NUTRITION, INGREDIENTS AND ALLERGENS

10/26/26

(AVAILABLE ONLINE AT www.larosas.com - Nutrition link)

Nutrition information is based on standard product formulations. Variations may occur due to differences in suppliers, ingredient substitutions, recipe revisions, product assembly at the pizzeria level, and/or season of the year. Certain menu items may not be available at all locations. Temporary products are not included. Nutrition calculations follow federal regulations regarding the rounding of nutritional data. The information contained herein is accurate and correct to the best of our ability and is produced using software provided by

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? All of our food items are prepared in a common kitchen and the following major food allergens may be used as ingredients in this facility: milk, egg, fish, crustacean shellfish, tree nuts, peanuts, wheat, soy, and sesame. For your convenience, menu items and ingredients that contain these major allergens have been indicated. Allergen information is determined based on standard product formulations. These product formulations may vary. Fried menu items are cooked in common oil, and possible contact with other major allergens is also indicated. Federal regulation has exempted from allergen declaration any highly refined oil derived from the major food allergens; therefore, soy oil as an ingredient is not indicated as an allergen. Please consult your health care professional to know if you should avoid products that contain highly refined soy oil. LaRosa's, Inc., its franchisees and employees do not assume responsibility for a particular allergy or sensitivity to any food provided in our pizzerias. Federal regulations have identified 9 major food allergens: milk, eggs, wheat, soybeans, peanuts, tree nuts, sesame, fish, and crustacean shellfish. 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.

LAROSA'S NUTRITION, INGREDIENT AND ALLERGEN INFORMATION

Updated 10/26/26

STARTERS

RONDOS w/ Choice of Dipping Sauce	CAL/SERV 190-280, 6 SERVINGS	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)	# SVNGS
Rondos - Spinach		61	190	11	4.0	0	15	350	15	<1	0	7	6
Rondos - Cheese		57	200	12	4.0	0	15	350	15	<1	0	7	6
Rondos - Pepperoni		60	210	12	4.5	0	15	420	15	<1	0	8	6
Add for Pizza Sauce		11	5	0	0	0	0	50	1	0	1	0	6
Add for Barbecue Sauce		9	15	0	0	0	0	78	4	0	3	0	6
Add for Buttermilk Ranch		9	45	5	1	0	2	72	0	0	0	0	6
Add for Blue Cheese		9	45	5	1	0	3	72	0	0	0	0	6
Add for Buttery Garlic Sauce		9	70	7	1	0	0	100	0	0	0	0	6
Add for Sweet & Spicy Diablo Sauce		9	35	3	1	0	2	75	3	0	3	0	6
Add for Honey Mustard		9	40	4	1	0	4	52	2	0	2	0	6
INGREDIENT LISTING					EGG	FISH	MILK	PEANUT	SHELLFISH	SOY	TREE NUTS	WHEAT	SESAME
RONDO DOUGH	FLOUR ((BLEACHED, ENRICHED AND MALTED WHEAT FLOUR (WHEAT 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	
PROVOLONE CHEESE, SHREDDED	PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES. POTATO STARCH, POWDERED CELLULOSE ADDED TO PREVENT CAKING						X						
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.												
SPINACH	SPINACH												
GARLIC SAUCE	VEGETABLE OIL BLEND [(SOYBEAN AND HYDROGENATED SOYBEAN OILS), WATER, SALT, MONO- AND DIGLYCERIDES, SOY LECITHIN, NATURAL AND ARTIFICIAL FLAVOR, BETA CAROTENE (COLOR), VITAMIN A PALMITATE], BUTTER FLAVOR [WATER, SOYBEAN OIL, NATURAL AND ARTIFICIAL FLAVORS, XANTHAN GUM, CITRIC ACID, MIXED TOCOPHEROLS, ANNATTO (COLOR)], GARLIC*, ASCORBIC ACID, PHOSPHORIC ACID, NATURAL FLAVOR, CALCIUM DISODIUM EDTA (TO PROTECT FLAVOR), GARLIC OIL									X			
GARLIC PESTO SAUCE													
GARLIC SAUCE	VEGETABLE OIL BLEND [(SOYBEAN AND HYDROGENATED SOYBEAN OILS), WATER, SALT, MONO- AND DIGLYCERIDES, SOY LECITHIN, NATURAL AND ARTIFICIAL FLAVOR, BETA CAROTENE (COLOR), VITAMIN A PALMITATE], BUTTER FLAVOR [WATER, SOYBEAN OIL, NATURAL AND ARTIFICIAL FLAVORS, XANTHAN GUM, CITRIC ACID, MIXED TOCOPHEROLS, ANNATTO (COLOR)], GARLIC*, ASCORBIC ACID, PHOSPHORIC ACID, NATURAL FLAVOR, CALCIUM DISODIUM EDTA (TO PROTECT FLAVOR), GARLIC OIL									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	GARLIC GRANULATED												
OREGANO	OREGANO												

Dipping Sauce ingredients listed below.

CHEESY FLAT BREAD w/ Choice of Dipping Sauce	CAL 1440-1840	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)	# SVNGS
Cheesy Flat Bread		396	1440	94	30	0	100	2650	88	4	2	49	1
Add for Pizza Sauce		68	40	0	0	0	0	300	8	2	5	1	1
Add for Barbecue Sauce		56	80	0	0	0	0	470	21	0	19	0	1
Add for Buttermilk Ranch		56	270	29	5	0	10	430	2	0	2	0	1
Add for Blue Cheese		56	260	28	5	0	20	430	2	0	2	2	1
Add for Buttery Garlic Sauce		56	400	44	6	0	0	600	0	0	0	0	1
Add for Sweet & Spicy Diablo Sauce		56	210	17	3	0	10	450	15	0	15	0	1
Add for Honey Mustard		56	240	22	4	0	25	310	13	0	11	0	1
INGREDIENT LISTING					EGG	FISH	MILK	PEANUT	SHELLFISH	SOY	TREE NUTS	WHEAT	SESAME
HAND TOSSED PIZZA CRUST	FLOUR ((BLEACHED, ENRICHED AND MALTED WHEAT FLOUR (WHEAT 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	
PROVOLONE CHEESE, SHREDDED	PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES. POTATO STARCH, POWDERED CELLULOSE ADDED TO PREVENT CAKING						X						
GARLIC PESTO SAUCE													
GARLIC SAUCE	VEGETABLE OIL BLEND [(SOYBEAN AND HYDROGENATED SOYBEAN OILS), WATER, SALT, MONO- AND DIGLYCERIDES, SOY LECITHIN, NATURAL AND ARTIFICIAL FLAVOR, BETA CAROTENE (COLOR), VITAMIN A PALMITATE], BUTTER FLAVOR [WATER, SOYBEAN OIL, NATURAL AND ARTIFICIAL FLAVORS, XANTHAN GUM, CITRIC ACID, MIXED TOCOPHEROLS, ANNATTO (COLOR)], GARLIC*, ASCORBIC ACID, PHOSPHORIC ACID, NATURAL FLAVOR, CALCIUM DISODIUM EDTA (TO PROTECT FLAVOR), GARLIC OIL									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	GARLIC GRANULATED												
OREGANO	OREGANO												

Dipping Sauce ingredients listed below.

FRIED MOZZARELLA CHEESE STICKS w/ Pizza Sauce	CAL/SERV 130, 5 SERVINGS	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)	# SVNGS
Fried Mozzarella Cheese Sticks w/ Pizza Sauce		51	130	7	2.5	0	10	340	10	0	1	6	5
INGREDIENT LISTING					EGG	FISH	MILK	PEANUT	SHELLFISH	SOY	TREE NUTS	WHEAT	SESAME
MOZZARELLA CHEESE STICKS	MOZZARELLA CHEESE (PASTEURIZED PART-SKIM MILK, CULTURES, SALT, ENZYMES, CALCIUM CHLORIDE), BLEACHED WHEAT FLOUR, WATER, YELLOW CORN FLOUR, SOY FLOUR, SUGAR, SALT, DEXTROSE, SOYBEAN OIL, LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM ALUMINUM PHOSPHATE, SODIUM BICARBONATE, YEAST), MONO AND DIGLYCERIDES, OLEORESIN PAPRIKA (COLOR), SPICES, NONFAT DRY MILK, DRIED WHEY, DRIED WHOLE EGGS, TBHQ, CITRIC ACID, DIMETHYLPOLYSILOXANE				X		X			X		X	
PIZZA SAUCE	WATER, TOMATO PASTE, SUGAR, SALT, SPICES, GARLIC POWDER AND CITRIC ACID												
Prepared in FRYER VEGETABLE OIL	CANOLA OIL, SAFFLOWER OIL AND SUNFLOWER OIL, OR GRAPESEED OIL												

CAULIFLOWER BITES w/ Choice of Dipping Sauce	CAL 320-720	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)	# SVNGS
Cauliflower Bites		224	320	2	0	0	0	820	68	6	4	10	1
Add for Pizza Sauce		68	40	0	0	0	0	300	8	2	5	1	1
Add for Barbecue Sauce		56	80	0	0	0	0	470	21	0	19	0	1
Add for Buttermilk Ranch		56	270	29	5	0	10	430	2	0	2	0	1
Add for Blue Cheese		56	260	28	5	0	20	430	2	0	2	2	1
Add for Buttery Garlic Sauce		56	400	44	6	0	0	600	0	0	0	0	1
Add for Sweet & Spicy Diablo Sauce		56	210	17	3	0	10	450	15	0	15	0	1
Add for Honey Mustard		56	240	22	4	0	25	310	13	0	11	0	1
INGREDIENT LISTING					EGG	FISH	MILK	PEANUT	SHELLFISH	SOY	TREE NUTS	WHEAT	SESAME
CAULIFLOWER BITES	CAULIFLOWER, WHEAT FLOUR, WATER, TAPIOCA STARCH, CONTAINS 2% OR LESS OF: SALT, YEAST, CORN STARCH, CITRUS FLOUR, GARLIC POWDER, ONION POWDER, SUGAR, SOYBEAN OIL, SPICE											X	
Prepared in FRYER VEGETABLE OIL	CANOLA OIL, SAFFLOWER OIL AND SUNFLOWER OIL, OR GRAPESEED OIL												

Dipping Sauce ingredients listed below.

