

2020 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 MENU ITEMS												
2 Pc Cod Fillet Dinner - Two Cod Fillets and French Fries w/ Tartar Sauce and Ketchup	587	1130	450	51	9	0	10	3440	125	7	22	28
Fried Cod Hoagy on White Bun w/ tartar sauce and provolone	355	770	240	27	6	0	25	1470	90	2	2	39
Tuna Hoagy on White Bun w/ mayo, lettuce, tomato	363	650	270	30	5	1	105	1110	64	3	7	31

Create Your Own Fish Fry												
Fried Cod Hoagy - White Bun	307	640	140	16	1	0	0	1100	88	2	1	31
Fried Cod Hoagy - Wheat Bun	307	650	140	16	1	0	0	1110	91	3	2	31
Tuna Hoagy - White Bun	270	540	170	19	3	0	100	1030	61	3	5	30
Tuna Hoagy - Wheat Bun	270	550	170	19	3	0	100	1040	64	4	6	30
Add for - Pizza Sauce	68	35	0	0	0	0	0	280	8	1	5	1
Add for - Italian Dressing	14	80	80	9	1	0	0	170	<1	0	0	0
Add for - Mayo	14	100	100	11	1.5	0	<5	75	0	0	0	0
Add for - Reduced Fat Mayo w/ Olive Oil Packet	12.4	35	30	3.5	0	0	2	80	1	0	<1	0
Add for - Pasta Sauce	68	60	25	2.5	0	0	0	350	8	2	4	2
Add for - Tartar Sauce	14	30	20	2	0	0	<5	95	2	0	<1	0
Add for - Alfredo Sauce	68	160	130	14	5	0	20	340	5	0	3	3
Add for - Barbecue Sauce	14	20	0	0	0	0	0	115	5	0	5	0
Add for - Diablo Sauce	14	50	35	4	0	0	<5	170	4	0	4	0
Add for - Honey Mustard	14	60	50	5	1	0	<5	80	3	0	2	0
Add for - Mushroom Sauce	68	30	0	0.5	0	0	0	440	5	0	<1	<1
Add for - Ranch Dressing	14	70	60	7	1	0	<5	110	0	0	0	0
Add for - Provolone Slice	35	110	70	9	5	0	25	270	0	0	0	7
Add for - Sharp White Cheddar Slice	26	90	70	7	5	0	30	420	0	0	0	4
Add for - Roma Tomatoes	51	10	0	0	0	0	0	2	<1	<1	1	0
Add for - Red Onion Slices	20	10	0	0	0	0	0	2	0	0	<1	0
Add for - Pickle Slices	31	0	0	0	0	0	0	540	0	0	0	0
Add for - Iceberg Lettuce	28	0	0	0	0	0	0	<1	0	0	<1	0
Add for - Bacon	28	140	100	12	4	0	20	380	0	0	0	8
Add for - Banana Pepper Rings	14	0	0	0	0	0	0	140	0	0	0	0
Add for - Black Olives	28	50	45	4.5	1	0	0	230	2	0	0	0
Add for - Green Olives	28	60	50	5	2	0	0	670	0	0	0	0
Add for - Green Peppers	28	5	0	0	0	0	0	0	1	0	<1	0
Add for - Grilled Green Peppers	28	130	130	14	2	0	0	0	<1	0	0	0
Add for - Grilled Mushrooms	43	130	130	14	2	0	0	0	3	0	0	2
Add for - Grilled Onions	34	130	130	14	2	0	0	0	2	0	<1	0
Add for - Jalapenos	28	5	0	0	0	0	0	290	<1	<1	0	0
Add for - Mushrooms	28	5	0	0	0	0	0	3	0	0	0	2
Add for - Pepperoni	11	50	45	5	2	0	10	200	0	0	0	2
Add for - Roasted Onions	35	30	10	1	0	0	0	170	4	<1	1	0
Add for - Roasted Red Peppers	28	10	0	0	0	0	0	0	2	<1	1	0
Add for - Spinach	28	10	0	0	0	0	0	45	<1	<1	0	<1
JRC Half Cod Hoagy - White Bun & Kit Chips	296	610	190	21	4	0	0	1490	79	4	2	19
JRC Half Cod Hoagy - Wheat Bun & Kit Chips	296	610	190	21	4	0	0	1500	81	5	3	19
JRC Half Tuna Hoagy - White Bun & Kit Chips	278	560	200	23	5	0	50	1460	66	5	4	19
