

NUTRITION, INGREDIENT AND ALLERGEN INFORMATION

LAROSA'S NUTRITION INFORMATION												
CAL/SLICE 300-367.5 8 SLICES												
Menu Item	Portion Size (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Choles-terol (mg)	Sodium (mg)	Carbohy-drates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	#Slices
Stuffed Pizza Pie w/Extra Four Cheese Blend	per slice	300	12	5	0	19	448	40	2	2	12	8
Add for - Topping 12" - Anchovies	per slice	8	0	0	0	5	248	0	0	0	0	8
Add for - Topping 12" - Bacon	per slice	68	6	2	0	9	180	0	0	0	5	8
Add for - Topping 12" - Banana Pepper	per slice	0	0	0	0	0	132	0	0	<1	0	8
Add for - Topping 12" - Black Olive	per slice	23	2	0	0	0	80	0	0	0	0	8
Add for - Topping 12" - Capocola Ham	per slice	15	2	0	0	6	102	0	0	0	2	8
Add for - Topping 12" - Chicken Breast Strips	per slice	15	0	0	0	11	56	0	0	0	3	8
Add for - Topping 12" - Green Olive	per slice	23	2	1	0	0	231	0	0	0	0	8
Add for - Topping 12" - Green Pepper	per slice	0	0	0	0	0	0	0	0	0	<1	8
Add for - Topping 12" - Ground Beef	per slice	45	3	1	0	11	101	0	0	0	3	8
Add for - Topping 12" - Jalapenos	per slice	0	0	0	0	0	108	0	0	<1	0	8
Add for - Topping 12" - Meatballs	per slice	30	2	1	0	11	93	0	0	<1	2	8
Add for - Topping 12" - Mushroom	per slice	0	0	0	0	0	0	2	<1	0	2	8
Add for - Topping 12" - Pepperoni	per slice	30	3	1	0	5	128	0	0	0	2	8
Add for - Topping 12" - Pickle Slices	per slice	30	0	0	0	0	201	0	0	0	0	8
Add for - Topping 12" - Pineapple Tidbits	per slice	15	0	0	0	0	0	3	0	3	0	8
Add for - Topping 12" - Red Onion	per slice	0	0	0	0	0	0	2	0	0	<1	8
Add for - Topping 12" - Roma Tomato	per slice	0	0	0	0	0	0	0	0	0	0	8
Add for - Topping 12" - Salami	per slice	23	2	1	0	6	101	0	0	0	2	8
Add for - Topping 12" - Sausage	per slice	53	5	1	0	12	179	2	0	0	3	8
Add for - Topping 12" - Spicy Sausage	per slice	60	6	1	0	12	155	2	0	0	3	8
Add for - Topping 12" - Spinach	per slice	0	0	0	0	0	20	0	0	<1	0	8
ADD FOR DIPPING SAUCE												
35-720 CAL/SERVING, 2-3 SERVINGS												#Svngs
Add for - Buttery Garlic Sauce	per serving	350-720	43-80	7-15	0-0	0-0	607-1160	0-2	0-0	0-0	0-0	2-3
Add for - Pizza Sauce	per serving	35-80	0-0	0-0	0-0	0-0	287-500	8-12	1-3	5-9	1-2	2-3
Add for - Ranch	per serving	270-410	28-58	4-9	0-0	20-50	407-800	2-4	0-0	2-4	1-3	2-3