LAROSA'S NUTRITION, INGREDIENT AND ALLERGEN INFORMATION

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KITCHEN CHIPS w/ Diablo Sauce	CAL 660	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)	# SVNGS
Kitchen Chips w/ Diablo Sauce		283	660	38	8	0	10	2180	71	5	18	5	1
INGREDIENT LISTING					EGG	FISH	MILK	PEANUT	SHELLFISH	SOY	TREE NUTS	WHEAT	SESAME
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 PRUSSIATE OF SODA (ANTICAKING AGENT)												
DIABLO SAUCE	SOYBEAN OIL, SUGAR, WATER, CHILI PASTE (CHILI, SALT, DISTILLED VINEGAR, POTASSIUM SORBATE AND SODIUM BISULFITE ADDED AS PRESERVATIVES, XANTHAN GUM), CIDER VINEGAR, VINEGAR, SALT, DRIED WHOLE EGG, XANTHAN GUM, GARLIC POWDER, ONION POWDER, MUSTARD FLOUR, SODIUM BENZOATE AND POTASSIUM SORBATE ADDED AS PRESERVATIVES, CAPSICUM, PAPRIKA EXTRACT, CITRIC ACID, ANNATTO EXTRACT, CALCIUM DISODIUM EDTA ADDED TO PROTECT FLAVOR				X								
Prepared in FRYER VEGETABLE OIL	CANOLA OIL, SAFFLOWER OIL AND SUNFLOWER OIL, OR GRAPESEED OIL												

GARLIC PARMESAN FRIES w/ Ranch Dressing	CAL 720	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)	# SVNGS
Garlic Parmesan Fries w/ Ranch Dressing		320	720	50	8	0	20	1730	61	5	3	7	1
INGREDIENT LISTING					EGG	FISH	MILK	PEANUT	SHELLFISH	SOY	TREE NUTS	WHEAT	SESAME
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												
GARLIC PARMESAN WING SAUCE	WATER, VEGETABLE OIL (SOYBEAN AND/OR CANOLA), MARGARINE (SOYBEAN AND HYDROGENATED SOYBEAN OILS, WATER, SALT, MONO AND DIGLYCERIDES, SOY LECITHIN, SODIUM BENZOATE [PRESERVATIVE], NATURAL & ARTIFICIAL FLAVOR, BETA-CAROTENE [COLOR], VITAMIN A PALMITATE0, DISTILLED VINEFAR, GARLIC,*PARMESAN CHEESE (PASTEURIZED PART-SKIM MILK, CHEESE CULTURES, SALT, ENZYMES), SALT, CONTAINS LESS THAT 2% OF AGED CAYENNE RED PEPPER, SUGAR, ONION CONCENTRATE (ONION JUICE, ONION JUCIE CONCENTRATE, SALT, ONION OIL), PHOSPHORIC ACID, WHEY PROTEIN CONCENTRATE, XANTHAN GUN, CITRIC ACID, SPICE, NATURAL FLAVOR, POLYSORBATE 60, PROPYLENE GLYCOL ALGINATE, SORBIC ACID AND SODIUM BENZOATE (PRESERVATIVES), BETA CAROTENE (COLOR), LACTIC ACID, CALCIUM DISODIUM edta (TO PROTECT FLAVOR). *DRIED.						X			X			
BUTTERMILK 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						
Prepared in FRYER VEGETABLE OIL	CANOLA OIL, SAFFLOWER OIL AND SUNFLOWER OIL, OR GRAPESEED OIL												

FRENCH FRIES w/ Ketchup	CAL 420	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)	# SVNGS
Regular French Fries w/ Ketchup		283	420	11	2.5	0	0	1380	74	5	15	5	1
FAMILY SIZE FRENCH FRIES w/ Ketchup	**CAL/SERV 250-340, 3-4 SERVINGS**	**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)**	**# SVNGS**
Family Size French Fries w/ Ketchup - 3 servings		226	340	9	2	0	0	1040	58	4	10	4	3
Family Size French Fries w/ Ketchup - 4 servings		169	250	7	1.5	0	0	780	44	3	7	3	4
INGREDIENT LISTING					EGG	FISH	MILK	PEANUT	SHELLFISH	SOY	TREE NUTS	WHEAT	SESAME
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.												
Prepared in FRYER VEGETABLE OIL	CANOLA OIL, SAFFLOWER OIL AND SUNFLOWER OIL, OR GRAPESEED OIL												

GARLIC BREADSTICKS w/ MELTED PROVOLONE (5 breadsticks or 2 breadsticks) w/ Choice of Dipping Sauce	CAL/SERV 240-440, 2-5 SERVINGS	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)	# SVNGS
Garlic Breadstick w/ Provolone (each)		71	240	10	4.5	0	15	480	29	1	1	11	1
Dippings Sauces - 1/2 cup for Small Breadsticks (2)													
Add for Pizza Sauce		34	20	0	0	0	0	150	4	1	3	1	2
Add for Barbecue Sauce		28	40	0	0	0	0	235	11	0	10	0	2
Add for Buttermilk Ranch		28	140	15	3	0	5	215	1	0	1	0	2
Add for Blue Cheese		28	130	14	3	0	10	215	1	0	1	1	2
Add for Buttery Garlic Sauce		28	200	22	3	0	0	300	0	0	0	0	2
Add for Sweet & Spicy Diablo Sauce		28	110	9	2	0	5	225	8	0	8	0	2
Add for Honey Mustard		28	120	11	2	0	13	155	7	0	6	0	2
Dippings Sauces - 1/5 cup for Regular Breadsticks (5)													
Add for Pizza Sauce		14	10	0	0	0	0	60	2	0	1	0	5
Add for Barbecue Sauce		11	15	0	0	0	0	94	4	0	4	0	5
Add for Buttermilk Ranch		11	50	6	1	0	2	86	0	0	0	0	5
Add for Blue Cheese		11	50	6	1	0	4	86	0	0	0	0	5
Add for Buttery Garlic Sauce		11	80	9	1	0	0	120	0	0	0	0	5
Add for Sweet & Spicy Diablo Sauce		11	40	3	1	0	2	90	3	0	3	0	5
Add for Honey Mustard		11	50	4	1	0	5	62	3	0	2	0	5
INGREDIENT LISTING					EGG	FISH	MILK	PEANUT	SHELLFISH	SOY	TREE NUTS	WHEAT	SESAME
BREADSTICKS	ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, PALM OIL, YEAST, AND CONTAINS LESS THAN 2% OF THE FOLLOWING: CALCIUM SULFATE, SORBIC ACID, CALCIUM PROPIONATE, DEXTROSE, CALCIUM STEAROYL LACTYLATE, MONO- DIGLYCERIDES, POTASSIUM IODATE, ASCORBIC ACID, L-CYSTEINE, CALCIUM PEROXIDE, ENZYMES											X	
GARLIC SAUCE	VEGETABLE OIL BLEND [(SOYBEAN AND HYDROGENATED SOYBEAN OILS), WATER, SALT, MONO- AND DIGLYCERIDES, SOY LECITHIN, NATURAL AND ARTIFICIAL FLAVOR, BETA CAROTENE (COLOR), VITAMIN A PALMITATE], BUTTER FLAVOR [WATER, SOYBEAN OIL, NATURAL AND ARTIFICIAL FLAVORS, XANTHAN GUM, CITRIC ACID, MIXED TOCOPHEROLS, ANNATTO (COLOR)], GARLIC*, ASCORBIC ACID, PHOSPHORIC ACID, NATURAL FLAVOR, CALCIUM DISODIUM EDTA (TO PROTECT FLAVOR), GARLIC OIL									X			
PROVOLONE CHEESE, SLICED	PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES						X						
Dipping Sauce ingredients listed below.													