JRC Half Tuna Hoagy - Wheat Bun & Kit Chips	278	560	200	23	5	0	50	1460	67	5	5	19
Add for - Pizza Sauce	34	20	0	0	0	0	0	140	4	<1	3	<1
Add for - Italian Dressing	7	40	40	4.5	0.5	0	0	85	0	0	0	0
Add for - Mayo	7	50	50	6	1	0	0	40	0	0	0	0
Add for - Reduced Fat Mayo w/ Olive Oil Packet	12.4	35	30	3.5	0	0	2	80	1	0	<1	0
Add for - Pasta Sauce	34	30	10	1.5	0	0	0	170	4	<1	2	<1
Add for - Tartar Sauce	7	15	10	1	0	0	0	45	<1	0	0	0
Add for - Alfredo Sauce	34	80	60	7	2.5	0	10	170	2	0	1	1
Add for - Barbecue Sauce	7	10	0	0	0	0	0	60	3	0	2	0
Add for - Diablo Sauce	7	25	15	2	0	0	<5	85	2	0	2	0
Add for - Honey Mustard	7	30	25	2.5	0	0	<5	40	1	0	1	0
Add for - Mushroom Sauce	34	15	0	0	0	0	0	220	3	0	0	0
Add for - Ranch Dressing	7	35	30	3.5	0.5	0	0	55	0	0	0	0
Add for - Provolone Slice	23	70	50	6	3.5	0	15	180	0	0	0	5
Add for - Sharp White Cheddar Slice	17	60	45	5	3.5	0	20	280	0	0	0	3
Add for - Roma Tomatoes	26	0	0	0	0	0	0	<1	0	0	<1	0
Add for - Red Onion Slices	10	0	0	0	0	0	0	<1	0	0	0	0
Add for - Pickle Slices	15	0	0	0	0	0	0	260	0	0	0	0
Add for - Iceberg Lettuce	14	0	0	0	0	0	0	0	0	0	0	0
Add for - Bacon	14	70	50	6	2	0	10	190	0	0	0	4
Add for - Banana Pepper Rings	7	0	0	0	0	0	0	70	0	0	0	0
Add for - Black Olives	14	25	20	2	1	0	0	115	<1	0	0	0
Add for - Green Olives	14	30	25	2.5	1	0	0	340	0	0	0	0
Add for - Green Peppers	14	0	0	0	0	0	0	<1	0	0	0	0
Add for - Grilled Green Peppers	14	60	60	7	1	0	0	0	0	0	0	0
Add for - Grilled Mushrooms	21	70	60	7	1	0	0	0	2	0	0	1
Add for - Grilled Onions	17	70	60	7	1	0	0	0	<1	0	0	0
Add for - Jalapenos	14	0	0	0	0	0	0	140	0	0	0	0
Add for - Mushrooms	14	0	0	0	0	0	0	2	0	0	0	1
Add for - Pepperoni	6	25	20	2.5	1	0	<5	100	0	0	0	1
Add for - Roasted Onions	14	10	0	0	0	0	0	70	2	0	<1	0
Add for - Roasted Red Peppers	14	0	0	0	0	0	0	0	<1	0	<1	0
Add for - Spinach	14	0	0	0	0	0	0	20	0	0	0	0
1 Pc Cod Fillet Dinner - One Cod Fillet and French Fries w/ Tartar Sauce and Ketchup	497	950	390	43	8	0	10	3150	109	7	22	17
TUNA PLATE (add breadsticks and dressing below)	348	420	240	27	7	0	120	930	16	3	8	29
JRC Small Tuna Plate (add breadstick and dressing below)	235	290	160	18	6	0	70	680	12	2	5	18
ALA CARTE Small Tuna Plate w/ Breadstick (add dressing below)	292	430	190	21	6	0	70	950	37	3	6	22

*Tuna not available at Lexington Pizzerias

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ADD-ON ITEMS												
Hot Garlic Breadstick (1)	57	150	20	2.5	0	0	0	270	25	1	1	4
Minestrone w/ pkt of 2 saltine crackers	238	120	10	1.5	0	0	0	950	24	2	2	6
Basket of French Fries w/ Ketchup	344	510	120	13	3.5	0	0	1510	85	7	14	7
Fresh Fried Kitchen Chips (add dipping sauce below)	286	570	240	27	7	0	0	1910	71	7	3	7
Add for - Barbecue Sauce	57	80	0	0	0	0	0	470	21	0	19	0
