368 - 558	21 - 23	1 - 1	1 - 3	7 - 9	6
Menu Item	Portion Size (g)	Calories	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												#Slices
Crust - (no sauce or cheese) - Gluten Free Cauliflower	per slice	90	2	0	0	0	198	19	1	0	2	6
Add for - Gluten-Free Sauce - Pizza Sauce	per slice	0	0	0	0	0	42	1	0	1	0	6
Add for - Gluten-Free Sauce - Pizza Sauce (add for extra)	per slice	0	0	0	0	0	25	1	<1	1	<1	6
Add for - Gluten-Free Sauce - BBQ Sauce	per slice	15	0	0	0	0	117	5	0	5	0	6
Add for - Gluten-Free Sauce - BBQ Sauce (add for extra)	per slice	8	0	0	0	0	58	3	0	3	0	6
Add for - Gluten-Free Sauce - Ranch Dressing as Sauce	per slice	50	7	1	0	3	108	1	0	1	0	6
Add for - Gluten-Free Sauce - Ranch Dressing as Sauce (add for extra)	per slice	25	4	1	0	1	53	0	0	0	0	6
Add for - Gluten-Free Topping - Provolone	per slice	50	5	3	0	17	128	1	0	0	5	6
Add for - Gluten-Free Topping - Provolone (add for extra)	per slice	25	2	2	0	8	63	0	0	0	2	6
Add for - Gluten-Free Topping - Bacon	per slice	25	3	1	0	5	97	0	0	0	2	6
Add for - Gluten-Free Topping - Black Olive	per slice	10	1	0	0	0	62	1	0	0	0	6
Add for - Gluten-Free Topping - Capocollo Ham	per slice	10	1	0	0	4	65	0	0	0	1	6
Add for - Gluten-Free Topping - Green Olive	per slice	15	2	1	0	0	190	0	0	0	0	6
Add for - Gluten-Free Topping - Green Pepper	per slice	0	0	0	0	0	0	0	<1	0	0	6
Add for - Gluten-Free Topping - Ground Beef	per slice	15	2	1	0	5	50	0	0	0	1	6
Add for - Gluten-Free Topping - Mushroom	per slice	0	0	0	0	0	0	1	<1	<1	1	6
Add for - Gluten-Free Topping - Red Onion	per slice	0	0	0	0	0	0	1	<1	0	0	6
Add for - Gluten-Free Topping - Pepperoni	per slice	15	2	1	0	3	85	<1	0	<1	1	6
Add for - Gluten-Free Topping - Pineapple	per slice	5	0	0	0	0	0	2	0	2	0	6
Add for - Gluten-Free Topping - Roma Tomato	per slice	0	0	0	0	0	0	1	<1	0	<1	6
Add for - Gluten-Free Topping - Salami	per slice	10	1	0	0	4	63	<1	0	0	1	6
Add for - Gluten-Free Topping - Sausage	per slice	20	3	1	0	6	95	1	0	0	1	6
Add for - Gluten-Free Topping - Spicy Sausage	per slice	20	3	1	0	6	75	1	<1	0	1	6
Add for - Gluten-Free Topping - Spinach	per slice	0	0	0	0	0	8	<1	<1	0	<1	6

GLUTEN-FREE PIZZA INGREDIENT LISTING

INGREDIENT	INGREDIENT LISTING	EGG	FISH	MILK	PEANUT	SHELLFISH	SOY	TREE NUTS	WHEAT
GLUTEN-FREE CAULIFLOWER CRUST (limited availability)	CAULIFLOWER, NON-GMO PIZZA MIX (CORN STARCH, RICE FLOUR, POTATO STARCH, DEXTROSE, VEGETABLE FIBERS: PSYLLIUM, FRUCTOSE, VEGETABLE FIBERS: INULIN, EMULSIFIER, STABILIZER: SORBITOL), NON-GMO EXTRA VIRGIN OLIVE OIL, NON-GMO PIZZA BROWN CANE SUGAR, NON-GMO SEA SALT, NON-GMO YEAST						may contain trace		
PIZZA SAUCE	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	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					
PROVOLONE CHEESE, SHREDDED	PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES (MICROBIAL ENZYMES AND RENNET), POTATO STARCH, POWDERED CELLULOSE ADDED TO PREVENT CAKING.			X					
BACON	CURED WITH: WATER, SALT, SODIUM NITRITE. CONTAINS ONE OR MORE OF FOLLOWING: SUGAR, DEXTROSE, BROWN SUGAR, SMOKE FLAVORING, SODIUM PHOSPHATES, SODIUM ERYTHORBATE, SODIUM ASCORBATE, POTASSIUM CHLORIDE, APPLE FLAVOR (MAY CONTAIN WATER, SUGAR, DEXTROSE, NATURAL FLAVORING), SEASONING (FLAVORING, MAY CONTAIN SALT, DEXTROSE, OR CORN SYRUP), FLAVORING.								
BLACK OLIVES, SLICED	RIPE OLIVES, WATER, SALT, AND FERROUS GLUCONATE (ADDED TO STABILIZE COLOR)								
CAPOCOLLA HAM	CURED WITH WATER, SALT, SODIUM LACTATE, SUGAR, SODIUM PHOSPHATE, SODIUM DIACETATE, SODIUM ERYTHORBATE, SODIUM NITRITE								
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								

GLUTEN-FREE PIZZA INGREDIENT LISTING (continued)										
INGREDIENT	INGREDIENT LISTING	EGG	FISH	MILK	PEANUT	SHELLFISH	SOY	TREE NUTS	WHEAT	
PEPPERONI	PORK, BEEF, SALT, CONTAINS 2% OR LESS OF DEXTROSE, NATURAL FLAVORS, OLEORESIN OF PAPRIKA, LACTIC ACID STARTER CULTURE, DEHYDRATED GRANULATED GARLIC, SODIUM NITRITE, BHA, BHT, CITRIC ACID									
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, CONTAINS 2% OR LESS CORN SYRUP SOLIDS, DEXTROSE, SUGAR, LACTIC ACID STARTER CULTURE, SODIUM ERYTHORBATE, NATURAL FLAVORING, SPICES, GARLIC POWDER, SODIUM NITRITE, BHA, BHT, CITRIC ACID									
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 – 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)

Lexington, KY – Lexington Richmond Rd (Richmond Rd between Man O' War and New Circle, next to Skyline and First Watch), Lexington Southland Drive (located on the corner of Southland Dr and Nicholasville Rd, less than 4 miles South of Rupp Arena)

Nicholasville, KY (In Brannon Crossing next to Skyline, 3 miles south of Fayette Mall)