OVEN TOASTED GARLIC BREAD w/ MELTED PROVOLONE (5 slices or 2 slices) w/ Choice of Dipping Sauce (1/2 cup)	CAL/SERV 240-440, 2-5 SERVINGS	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)	# SVNGS
Garlic Bread w/ Provolone (each)		69	240	14	4	0	15	450	20	1	0	9	1
Dippings Sauces 1/2 cup for Small Garlic Bread (2)													
Add for Pizza Sauce		34	20	0	0	0	0	150	4	1	3	1	2
Add for Barbecue Sauce		28	40	0	0	0	0	235	11	0	10	0	2
Add for Buttermilk Ranch		28	140	15	3	0	5	215	1	0	1	0	2
Add for Blue Cheese		28	130	14	3	0	10	215	1	0	1	1	2
Add for Buttery Garlic Sauce		28	200	22	3	0	0	300	0	0	0	0	2
Add for Sweet & Spicy Diablo Sauce		28	110	9	2	0	5	225	8	0	8	0	2
Add for Honey Mustard		28	120	11	2	0	13	155	7	0	6	0	2
Dippings Sauces 1/5 cup for Regular Garlic Bread (5)													
Add for Pizza Sauce		14	10	0	0	0	0	60	2	0	1	0	5
Add for Barbecue Sauce		11	15	0	0	0	0	94	4	0	4	0	5
Add for Buttermilk Ranch		11	50	6	1	0	2	86	0	0	0	0	5
Add for Blue Cheese		11	50	6	1	0	4	86	0	0	0	0	5
Add for Buttery Garlic Sauce		11	80	9	1	0	0	120	0	0	0	0	5
Add for Sweet & Spicy Diablo Sauce		11	40	3	1	0	2	90	3	0	3	0	5
Add for Honey Mustard		11	50	4	1	0	5	62	3	0	2	0	5

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Updated 10/26/26

INGREDIENT LISTING		EGG	FISH	MILK	PEANUT	SHELLFISH	SOY	TREE NUTS	WHEAT	SESAME
GARLIC BREAD SLICES	TOAST: ENRICHED WHEAT FLOUR, WATER, YEAST, SUGAR, SALT, VEGETABLE OIL, WHEAT GLUTEN, CALCIUM PROPIONATE, SODIUM STEAROYL-2-LACTATE, SORBIC ACID, ENZYMES, ASCORBIC ACID. GARLIC SPREAD: SOYBEAN OIL, WATER, CANOLA OIL, MODIFIED PALM AND PALM KERNEL OILS, SALT, VEGETABLE MONOGLYCERIDES, SOY LECITHIN, WHEY POWDER, GARLIC OIL, CITRIC ACID, POTASSIUM SORBATE, ANNATTO, TURMERIC, VITAMIN A PALMITATE, VITAMIN D2.			X			X		X	may contain
PROVOLONE CHEESE, SLICED	PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES			X						

Dipping Sauce ingredients listed below.

PRETZEL BITES w/BEER CHEESE DIP	CAL/SERV 260, 2 SERVINGS	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)	# SVNGS
Pretzel Bites w/ Beer Cheese Dip		94	260	8	3	0	15	1680	35	1	1	8	2

INGREDIENT LISTING		EGG	FISH	MILK	PEANUT	SHELLFISH	SOY	TREE NUTS	WHEAT	SESAME
PRETZEL BITES	WHEAT FLOUR, WATER, SOYBEAN OIL, SALT, YEAST								X	
BEER CHEESE DIP	WATER, CHEDDAR CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES), BEER (WATER, MALTED BARLEY, HOPS, YEAST), CREAM CHEESE (PASTEURIZED CULTURED MILK AND CREAM, SALT, STABILIZERS [XANTHAN AND/OR CAROB BEAN AND/OR GUAR GUMS]), DEHYDRATED CREAM (CREAM, DIPOTASSIUM PHOSPHATE), CONTAINS LESS THAN 2%0F MODIFIED FOOD STARCH, CHEESE SAUCE BASE (WHEY POWDER, MODIFIED FOOD STARCH, COCONUT OIL, CORN SYRUP SOLIDS, CHEESE SAUCE DRY BLEND [WHEY, CHEDDAR CHEESE (CULTURED MILK, SALT, ENZYMES), REDUCED LACTOSE WHEY, MALTODEXTRIN, CANOLA OIL, SALT, DISODIUM PHOSPHATE, BLUE CHEESE (CULTURED MILK, SALT, ENZYMES), NONFAT DRY MILK, CITRIC ACID, NATURAL AND ARTIFICIAL FLAVORS], SALT, SODIUM CASEINATE, CARRAGEENAN, ANNATTO EXTRACT, PAPRIKA EXTRACT, SOY LECITHIN, MALTODEXTRIN, WHITE DISTILLED VINEGAR, DIPOTASSIUM PHOSPHATE, MONO- AND DIGLYCERIDES, LACTIC ACID, YELLOW NO, 5), PEPPER SAUCE (AGED CAYENNE RED PEPPERS, DISTILLED VINEGAR, WATER, SALT, GARLIC POWDER), SODIUM PHOSPHATES, SALT, DEHYDRATED GARLIC, SPICES, DISODIUM INOSINATE AND DISODIUM GUANYLATE, PAPRIKA EXTRACT			X			X			
Prepared in FRYER VEGETABLE OIL	CANOLA OIL, SAFFLOWER OIL AND SUNFLOWER OIL, OR GRAPESEED OIL									

FRIED CHEESE CURDS w/PIZZA SAUCE (select locations only)	CAL	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)	# SVNGS
Fried Cheese Curds w/ Pizza Sauce		323	820	44	26	0	160	1870	63	2	8	39	1

INGREDIENT LISTING		EGG	FISH	MILK	PEANUT	SHELLFISH	SOY	TREE NUTS	WHEAT	SESAME
CHEESE CURDS (SELECT LOCATIONS ONLY)	CHEDDAR CHEESE CURDS (PASTEURIZED MILK, CULTURE, ENZYMES, SALT) BLEACHED WHEAT FLOUR, WATER. CONTAINS 2% OF LESS OF ANNATTO EXTRACT (COLOR), BLEACHED ENRICHED WHAT FLOUR (WHEAT FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FLOCI ACID), CARAMEL COLOR, CELLULOSE GUN, DEXTROSE, DRIED YEAST, LEAVENING (SODIUM ACID PHROPHOSPHATE, SODIUM BICARBONATE), MODIFIED CORN STARCH, PAPRIKA EXTRACT (COLOR), SALT, SUGAR, TUMERIC OLEORESIN (COLOR), WHEY, YELLOW CORN FLOUR.			X					X	
PIZZA SAUCE	WATER, TOMATO PASTE, SUGAR, SALT, SPICES, GARLIC POWDER AND CITRIC ACID									
Prepared in FRYER VEGETABLE OIL	CANOLA OIL, SAFFLOWER OIL AND SUNFLOWER OIL, OR GRAPESEED OIL									

FRIED JALAPENO POPPERS w/RANCH (select locations only)	CAL	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)	# SVNGS
Fried Jalapeno Poppers w/Ranch		366	860	49	16	0	90	2230	79	4	9	23	1

INGREDIENT LISTING		EGG	FISH	MILK	PEANUT	SHELLFISH	SOY	TREE NUTS	WHEAT	SESAME
JALAPENO POPPERS (SELECT LOCATIONS ONLY)	WATER, ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FLOIC ACID), PASTEURIZED PROCESS CHEDDAR CHEESE [CHEDDAR CHEESE (MILK, CHEESE CULTURE, SALT, ENZYMES), WATER, MILKFAT, SODIUM PHOSPHATE, SODIUM HEXAMETAPHOSPHATE, SALT, APO-CAROTENAL COLOR], JALAPENO PEPPER, YELLOW CORN FLOUR. CONTAINS 2% OR LESS OF BUTTER (CREAM, SALT), CITRIC ACID, DEHYDRATED POTATOES (POTATOES, DEXTROSE, MONOGLYCERIDES), DEXTROSE, DISODIUM PHOSPHATE, DRIED CHEDDAR AND SEMISOFT CHEESE (PASTURIZED MILK, CHEESE CULTURE, SALT, ENZYMES), DRIED YEAST, GUAR GUM, LACTIC ACID, MODIFIED CORN STARCH, NATURAL FLAVOR (CONTAINS MILK), PAPRIKA EXTRACT (COLOR), SALT, SORBITOL, SUGAR, TUMERIC EXTRACT (COLOR), WHEAT STARCH, WHEY.			X					X	
BUTTERMILK 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						
Prepared in FRYER VEGETABLE OIL	CANOLA OIL, SAFFLOWER OIL AND SUNFLOWER OIL, OR GRAPESEED OIL									

FRIED PICKLES & BANANA PEPPERS w/RANCH (select locations only)	CAL	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)	# SVNGS
Fried Pickles & Banana Peppers w/Ranch		311	660	37	5	0	20	3330	41	5	6	11	1