Add for - Blue Cheese	57	280	260	30	6	0	30	610	2	0	2	2
Add for - Buttery Garlic Sauce	57	350	340	39	8	0	0	510	1	0	0	0
Add for - Diablo Sauce	57	210	130	15	2	0	20	680	17	0	17	0
Add for - Honey Mustard	57	240	200	22	3.5	0	20	310	11	0	9	0
Add for - Pizza Sauce	68	35	0	0	0	0	0	280	8	1	5	1
Add for - Sicilian Sauce	68	50	25	2.5	0	0	0	95	5	<1	3	1
Add for - Ranch	57	270	250	29	5	0	10	430	2	0	2	0
Add for - Alfredo Sauce	68	160	130	14	5	0	20	340	5	0	3	3
Add for - Barbecue-Garlic Wing Sauce	37	130	100	11	2	0	0	280	8	0	5	0
Add for - Creamy Garlic Dressing	57	320	320	34	6	0	0	570	4	0	2	0
Add for - Meat Sauce	68	80	45	5	1.5	0	10	360	6	1	4	4
Add for - Fresh Garlic Sauce	37	230	210	24	4	0	<5	60	4	<1	0	2
Add for - Garlic-Romano Wing Sauce	43	230	220	25	5	0	<5	370	3	0	0	2
Add for - Hot Wing Sauce	57	90	80	9	2	0	0	900	2	0	2	0
Add for - Hot-Garlic Wing Sauce	37	130	120	13	2.5	0	0	400	3	0	<1	0
Add for - Mushroom Sauce	68	30	0	0.5	0	0	0	440	5	0	<1	<1
Add for - Ketchup	60	70	0	0	0	0	0	560	14	0	14	0
Add for - Mayo	57	400	400	44	7	1	15	300	0	0	0	0
Add for - Medium Wing Sauce	57	110	110	11	2	0	0	850	2	0	0	0
Add for - Medium-Garlic Wing Sauce	37	140	130	14	2.5	0	0	380	3	0	0	0
Add for - Pasta Sauce	68	60	25	2.5	0	0	0	350	8	2	4	2
Add for - Tartar Sauce	57	110	90	9	1	0	10	380	8	0	4	0
Tossed Garden Salad (add dressing below)	206	160	80	9	4.5	0	20	440	11	2	4	8
Tossed Garden Salad - Small (add dressing below)	164	150	80	9	4.5	0	20	430	10	2	3	8
Add for - Blue Cheese	57	280	260	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 - Sundried Tomato Vinaigrette (limited availability)	57	330	300	34	5	0	<5	580	6	0	4	<1
Add for - Thousand Island	57	270	260	27	4.5	0	25	400	7	0	7	0
Add for - To-Go Packet - Blue Cheese	43	200	190	21	4	0	25	430	2	0	<1	<1
Add for - To-Go Packet - Creamy Garlic	43	250	240	26	4	0	<5	430	3	0	2	<1
Add for - To-Go Packet - FF Ranch	43	35	0	0	0	0	0	480	8	<1	3	0
Add for - To-Go Packet - FF Italian	43	20	0	0	0	0	0	340	4	0	3	0
Add for - To-Go Packet - Honey French	43	190	140	15	2.5	0	0	290	13	0	12	0
Add for - To-Go Packet - Italian	43	240	230	26	4	0	0	540	2	0	2	0
Add for - To-Go Packet - Ranch	43	200	190	22	3.5	0	10	320	2	0	<1	0

INGREDIENT	INGREDIENT LISTING	EGG	FISH	MILK	PEANUT	SHELLFISH	SOY	TREE NUTS	WHEAT	MSG
COD FILLETS (BEER BATTERED)	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...		X	X					X	
TUNA (WHITE, ALBACORE)	WHITE TUNA, WATER, VEGETABLE BROTH (CONTAINS SOY), SALT		X				X			
EGG, HARD BOILED	HARD COOKED EGGS, CITRIC ACID, SODIUM BENZOATE AS A PRESERVATIVE	X								
CELERY STICKS	FRESH CELERY									