INGREDIENT	INGREDIENT LISTING	EGG	FISH	MILK	PEANUT	SHELLFISH	SOY	TREE NUTS	WHEAT	MSG
STUFFED PIZZA CRUST	FLOUR ((BLEACHED, ENRICHED AND MALTED WHAT FLOUR (WHAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE, MONONITRATE, RIBOFLAVIN, AND FOLIC ACID)), WATER, SOYBEAN OIL, YEAST, SALT, SUGAR, STAR-ZYME STR 601 (ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), ENZYMES)), RELAX 200 (YEAST)								X	
prepared with Soy Oil	SOYBEAN OIL									
PROVOLONE CHEESE, SHREDDED	PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES. POTATO STARCH, POWDERED CELLULOSE ADDED TO PREVENT CAKING			X						
GARLIC PESTO SAUCE										
GARLIC SAUCE	LIQUID MARGARINE (SOYBEAN AND HYDROGENATED SOYBEAN OIL, WATER, SALT, MONO AND DIGLYCERIDES, SOY LECITHIN, SODIUM BENZOATE, NATURAL AND ARTIFICIAL FLAVOR, BETA CAROTENE FOR COLOR, VITAMIN A PALMITATE), WATER, SALT, GARLIC POWDER, NATURAL FLAVOR, XANTHAN GUM, CITRIC ACID, SODIUM BISULFITE						X			
PESTO	BASIL, CANOLA OIL, WATER, PARMESAN CHEESE (PASTEURIZED PART-SKIM COWS' MILK, CHEESE CULTURE, SALT, ENZYMES), GRANULATED GARLIC, SALT			X						
ROMANO CHEESE	PASTEURIZED COW'S MILK, CHEESE CULTURES, SALT, ENZYMES AND POWDERED CELLULOSE ADDED TO PREVENT CAKING, POTASSIUM SORBATE TO PROTECT FLAVOR			X						
GARLIC GRANULATED	100% GARLIC GRANULATED									
OREGANO	OREGANO									
ANCHOVIES	ANCHOVY FILLETS, OLIVE OIL, AND SALT		X							
BACON	PORK 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									
BANANA PEPPERS	FRESH PEPPERS, WATER, VINEGAR, SALT, CALCIUM CHLORIDE, SODIUM BENZOATE (PRESERVATIVE), NATURAL FLAVORS, YELLOW 5, SODIUM METABISULFITE (PRESERVATIVE)									
BLACK OLIVES, SLICED	BLACK OLIVES, WATER, SEA SALT, AND FERROUS GLUCONATE (ADDED TO STABILIZE COLOR).									
CAPOCOLLA HAM	PORK CURED WITH WATER, SALT, SODIUM LACTATE, SUGAR, SODIUM PHOSPHATE, SODIUM DIACETATE, SODIUM ERYTHORBATE, SODIUM NITRITE. COATED WITH SPICES AND PAPRIKA.									
CHICKEN BREAST STRIPS	SKINLESS BONELESS CHICKEN BREAST MEAT WITH RIB MEAT, WATER, RICE STARCH, SALT, SEASONING (SPICES, SUGAR, DEHYDRATED ONION , DEHYDRATED GARLIC), SODIUM PHOSPHATES, CARAMELIZED SUGAR SYRUP									
GREEN PEPPER	100% FRESH GREEN PEPPERS									
GREEN OLIVES, SLICED	OLIVES, WATER, SEA SALT, LACTIC ACID									
GROUND BEEF CRUMBLES	BEEF, SALT, SPICES									
JALAPENO PEPPERS	FRESH PEPPERS, WATER, VINEGAR, SALT, CALCIUM CHLORIDE, SODIUM BENZOATE, NATURAL FLAVORS, SODIUM METABISULFITE, YELLOW 5.									