INGREDIENT LISTING		EGG	FISH	MILK	PEANUT	SHELLFISH	SOY	TREE NUTS	WHEAT	SESAME
BANANA PEPPER RINGS BREADED (SELECT LOCATIONS ONL	BANANA PEPPERS (FRESH PEPPERS, WATER, VINEGAR, SALT, CALCIUM CHLORIDE, SODIUM BENZOATE (PRESERVATIVE), NATURAL FLAVORS, YELLOW 5, SODIUM METABISULFITE (PRESERVATIVE), BLEACHED WHEAT FLOUR, YELLOW CORN FLOUR, WATER, SOYBEAN OIL, SALT, WHEY, SUGAR, DEXTROSE, CANOLA OIL, CELERY SEED, YEAST, LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE),GUAR GUM, NONFAT DRY MILK, DRIED WHOLE EGGS, SOY FLOUR, SPICES (INCLUDING MUSTARD), COLORED WITH OLEORESIN PAPRIKA, ANNATTO AND TUMERIC.	X		X			X		X	
PICKLE CHIPS FRIED (SELECT LOCATIONS ONLY)	DILL PICKLE (CUCUMBERS, WATER, VINEGAR, SALT, CONTAINS LESS THAN 2% OF: ALUM, CALCIUM CHLORIDE, SODIUM BENZOATE [PRESERVATIVE], POTASSIUM SORBATE [PERSERVATIVE] . NATURAL DILL FLAVOR, PLOYSORBATE 80, YELLOW 5, BLUE 1, NATURAL GARLIC FLAVOR), BLEACHED WHEAT FLOUR, WATER, YELLOW CORN FLOUR. CONTAINS LESS THAN 2% OF: SPICE, WHEY, SOY FLOUR, LEAVENING (SODIUM ALUMINUM PHOSPHATE, SODIUM BICARBONATE), DEXTROSE, SUAGR, SALT, SOYBEAN OIL, YELLOW NO. 5, RED NO. 40, BLUE NO. 2. PREFRIED IN VEGETABLE OIL (SOYBEAN AND/OR CANOLA OIL).			X			X		X	
BUTTERMILK 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						
Prepared in FRYER VEGETABLE OIL	CANOLA OIL, SAFFLOWER OIL AND SUNFLOWER OIL, OR GRAPESEED OIL									

DIPPING SAUCES	ADD CAL 40-400	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)	# SVNGS
Pizza Sauce		68	40	0	0	0	0	300	8	2	5	1	1
Barbecue Sauce		56	80	0	0	0	0	470	21	0	19	0	1
Buttermilk Ranch		56	270	29	5	0	10	430	2	0	2	0	1
Blue Cheese		56	260	28	5	0	20	430	2	0	2	2	1
Buttery Garlic Sauce		56	400	44	6	0	0	600	0	0	0	0	1
Sweet & Spicy Diablo Sauce		56	210	17	3	0	10	450	15	0	15	0	1
Honey Mustard		56	240	22	3.5	0	25	310	13	0	11	0	1

INGREDIENT LISTING		EGG	FISH	MILK	PEANUT	SHELLFISH	SOY	TREE NUTS	WHEAT	SESAME
PIZZA SAUCE	WATER, TOMATO PASTE, SUGAR, SALT, SPICES, GARLIC POWDER AND CITRIC ACID									
BARBECUE SAUCE	TOMATOES, DISTILLED VINEGAR, SUGAR, WATER, SALT, SPICES, DEHYDRATED ONIONS, DEHYDRATED GARLIC, CORN SYRUP, NATURAL FLAVORS, MODIFIED CORN STARCH, MOLASSES, CARAMEL COLOR, AND TAMARIND									
BUTTERMILK 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						

LAROSA'S NUTRITION, INGREDIENT AND ALLERGEN INFORMATION												Updated	10/26/26	
BLUE CHEESE DRESSING	SOYBEAN OIL, WATER, BLUE CHEESE ([CULTURED PASTEURIZED MILK, SALT, ENZYMES, PENICILLIUM ROQUEFORTI], NATAMYCIN [NATURAL MOLD INHIBITOR]), DISTILLED VINEGAR, EGG YOLK, SUGAR, CONTAINS LESS THAN 2% OF SALT, WHEY PROTEIN CONCENTRATE, SOUR CREAM SOLIDS (SOUR CREAM [CREAM, NONFAT MILK, CULTURES], MALTODEXTRIN, CULTURED BUTTERMILK, CULTURED SKIM MILK), XANTHAN GUM, CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES), LACTIC ACID, GARLIC,* POTASSIUM SORBATE AND SODIUM BENZOATE (PRESERVATIVES), NATURAL FLAVOR, CALCIUM DISODIUM EDTA (TO PROTECT FLAVOR). *DRIED.	X		X								
GARLIC SAUCE	VEGETABLE OIL BLEND [(SOYBEAN AND HYDROGENATED SOYBEAN OILS), WATER, SALT, MONO- AND DIGLYCERIDES, SOY LECITHIN, NATURAL AND ARTIFICIAL FLAVOR, BETA CAROTENE (COLOR), VITAMIN A PALMITATE], BUTTER FLAVOR [WATER, SOYBEAN OIL, NATURAL AND ARTIFICIAL FLAVORS, XANTHAN GUM, CITRIC ACID, MIXED TOCOPHEROLS, ANNATTO (COLOR)], GARLIC*, ASCORBIC ACID, PHOSPHORIC ACID, NATURAL FLAVOR, CALCIUM DISODIUM EDTA (TO PROTECT FLAVOR), GARLIC OIL						X					
DIABLO SAUCE	SOYBEAN OIL, SUGAR, WATER, CHILI PASTE (CHILI, SALT, DISTILLED VINEGAR, POTASSIUM SORBATE AND SODIUM BISULFITE ADDED AS PRESERVATIVES, XANTHAN GUM), CIDER VINEGAR, VINEGAR, SALT, DRIED WHOLE EGG, XANTHAN GUM, GARLIC POWDER, ONION POWDER, MUSTARD FLOUR, SODIUM BENZOATE AND POTASSIUM SORBATE ADDED AS PRESERVATIVES, CAPSICUM, PAPRIKA EXTRACT, CITRIC ACID, ANNATTO EXTRACT, CALCIUM DISODIUM EDTA ADDED TO PROTECT FLAVOR	X										
HONEY DIJON MUSTARD DRESSING	SOYBEAN OIL, HIGH FRUCTOSE CORN SYRUP, DISTILLED VINEGAR, WATER, DIJON MUSTARD (DISTILLED VINEGAR, WATER, MUSTARD SEED, SALT, WHITE WINE, CITRIC ACID, TARTARIC ACID, SPICE), HONEY, SUGAR, EGG YOLK, CONTAINS LESS THAN 2% OF SALT, MUSTARD FLOUR, XANTHAN GUM, SPICE, OLEORESIN PAPRIKA (COLOR), CALCIUM DISODIUM EDTA (TO PROTECT FLAVOR), YELLOW 5, CORN SYRUP, NATURAL FLAVOR	X										

WINGS (per wing)	CAL 45/60	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)	# SVNGS
Boneless Wings		31	45	0.5	0	0	15	210	3	0	0	5	1
Bone-In Traditional Wings		31	60	3.5	1	0	30	160	0	0	0	6	1
WINGS SAUCES (per wing)	**ADD CAL 20-45**	**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)**	**# SVNGS**
Hot Buffalo		12	25	2.5	0	0	0	220	0	0	0	0	1
Mild Buffalo		12	25	2.5	1.5	0	0	230	0	0	0	0	1
Garlic-Parmesan		12	35	4	0.0	0	0	190	< 1	0	0	0	1
Diablo		12	45	4	0.5	0	< 5	100	3	0	3	0	1
Barbecue		12	20	0	0	0	0	105	5	0	4	0	1
WINGS DRESSING CUPS (per cup)	**ADD CAL 260/270**	**Portion Size (g)**		**Total Fat (g)**	**Saturated Fat (g)**	**Trans Fat (g)**	**Choles-terol (mg)**	**Sodium (mg)**	**Carbohy-drates (g)**	**Dietary Fiber (g)**	**Sugars (g)**	**Protein (g)**	**# SVNGS**
Buttermilk Ranch		56	270	29	5	0	10	430	2	0	2	0	1
Blue Cheese		56	260	28	5	0	20	430	2	0	2	2	1