RELISH, SWEET PICKLE	PICKLES, FRUCTOSE, VINEGAR, WATER, SALT, NATURAL FLAVORS, XANTHAN GUM, CALCIUM CHLORIDE (FIRMING AGENT), POLYSORBATE 80, SODIUM BENZOATE (PRESERVATIVE), FD&C YELLOW #5 AND TURMERIC									
MAYONNAISE, KRAFT REAL	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)	X								
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)								X	
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								X	
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	X								
PROVOLONE CHEESE, SLICED	PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES (ANIMAL BASED LIPASE AND MICROBIAL RENNET)			X						
ICEBERG LETTUCE	100% FRESH ICEBERG LETTUCE									
ROMA TOMATOES	100% FRESH ROMA TOMATOES									
MAYONNAISE, KRAFT REAL	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)	X								
BREADSTICKS	ENRICHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, ASCORBIC ACID, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, YEAST, CONTAINS 2% OR LESS OF THE FOLLOWING INGREDIENTS: SUGAR, SALT, SODIUM STEAROYL LACTYLATE, DATEM, CALCIUM SULFATE, SOYBEAN OIL, ENZYMES, L-CYSTEINE, CALCIUM PEROXIDE, POTASSIUM IODATE, CALCIUM PROPIONATE								X	
GARLIC SAUCE	REFINED SOYBEAN OIL, WATER, PALM OIL, SALT, GARLIC POWDER, MONO AND DIGLYCERIDES, SILICON DIOXIDE, ARTIFICIAL FLAVOR (SUNFLOWER OIL, ARTIFICIAL FLAVOR), WHEY PROTEIN CONCENTRATE, BETA CAROTINE, CITRIC ACID, POLYSORBATE 6, NATURAL FLAVOR, PROPYLENE GLYCOL ALGINATE, XANTHAN GUM, SODIUM BENZOATE, POTASSIUM BENZOATE, TOCOPHEROL AND EDTA DISODIUM			X						
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)									
CHOPPED LETTUCE	ICEBERG 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)			X						
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			X					X	
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	X		X						
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	X		X						
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 PRESERVATIVES, 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			X						
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	X								
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	
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	X								
MINSTRONE SOUP	WATER, DICED TOMATOES, CABBAGE, POTATOES, CARROTS, KIDNEY BEANS, LIMA BEANS, GARBANZO BEANS, CELERY, KALE, GREAT NORTHERN BEANS, GREEN BEANS, ONION, DITALINI, PEAS, TOMATO PASTE, BLACK BEANS, LENTILS, SALT, BEEF BASE, STARCH, SUGAR, GARLIC POWDER								X	
SALTINE CRACKERS	ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE RIBOFLAVIN, FOLIC ACID), VEGETABLE OIL (CONTAINS ONE OR MORE OF THE FOLLOWING: CANOLA OIL, CORN OIL, PALM OIL, SOYBEAN OIL), SALT, SODIUM BICARBONATE (LEAVENING), YEAST, MALTED BARLEY FLOUR								X	