INGREDIENT	INGREDIENT LISTING	EGG	FISH	MILK	PEANUT	SHELLFISH	SOY	TREE NUTS	WHEAT	MSG
MEATBALLS	BEEF, PORK, WATER, RICOTTA CHEESE (PASTEURIZED PART-SKIM MILK, FRESH WHEY, CREAM, VINEGAR, SALT), WHOLE EGGS, BREAD CRUMBS (WHEAT FLOUR, ENRICHED, MALTED, BROMATED [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, POTASSIUM BROMATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID]), WATER, PALM OIL, SALT, SWEET WHEY, SUGAR, YEAST [NATURAL YEAST, SORBITAN MONOSTEARATE, ASCORBIC ACID], CALCIUM PROPIONATE, SODIUM METABISULFITE), ROMANO CHEESE (SHEEP'S MILK, CHEESE CULTURE, SALT, ENZYMES, CALCIUM PROPIONATE), CONTAINS LESS THAN 2% OF SALT, DEHYDRATED GARLIC, SPICES, DEHYDRATED PARSLEY, BROWN SUGAR, CARAMEL COLOR	X		X					X	
MUSHROOM SLICES	100% FRESH MUSHROOMS									
PEPPERONI	PORK, BEEF, SALT, SPICES, DEXTROSE, LACTIC ACID STARTER CULTURE, NATURAL FLAVORINGS, OLEORESIN OF PAPRIKA, SODIUM ASCORBATE, NATURAL SMOKE FLAVORING, GARLIC POWDER, SODIUM NITRITE, BHA, BHT, CITRIC ACID.									
PICKLE SLICES	CUCUMBERS, WATER, VINEGAR, SALT, CALCIUM CHLORIDE (FIRMING AGENT), LACTIC ACID, NATURAL FLAVORS, SODIUM BENZOATE, AND TURMERIC									
PINEAPPLE	PINEAPPLE TIDBITS, WATER, SUGAR, CITRIC ACID AND ASCORBIC ACID (VITAMIN C) TO PROMOTE COLOR RETENTION.									
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, WATER, SALT, SPICES, CORN SYRUP SOLIDS, PAPRIKA, FLAVORING, DISODIUM INOSINATE AND DISODIUM GUANYLATE, BHA, BHT, PROPYL GALLATE									
SPICY SAUSAGE CRUMBLES	PORK, WATER, SPICES, SALT, CORN SYRUP SOLIDS, PAPRIKA, PAPRIKA EXTRACT, FLAVORING, DISODIUM INOSINATE AND DISODIUM GUANYLATE, ANNATTO EXTRACT, BHA, BHT, PROPYL GALLATE									
SPINACH	SPINACH									
937 SAUSAGE (available only at Dayton pizzerias)	PORK, SPICES, SALT, WATER, CORN SYRUP SOLIDS, PAPRIKA, GARLIC, SUGAR, LEMON JUICE POWDER (CORN SYRUP SOLIDS, LEMON JUICE SOLIDS, LEMON OIL), BHA, BHT, CITRIC ACID									
FOUR-CHEESE BLEND										
MOZZARELLA/PROVOLONE BLEND	WHOLE MILK LOW MOISTURE MOZZARELLA CHEESE (PASTEURIZED MILK, CHEESE CULTURES, SALT, ENZYMES), PROVOLONE CHEESE (PASTEURIZED MILK, CHEESE CULTURES, SALT, ENZYMES), CELLULOSE POWDER ADDED TO PREVENT CAKING, NATAMYCIN (A NATURAL MOLD INHIBITOR).			X						
RICOTTA CHEESE	PASTEURIZED WHOLE MILK, VINEGAR, SALT, LOCUST BEAN GUM, XANTHAN GUM, GUAR GUM (STABILIZER)			X						
ROMANO CHEESE	PASTEURIZED COW'S MILK, CHEESE CULTURES, SALT, ENZYMES AND POWDERED CELLULOSE ADDED TO PREVENT CAKING, POTASSIUM SORBATE TO PROTECT FLAVOR			X						
OREGANO	OREGANO									
DIPPING SAUCES										
GARLIC SAUCE	LIQUID MARGARINE (SOYBEAN AND HYDROGENATED SOYBEAN OIL, WATER, SALT, MONO AND DIGLYCERIDES, SOY LECITHIN, SODIUM BENZOATE, NATURAL AND ARTIFICIAL FLAVOR, BETA CAROTENE FOR COLOR, VITAMIN A PALMITATE), WATER, SALT, GARLIC POWDER, NATURAL FLAVOR, XANTHAN GUM, CITRIC ACID, SODIUM BISULFITE						X			
GARLIC SAUCE DIPPING CUPS	LIQUID MARGARINE (SOYBEAN AND HYDROGENATED SOYBEAN OIL, WATER, SALT, MONO AND DIGLYCERIDES, SOY LECITHIN, SODIUM BENZOATE, NATURAL AND ARTIFICIAL FLAVOR, BETA CAROTENE FOR COLOR, VITAMIN A PALMITATE), WATER, SALT, GARLIC POWDER, NATURAL FLAVOR, XANTHAN GUM, CITRIC ACID, SODIUM BISULFITE						X			
PIZZA SAUCE	WATER, TOMATO PASTE, SUGAR, SALT, SPICES, GARLIC POWDER & CITRIC ACID									
PIZZA SAUCE DIPPING CUPS	TOMATO PUREE (WATER, TOMATOE PASTE), SUGAR, SALT, SPICES, GARLIC POWDER, ASCORBIC ACID, SODIUM BENZOATE AND POTASSIUM SORBATE (PRESERVATIVES).									
RANCH DRESSING	SOYBEAN OIL, CULTURED BUTTERMILK, WATER, EGG YOLK, DISTILLED VINEGAR, CONTAINS LESS THAN 2% OF SUGAR, SALT, GARLIC*, BUTTERMILK SOLIDS, SPICE, XANTHAN GUM, ONION*, CORN STARCH, GUAR GUM, YEAST EXTRACT. *DRIED	X		X						

RANCH DRESSING DIPPING CUPS	SOYBEAN OIL, CULTURED BUTTERMILK, WATER, EGG YOLK, DISTILLED VINEGAR, CONTAINS LESS THAN 2% OF SUGAR, SALT, GARLIC*, BUTTERMILK SOLIDS, SPICE, XANTHAN GUM, ONION*, CORN STARCH, GUAR GUM, YEAST EXTRACT. *DRIED	X		X						
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The ingredient information contained herein is accurate and correct to the best of our ability. Products may change without notice or may be substituted by the supplier.

The document is provided for informational purposes only. Please discuss any questions you have with your health care professional.

DO YOU HAVE FOOD ALLERGIES OR SENSITIVITIES?

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.

Additional menu selections may be chosen by individual pizzerias at their discretion. These products may contain allergens or may be processed in a plant that manufactures products containing allergens.

Contact your health care professional if you have any questions relating to your specific circumstance.

The above information may be used to plan a balanced diet. Your individual nutritional requirements may be higher or lower depending on your calorie needs.

Nutrition data is collected by computer analysis of data from the U.S. Department of Agriculture and our suppliers. Nutrition analysis is provided by a third party registered dietician service and is accurate to the best of our ability.

Products may change without notice or substitutions by suppliers and/or franchisees may alter the nutritional values of any item.

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If you have any questions about LaRosa's food, please contact our Guest Service Center at (513) 347-1111.

The information in this report was created by MenuCalc®, a FoodCALC® nutrition analysis product. www.foodcalc.com

	2,000 calories	2,500 calories
Less than	65 g	80 g
Less than	20 g	25 g
Less than	300 mg	300 mg
Less than	2,400 mg	2,400 mg
	300 g	375 g
Calories per gram: Fat 9 – Carbohydrate 4 – Protein 4		