INGREDIENT LISTING		EGG	FISH	MILK	PEANUT	SHELLFISH	SOY	TREE NUTS	WHEAT	SESAME
CHICKEN WINGS	CHICKEN 1ST AND 2ND WING PORTIONS, WATER, MODIFIED FOOD STARCH, SALT, SODIUM PHOSPHATES, CARAMELIZED SUGAR SYRUP, CARRAGEENAN									
BONELESS CHICKEN WINGS	UNCOOKED BONELESS CHICKEN BREAST MEAT FRITTER CHUNKS CONTAINING UP TO 13% OF A SOLUTION OF WATER, SALT, MODIFIED FOOD STARCH, SODIUM PHOSPHATES, BREADED WITH WHEAT FLOUR, SALT, LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE), SPICES, DEHYDRATED ONION, DEHYDRATED GARLIC SOYBEAN OIL (AS A PROCESSING AID), EXTRACTIVES OF PAPRIKA, BATTERED WITH WATER, WHEAT FLOUR, YELLOW CORN FLOUR, MODIFIED CORN STARCH, SALT, WHEAT GLUTEN, LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE), SPICES, DEHYDRATED ONION, DEHYDRATED GARLIC, NATURAL FLAVOR, PREDUSTED WITH WHEAT FLOUR, WHEAT GLUTEN, MODIFIED CORN STARCH, LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBINATE, SOYBEAN OIL, PREBROWNED IN VEGETABLE OIL								X	
HOT BUFFALO WINGS SAUCE	WATER, SOY OIL, CRYSTAL HOT SAUCE (AGED CAYENNE PEPPERS, DISTILLED VINEGAR, SALT), BUFFALO WING SAUCE (DISTILLED VINEGAR, AGED CAYENNE RED PEPPERS, SALT, WATER, CANOLA OIL, PAPRIKA, XANTHAN GUM, GARLIC POWDER AND NATURAL FLAVOR), CAYENNE PEPPER SAUCE (AGED CAYENNE RED PEPPERS, DISTILLED VINEGAR, WATER, SALT, GARLIC POWDER), DISTILLED WHITE VINEGAR, APPLE CIDER VINEGAR, SPICE, SALT, CITRUS FIBER (CITRUS PULP, XANTHAN GUM), SUGAR, PAPRIKA OLEORESIN, GARLIC PUREE (GARLIC, WATER), APPLE CIDER VINEGAR POWDER, DEHYDRATED GARLIC									
MILD BUFFALO WING SAUCE	WATER, BUTTER FLAVORED OIL [SOYBEAN OIL, HYDROGENATED SOYBEAN OIL, SALT, SUNFLOWER LECITHIN, ARTIFICIAL BUTTER FLAVOR, BETA CAROTENE (COLOR), YEAST EXTRACT], CAYENNE PEPPER SAUCE (AGED CAYENNE RED PEPPERS, DISTILLED VINEGAR, WATER, SALT, GARLIC POWDER), HOT SAUCE (DISTILLED VINEGAR, AGED CAYENNE RED PEPPERS, SALT, XANTHAN GUM, GARLIC POWDER), APPLE CIDER VINEGAR, SALT, WHEY PROTEIN CONCENTRATE, SPICES, CITRUS FIBER (DRIED ORANGE PULP, XANTHAN GUM), CAYENNE PEPPER, BUTTER BUDS [WHEY SOLIDS, ENZYME-MODIFIED BUTTER, MALTODEXTRIN, SALT, DEHYDRATED BUTTER, GUAR GUM, ANNATTO AND TURMERIC (COLOR)), SUGAR, PAPRIKA OLEORESIN, GARLIC PUREE (GARLIC, WATER), APPLE CIDER VINEGAR POWDER, GRANULATED GARLIC			X						
GARLIC PARMESAN WING SAUCE	WATER, VEGETABLE OIL (SOYBEAN AND/OR CANOLA), MARGARINE (SOYBEAN AND HYDROGENATED SOYBEAN OILS, WATER, SALT, MONO AND DIGLYCERIDES, SOY LECITHIN, SODIUM BENZOATE [PRESERVATIVE], NATURAL & ARTIFICIAL FLAVOR, BETA-CAROTENE [COLOR], VITAMIN A PALMITATE0, DISTILLED VINEFAR, GARLIC,*PARMESAN CHEESE (PASTEURIZED PART-SKIM MILK, CHEESE CULTURES, SALT, ENZYMES), SALT, CONTAINS LESS THAT 2% OF AGED CAYENNE RED PEPPER, SUGAR, ONION CONCENTRATE (ONION JUICE, ONION JUCIE CONCENTRATE, SALT, ONION OIL), PHOSPHORIC ACID, WHEY PROTEIN CONCENTRATE, XANTHAN GUN, CITRIC ACID, SPICE, NATURAL FLAVOR, POLYSORBATE 60, PROPYLENE GLYCOL ALGINATE, SORBIC ACID AND SODIUM BENZOATE (PRESERVATIVES), BETA CAROTENE (COLOR), LACTIC ACID, CALCIUM DISODIUM edta (TO PROTECT FLAVOR). *DRIED.			X			X			
DIABLO SAUCE	SOYBEAN OIL, SUGAR, WATER, CHILI PASTE (CHILI, SALT, DISTILLED VINEGAR, POTASSIUM SORBATE AND SODIUM BISULFITE ADDED AS PRESERVATIVES, XANTHAN GUM), CIDER VINEGAR, VINEGAR, SALT, DRIED WHOLE EGG, XANTHAN GUM, GARLIC POWDER, ONION POWDER, MUSTARD FLOUR, SODIUM BENZOATE AND POTASSIUM SORBATE ADDED AS PRESERVATIVES, CAPSICUM, PAPRIKA EXTRACT, CITRIC ACID, ANNATTO EXTRACT, CALCIUM DISODIUM EDTA ADDED TO PROTECT FLAVOR	X								
BARBECUE SAUCE	TOMATOES, DISTILLED VINEGAR, SUGAR, WATER, SALT, SPICES, DEHYDRATED ONIONS, DEHYDRATED GARLIC, CORN SYRUP, NATURAL FLAVORS, MODIFIED CORN STARCH, MOLASSES, CARAMEL COLOR, AND TAMARIND									
BUTTERMILK 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						
BLUE CHEESE DRESSING	SOYBEAN OIL, WATER, BLUE CHEESE ([CULTURED PASTEURIZED MILK, SALT, ENZYMES, PENICILLIUM ROQUEFORTI], NATAMYCIN [NATURAL MOLD INHIBITOR]), DISTILLED VINEGAR, EGG YOLK, SUGAR, CONTAINS LESS THAN 2% OF SALT, WHEY PROTEIN CONCENTRATE, SOUR CREAM SOLIDS (SOUR CREAM [CREAM, NONFAT MILK, CULTURES], MALTODEXTRIN, CULTURED BUTTERMILK, CULTURED SKIM MILK), XANTHAN GUM, CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES), LACTIC ACID, GARLIC,* POTASSIUM SORBATE AND SODIUM BENZOATE (PRESERVATIVES), NATURAL FLAVOR, CALCIUM DISODIUM EDTA (TO PROTECT FLAVOR). *DRIED.	X		X						
Prepared in FRYER VEGETABLE OIL	CANOLA OIL, SAFFLOWER OIL AND SUNFLOWER OIL, OR GRAPESEED OIL									

LAROSA'S NUTRITION, INGREDIENT AND ALLERGEN INFORMATION

Updated 10/26/26

SALADS & SOUPS

ENTRÉE SALADS	CAL 290/390	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)	# SVNGS
Grilled Chicken Salad		333	290	11.0	4	0	95	860	10	0	2	32	1
Crispy Chicken Salad		378	390	12.0	4	0	100	1450	27	0	< 1	34	1
JoJo Grilled Chicken Salad		262	270	11.0	3	0	100	860	8	0	2	33	1
JoJo Crispy Chicken Salad		307	370	12.0	3	0	105	1460	25	0	<1	34	1
Add for Garlic Bread Stick		50	170	3.5	1	0	0	300	29	1	1	6	1
ANTIPASTO SALAD	**CAL 380**	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)	# SVNGS
Antipasto Salad		294	380	27.0	12	0	60	1370	12	< 1	1	20	1
Add for Garlic Bread Stick		50	170	3.5	1	0	0	300	29	1	1	6	1
Family Antipasto Salad	CAL/SERV 230-310, 3-4 SERVINGS	777	920	63.0	28	0	145	3310	30	2	3	48	3-4
Add for Garlic Bread Sticks	CAL/SERV 170, 4 SERVINGS	50	170	3.5	1	0	0	300	29	1	1	6	4
ORIGINAL TOSSED GARDEN SALADS		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)	# SVNGS
Original Tossed Garden Salad		177	160	9.0	4	0	15	410	9	0	< 1	7	1
Add for Bacon		19	90	7	2.5	0	20	360	< 1	0	< 1	6	1
Family Original Tossed Garden Salad	CAL/SERV 120-160, 3-4 SERVINGS	612	470	25	12.0	0	50	1190	26	< 1	2	20	3-4
JOJO'S BLT SALAD w/ Creamy Garlic Dressing	**CAL 470**	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)	# SVNGS
JoJo's BLT Salad w/ Creamy Garlic Dressing		205	470	42.0	7	0	20	770	10	0	3	7	1
Family JoJo's BLT Salad w/ Creamy Garlic Dressing	CAL/SERV 420-560, 3-4 SERVINGS	754	1690	158.0	27	0	60	2630	31	0	10	21	3-4
ADD FOR SALAD DRESSINGS	**ADD CAL 150-310**	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)	# SVNGS
Italian		56	310	35	5	0	0	720	2	0	2	0	1
Creamy Garlic		56	310	33	5	0	0	350	2	0	2	0	1
Buttermilk Ranch		56	260	28	4	0	20	410	2	0	2	2	1
French		56	250	23	3.5	0	0	410	12	0	12	0	1
Blue Cheese		56	260	28	5	0	20	430	2	0	2	2	1
Lite Ranch		56	150	15	2	0	20	510	4	0	2	2	1
Thousand Island		56	230	22	4	0	10	430	8	0	8	0	1

INGREDIENT LISTING		EGG	FISH	MILK	PEANUT	SHELLFISH	SOY	TREE NUTS	WHEAT	SESAME
LETTUCE / SALAD BLEND	ICEBERG AND ROMAINE LETTUCES									
ROMA TOMATOES	100% FRESH ROMA TOMATOES									
RED ONION	100% FRESH RED ONION									
PROVOLONE CHEESE, SHREDDED	PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES. POTATO STARCH, POWDERED CELLULOSE ADDED TO PREVENT CAKING			X						
BLACK OLIVES, WHOLE	RIPE OLIVES, WATER, SEA SALT, AND FERROUS GLUCONATE (ADDED TO STABILIZE COLOR).									
GREEN OLIVES, WHOLE	QUEEN OLIVES, WATER, SEA SALT, LACTIC ACID									
CROUTONS	ENRICHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), VEGETABLE OILS (CANOLA AND/OR SUNFLOWER AND/ OR SOYBEAN OIL), DEHYDRATED GARLIC, SALT, YEAST, WATER, NATURAL BUTTER FLAVOR (A MILK INGREDIENT), ASCORBIC ACID (VITAMIN C)			X					X	
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									
BONELESS CHICKEN WINGS	UNCOOKED BONELESS CHICKEN BREAST MEAT FRITTER CHUNKS CONTAINING UP TO 13% OF A SOLUTION OF WATER, SALT, MODIFIED FOOD STARCH, SODIUM PHOSPHATES, BREADED WITH WHEAT FLOUR, SALT, LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE), SPICES, DEHYDRATED ONION, DEHYDRATED GARLIC SOYBEAN OIL (AS A PROCESSING AID), EXTRACTIVES OF PAPRIKA, BATTERED WITH WATER, WHEAT FLOUR, YELLOW CORN FLOUR, MODIFIED CORN STARCH, SALT, WHEAT GLUTEN, LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE), SPICES, DEHYDRATED ONION, DEHYDRATED GARLIC, NATURAL FLAVOR, PREDUSTED WITH WHEAT FLOUR, WHEAT GLUTEN, MODIFIED CORN STARCH, LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBINATE, SOYBEAN OIL, PREBROWNED IN VEGETABLE OIL								X	
BACON CRUMBLES	CURED WITH: WATER, SALT, SUGAR, SMOKE FLAVORING, SODIUM PHOSPHATES, SODIUM ERYTHORBATE, SODIUM NITRITE									
CAPOCOLLA HAM	PORK CURED WITH WATER, SALT, SODIUM LACTATE, SUGAR, SODIUM PHOSPHATE, SODIUM DIACETATE, SODIUM ERYTHORBATE, SODIUM NITRITE. COATED WITH SPICES AND PAPRIKA.									
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.									
PEPPERONI, DELI SANDWICH	PORK, BEEF, SALT, CONTAINS LESS THAN 2% OF SPICES, DEXTROSE, LACTIC ACID STARTER CULTURE, OLEORESIN OF PAPRIKA, SODIUM ERYTHORBATE, SODIUM NITRITE, BHA, BHT, CITRIC ACID (ADDED TO PROTECT FLAVOR).									
SALAMI GENOA	PORK, BEEF, SALT, CONTAINS 2% OR LESS OF DEXTROSE, WATER, NATURAL SPICES, SODIUM ASCORBATE, LACTIC ACID STARTER CULTURE, SODIUM NITRITE, GARLIC POWDER, BHA, BHT, CITRIC ACID (ADDED TO HELP PROTECT FLAVOR)									
PROVOLONE CHEESE, SLICED	PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES			X						
BANANA PEPPERS	BANANA PEPPERS, WATER, DISTILLED VINEGAR, SALT, CALCIUM CHLORIDE 9FIRMING AGENT), SODIUM BENZOATE (PRESERVATIVE), SODIUM BISULFITE (TO RETAIN COLOR), FD&C YELLOW #5, AND TUMERIC (FOR COLOR)									
BREADSTICKS	ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, PALM OIL, YEAST, AND CONTAINS LESS THAN 2% OF THE FOLLOWING: CALCIUM SULFATE, SORBIC ACID, CALCIUM PROPIONATE, DEXTROSE, CALCIUM STEAROYL LACTYLATE, MONO- DIGLYCERIDES, POTASSIUM IODATE, ASCORBIC ACID, L-CYSTEINE, CALCIUM PEROXIDE, ENZYMES								X	
GARLIC SAUCE	VEGETABLE OIL BLEND [(SOYBEAN AND HYDROGENATED SOYBEAN OILS), WATER, SALT, MONO- AND DIGLYCERIDES, SOY LECITHIN, NATURAL AND ARTIFICIAL FLAVOR, BETA CAROTENE (COLOR), VITAMIN A PALMITATE], BUTTER FLAVOR [WATER, SOYBEAN OIL, NATURAL AND ARTIFICIAL FLAVORS, XANTHAN GUM, CITRIC ACID, MIXED TOCOPHEROLS, ANNATTO (COLOR)], GARLIC*, ASCORBIC ACID, PHOSPHORIC ACID, NATURAL FLAVOR, CALCIUM DISODIUM EDTA (TO PROTECT FLAVOR), GARLIC OIL						X			
ITALIAN DRESSING	SOYBEAN OIL, WATER, RED WINE VINEGAR, EXTRA VIRGIN OLIVE OIL, SUGAR, SALT, CONTAINS LESS THAN 2% OF SPICE, DRIED GARLIC, XANTHAN GUM, CALCIUM DISODIUM EDTA (TO PROTECT FLAVOR)									
CREAMY GARLIC DRESSING	SOYBEAN OIL, WATER, DISTILLED VINEGAR, CULTURED BUTTERMILK, CONTAINS LESS THAN 2% OF ROMANO CHEESE (PASTEURIZED PART-SKIM MILK, CHEESE CULTURES, SALT, ENZYMES), SUGAR, RED WINE VINEGAR, SALT, GARLIC,* GARLIC, EGG YOLK, XANTHAN GUM, MALTODEXTRIN, GARLIC JUICE CONCENTRATE, SPICE, POTASSIUM SORBATE AND SODIUM BENZOATE (PRESERVATIVES), ONION,* CORN STARCH, CANOLA OIL, NATURAL FLAVOR, LACTIC ACID, CITRIC ACID, CALCIUM DISODIUM EDTA (TO PROTECT FLAVOR). *DRIED	X		X						
BUTTERMILK 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						
COUNTRY FRENCH DRESSING	SOYBEAN OIL, SUGAR, WATER, DISTILLED VINEGAR, APPLE CIDER VINEGAR, TOMATO PASTE, HONEY, CONTAINS LESS THAN 2% OF SALT, PAPRIKA, MUSTARD FLOUR, XANTHAN GUM, ONION, * GARLIC, * BEETROOT JUICE CONCENTRATE, NATURAL FLAVOR *DRIED.									

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BLUE CHEESE DRESSING	SOYBEAN OIL, WATER, BLUE CHEESE ([CULTURED PASTEURIZED MILK, SALT, ENZYMES, PENICILLIUM ROQUEFORTI], NATAMYCIN [NATURAL MOLD INHIBITOR]), DISTILLED VINEGAR, EGG YOLK, SUGAR, CONTAINS LESS THAN 2% OF SALT, WHEY PROTEIN CONCENTRATE, SOUR CREAM SOLIDS (SOUR CREAM [CREAM, NONFAT MILK, CULTURES], MALTODEXTRIN, CULTURED BUTTERMILK, CULTURED SKIM MILK), XANTHAN GUM, CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES), LACTIC ACID, GARLIC,* POTASSIUM SORBATE AND SODIUM BENZOATE (PRESERVATIVES), NATURAL FLAVOR, CALCIUM DISODIUM EDTA (TO PROTECT FLAVOR). *DRIED.			X		X								
BUTTERMILK RANCH DRESSING LITE	CULTURED BUTTERMILK, VEGETABLE OIL (SOYBEAN AND/OR CANOLA), WATER, EGG YOLK, CONTAINS LESS THAN 2% OF SALT, MALTODEXTRIN, NONFAT MILK POWDER, MONOSODIUM GLUTAMATE, SUGAR, MODIFIED CORN STARCH, LACTIC ACID, POTASSIUM SORBATE (PRESERVATIVE), NONFAT MILK SOLIDS, DISTILLED VINEGAR, XANTHAN GUM, ONION,* CREAM, SPICE, WHEY, GARLIC,* VINEGAR POWDER, GUAR GUM, SOUR CREAM POWDER, MUSTARD FLOUR, MILK, NATURAL FLAVOR, DIPOTASSIUM PHOSPHATE, CITRIC ACID *DRIED			X		X								
THOUSAND ISLAND DRESSING	SOYBEAN OIL, CHILI SAUCE (TOMATO PUREE [WATER, TOMATO PASTE], SUGAR, DISTILLED VINEGAR, SALT, NATURAL FLAVOR, SPICE, ONION POWDER, GARLIC POWDER), HIGH FRUCTOSE CORN SYRUP, WATER, DISTILLED VINEGAR, SWEET RELISH (CUCUMBERS, HIGH FRUCTOSE CORN SYRUP, DISTILLED VINEGAR, SUGAR, SALT, MUSTARD SEEDS, DICED RED PEPPERS, WATER, XANTHAN GUM, NATURAL FLAVOR), EGG YOLK, CONTAINS LESS THAN 2% OF SALT, MUSTARD FLOUR, XANTHAN GUM, POLYSORBATE 60, ONION,* SODIUM BENZOATE (PRESERVATIVE), GARLIC,* OLEORESIN PAPRIKA (COLOR), CALCIUM DISODIUM EDTA (TO PROTECT FLAVOR), RED BELL PEPPER* *DRIED			X										

SOUPS	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)	# SVNGS
Baked Onion w/ saltine crackers	270	230	9	3.5	0	15	1600	29	3	9	9	1
Minestrone w/ saltine crackers	237	110	2	0	0	0	970	22	2	2	3	1
Chicken Noodle w/ saltine crackers	237	160	5	0	0	10	860	24	0	2	8	1
Cream of Broccoli w/ saltine crackers	237	200	9	7	0	0	1600	31	0	7	3	1
Cream of Potato w/ saltine crackers	237	200	9	3.5	0	25	860	26	0	2	6	1
Chili with Beans w/ saltine crackers	237	380	21	8	1	45	860	32	6	5	18	1

INGREDIENT LISTING		EGG	FISH	MILK	PEANUT	SHELLFISH	SOY	TREE NUTS	WHEAT	SESAME
FRENCH ONION SOUP	WATER, ONION, BEEF BASE (ROASTED BEEF AND CONCENTRATED BEEF STOCK, SALT, HYDROLYZED SOY, CORN, AND WHEAT PROTIENS, MALTODEXTRIN, YEAST EXTRACT, PALM OIL, SUGAR, CARAMEL COLOR, ONION POWDER, CORN OIL, DISODIUM LNOSINATE / DISODIUM GUANYLATE, MODIFIED CORNSTARCH, NATURAL FLAVORS, LACTIC ACID), SUGAR, MODIFIED FOOD STARCH, GRANULATED ONION, WORCESTERSHIRE POWDER [CORN SYRUP SOLIDS, SALT, CARAMEL COLOR, GARLIC, SUGAR, SPICES, SOY SAUCE SOLIDS (NATURALLY FERMENTED WHEAT AND SOYBEANS, SALT MALTODEXTRIN, CARAMEL COLOR) PALM OIL, TAMARIND, NATURAL FLAVOR, SULFITING AGENTJ, HYDROLYZED VEGETABLE PROTEIN (HYDROLYZED CORN PROTIEN, SUNFLOWER OIL), BLACK PEPPER, CARAMEL COLOR, GRANULATED GARLIC						X		X	
PROVOLONE CHEESE, SLICED	PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES			X						
GARLIC BREAD SLICES	TOAST: ENRICHED WHEAT FLOUR, WATER, YEAST, SUGAR, SALT, VEGETABLE OIL, WHEAT GLUTEN, CALCIUM PROPIONATE, SODIUM STEAROYL-2-LACTATE, SORBIC ACID, ENZYMES, ASCORBIC ACID. GARLIC SPREAD: SOYBEAN OIL, WATER, CANOLA OIL, MODIFIED PALM AND PALM KERNEL OILS, SALT, VEGETABLE MONOGLYCERIDES, SOY LECITHIN, WHEY POWDER, GARLIC OIL, CITRIC ACID, POTASSIUM SORBATE, ANNATTO, TURMERIC, VITAMIN A PALMITATE, VITAMIN D2.			X			X		X	may contain
MINESTRONE SOUP	WATER, DICED TOMATOES (TOMATOES, TOMATO JUICE, SALT, CALCIUM CHLORIDE, CITRIC ACID), CABBAGE, POTATOES (POTATOES, VEGETABLE OIL, SALT, DIHYDROGEN PYROPHOSPHATE, DEXTROSE), CARROTS, CELERY, DITALINE (DURUM WHEAT SEMOLINA, FERROUS SULFATE, NIACIN, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID) GARBANZO BEANS, GREEN BEANS, GREEN PEAS, KALE, LIMA BEANS, GREAT NORTHERN BEANS, ONIONS, KIDNEY BEANS, TOMATO PASTE (VINE-RIPENED FRESH TOMATOES WITH NATURALLY DERIVED CITRIC ACID, LENTILS, BLACK BEANS, SALT , BEEF BASE (ROASTED BEEF AND CONCENTRATED BEEF STOCK, SALT, HYDROLYZED SOY, CORN AND WHEAT PROTEINS, MALTODEXTRIN, YEAST EXTRACT, PALM OIL, SUGAR, CARAMEL COLOR, ONION POWDER, CORN OIL, DISODIUM LNOSINATE / DISODIUM GUANYLATE, MODIFIED CORNSTARCH, NATURAL FLAVORS, LACTIC ACID), MODIFIED FOOD STARCH, SUGAR, GRANULATED GARLIC.						X		X	
CHICKEN NOODLE SOUP	WATER, EGG NOODLES [WATER, ENRICHED DURUM WHEAT FLOUR (DURUM WHEAT FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), ENRICHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, FERROUS SULFATE, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), EGGS, SALT], COOKED SEASONED SHREDDED CHICKEN (BONELESS SKINLESS CHICKEN BREAST, BONELESS CHICKEN THIGHS, WATER, SODIUM PHOSPHATE), CARROTS, CELERY, ONION PUREE (ONION, WATER), FULLY COOKED CHICKEN MEAT, CHICKEN BASE [CHICKEN MEAT INCLUDING NATURAL JUICES, SALT, SUGAR, CHICKEN FAT, HYDROLYZED (CORN AND WHEAT GLUTEN, SOY) PROTEINS, DRIED WHEY, MALTODEXTRIN, NATURAL FLAVORS, HYDROGENATED COTTONSEED OIL, CORN OIL, DISODIUM LNOSINATE / DISODIUM GUANYLATE, AUTOLYZED YEAST EXTRACT, LACTIC ACID, DEXTROSE, NATURAL EXTRACTIVES OF TURMERIC AND ANNATTO, MODIFIED FOOD STARCH, SOY OIL, SALT, SPICES, GARLIC POWDER, TURMERIC	X		X			X		X	
CREAM OF BROCCOLI SOUP	WATER, CREAM SOUP BASE MIX [COCONUT OIL, CORN SYRUP SOLIDS, MODIFIED FOODS STARCH, NONFAT DRY MILK, SUGAR, SALT, SODIUM CASEINATE, BUTTERMILK, PHOSPHATE (CALCIUM, POTASSIUM, SODIUM), MALTODEXTRIN, MONO AND DIGLYCERIDES, XANTHAN GUM, DEHYDRATED ONION, TOMATO POWDER, TITANIUM DIOXIDE (COLOR), DEHYDRATED GARLIC, DISODIUM INOSINATE, SOY LECITHIN, SPICE EXTRACTIVES, GARLIC EXTRACT], BROCCOLI, CHICKEN BASE [CHICKEN MEAT INCLUDING NATURAL CHICKEN JUICES, SALT, SUGAR, CHICKEN FAT, HYDROLYZED (CORN AND WHEAT GLUTEN, SOY) PROTIENS, DRIED WHEY, MALTODEXTRIN, NATURAL FLAVORS, HYDROGENATED COTTONSEED OIL, CORN OIL, DISODIUM LNOSINATE / DISODIUM GUANYLAGTE, AUTOLYZED YEAST EXTRACT, LACTIC ACID, DEXTROSE, NATURAL EXTRACTIVES OF TURMERIC AND ANNATTO], VEGETABLE BASE [SAUTEED VEGETABLE PUREE MIX (CARROTS, ONIONS, CELERY), SALT, SUGAR, MALTODEXTRIN, CORN OIL, YEAST EXTRACT, WATER, POTATO STARCH, XANTHAN GUM, NATURAL FLAVORS, CARROT JUICE CONCENTRATE], SALT, BUTTER FLAVOR (WHEY SOLIDS, ENZYME MODIFIED BUTTER, MALTODEXTRIN, SALT, DEHYDRATED BUTTER, GUAR GUM, ANNATTO AND TURMERIC), CARROT, GRANULATED ONION, SPICES, GARLIC POWDER			X			X		X	
CREAM OF POTATO SOUP	WATER, POTATOES (POTATOES, DISODIUM DIHYDROGEN PYROPHOSPHATE, DEXTROSE), HEAVY CREAM, POTATO FLAKES [POTATOES (DRY), MONO AND DIGLYCERIDES, FRESHNESS PRESERVED WITH (SODIUM ACID PYROPHOSPHATE, CITRIC ACID)], CARROTS, ONION, CHICKEN BASE (OVEN ROASTED CHICKEN WITH NATURAL JUICES, SALT, HYDROLYZED SOY PROTEIN, MALTODEXTRIN, YEAST EXTRACT, SUGAR, CORN STARCH, RENDERED CHICKEN FAT, ONION POWDER, NATURAL FLAVORING, DISODIUM INOSINATE, DISODIUM GUANYLATE, TURMERIC, XANTHAN GUM), WHEY PROTEIN CONCENTRATE, CELERY, MODIFIED FOOD STARCH, BACON (PORK, WATER, SALT, SUGAR, CULTURED CELERY POWDER, SEA SALT), SOY OIL, SALT, BUTTER FLAVOR CONCENTRATE (WHEY SOLIDS, ENZYME-MODIFIIED BUTTER, MALTODEXTRIN, SALT, DEHYDRATED BUTTER, GUAR GUM, ANNATTO AND TURMERIC (FOR COLOR), SPICES			X						
CHILI WITH BEANS	BEEF, WATER, COOKED RED KIDNEY BEANS, TOMATO PASTE, ONIONS, WHEAT FLOUR, ENRICHED, MALTED, BROMATED (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, POTASSIUM BROMATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), CELERY, CONTAINS LESS THAN 2% OF CHILI POWDER (CHILI PEPPER, SPICES, SALT, GARLIC POWDER), SALT, SPICES, SEASONING (POTASSIUM CHLORIDE, FLAVOR [CONTAINS MALTODEXTRIN]), CHILI PEPPER, DEHYDRATED GARLIC, SUGAR, SODIUM PHOSPHATES								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	

LAROSA'S NUTRITION, INGREDIENT AND ALLERGEN INFORMATION

Updated 10/26/26

CALZONES

SPECIALTY CALZONES		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)	# SVNGS
Chicken Bacon Ranch Calzone w/ Ranch Dressing	CAL/SLICE 260, 3 SLICES	per slice	260	22	7	0	45	640	1	0	1	13	3
Three Meat Calzone w/ Pizza Sauce	CAL/SLICE 190, 3 SLICES	per slice	190	15	6	0	35	620	5	<1	2	10	3
Chicken Spinach Mushroom Calzone w/ Ranch Dressing	CAL/SLICE 190, 3 SLICES	per slice	190	17	5	0	35	350	2	<1	1	9	3
Big Hawaiian Calzone w/Montgomery Inn Barbecue Sauce	CAL/SLICE 220, 3 SLICES	per slice	220	14	6	0	35	730	11	0	10	12	3
Vegan Calzone (vegan cheese only)	CAL/SLICE 90, 3 SLICES	per slice	90	8	5	0	0	220	5	0	0	0	
CREATE YOUR OWN CALZONE W/ UP TO THREE TOPPINGS	**CAL/SLICE 90-290, 3 SLICES**	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)	# SVNGS
Calzone w/ Four Cheese	CAL/SLICE 90, 3 SLICES	per slice	90	7	4.0	0	20	160	<1	0	0	5	3
Calzone w/ Provolone	CAL/SLICE 110, 3 SLICES	per slice	110	8	4.0	0	20	240	0	0	0	6	3
Calzone w/ Vegan Cheese	CAL/SLICE 90, 3 SLICES	per slice	90	8	4.5	0	0	220	5	0	0	0	3
CREATE YOUR OWN CALZONE INGREDIENTS	**ADD CAL/SLICE 0-60, 3 SLICES**	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)	# SVNGS
Add for - Calzone - Anchovies		per slice	10	0	0	0	5	140	0	0	0	1	3
Add for - Calzone - Bacon		per slice	60	5	2	0	10	210	0	0	0	4	3
Add for - Calzone - Banana Peppers		per slice	0	0	0	0	0	120	0	0	0	0	3
Add for - Calzone - Black Olives		per slice	15	2	0	0	0	75	1	0	0	0	3
Add for - Calzone - Capocolla Ham		per slice	20	2	1	0	5	125	0	0	0	2	3
Add for - Calzone - Chicken		per slice	15	0	0	0	10	45	0	0	0	3	3
Add for - Calzone - Green Olives		per slice	20	2	1	0	0	150	0	0	0	0	3
Add for - Calzone - Green Peppers		per slice	0	0	0	0	0	0	0	0	0	0	3
Add for - Calzone - Ground Beef		per slice	25	2	1	0	5	60	0	0	0	2	3
Add for - Calzone - Jalapenos		per slice	0	0	0	0	0	95	0	0	0	0	3
Add for - Calzone - Meatballs		per slice	25	2	1	0	10	85	1	0	0	2	3
Add for - Calzone - Mushrooms		per slice	0	0	0	0	0	0	0	0	0	0	3
Add for - Calzone - Pepperoni		per slice	25	2	1	0	5	110	0	0	0	1	3
Add for - Calzone - Pickle		per slice	0	0	0	0	0	160	0	0	0	0	3
Add for - Calzone - Pineapple		per slice	15	0	0	0	0	0	3	0	3	0	3
Add for - Calzone - Red Onions		per slice	0	0	0	0	0	0	1	0	0	0	3
Add for - Calzone - Roma Tomatoes		per slice	0	0	0	0	0	0	0	0	0	0	3
Add for - Calzone - Sausage		per slice	40	4	1	0	10	135	1	0	0	2	3
Add for - Calzone - Spicy Sausage		per slice	50	5	1	0	10	125	1	0	0	2	3
Add for - Calzone - Spinach		per slice	0	0	0	0	0	0	0	0	0	0	3
Add for - Provolone (add for extra)		per slice	15	1	1	0	5	40	0	0	0	1	3
Add for - Four Cheese Blend (add for extra)		per slice	15	1	1	0	5	25	0	0	0	1	3
Add for - Vegan Cheese (add for extra)		per slice	15	1	1	0	0	40	1	0	0	0	3
CREATE YOUR OWN CALZONE DIPPING SAUCES	**ADD CAL 40-400**	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)	# SVNGS
Pizza Sauce		68	40	0	0	0	0	300	8	2	5	1	1
Barbecue Sauce		56	80	0	0	0	0	470	21	0	19	0	1
Buttermilk Ranch		56	270	29	5	0	10	430	2	0	2	0	1
Blue Cheese		56	260	28	5	0	20	430	2	0	2	2	1
Buttery Garlic Sauce		56	400	44	6	0	0	600	0	0	0	0	1
Sweet & Spicy Diablo Sauce		56	210	17	3	0	10	450	15	0	15	0	1
Honey Mustard		56	240	22	3.5	0	25	310	13	0	11	0	1

INGREDIENT LISTING		EGG	FISH	MILK	PEANUT	SHELLFISH	SOY	TREE NUTS	WHEAT	SESAME
CALZONE DOUGH	FLOUR ((BLEACHED, ENRICHED AND MALTED WHEAT FLOUR (WHEAT 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	
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									
PROVOLONE CHEESE, SHREDDED	PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES. POTATO STARCH, POWDERED CELLULOSE ADDED TO PREVENT CAKING			X						
VEGAN MOZZARELLA CHEESE	FILTERED WATER, COCONUT OIL, POTATO STARCH, TAPIOCA STARCH, SUNFLOWER OIL, SEA SALT, CALCIUM CITRATE, NATURAL FLAVOR (VEGAN SOURCES), CHICKPEA PROTEIN, KONJAC AND XANTHAN GUMS, POTATO PROTEIN, ANNATTO AND TURMERIC EXTRACTS (COLOR), POWDERED CELLULOSE ADDED TO PREVENT CAKING									
GARLIC SAUCE	VEGETABLE OIL BLEND [(SOYBEAN AND HYDROGENATED SOYBEAN OILS), WATER, SALT, MONO- AND DIGLYCERIDES, SOY LECITHIN, NATURAL AND ARTIFICIAL FLAVOR, BETA CAROTENE (COLOR), VITAMIN A PALMITATE], BUTTER FLAVOR [WATER, SOYBEAN OIL, NATURAL AND ARTIFICIAL FLAVORS, XANTHAN GUM, CITRIC ACID, MIXED TOCOPHEROLS, ANNATTO (COLOR)], GARLIC*, ASCORBIC ACID, PHOSPHORIC ACID, NATURAL FLAVOR, CALCIUM DISODIUM EDTA (TO PROTECT FLAVOR), GARLIC OIL						X			
ROMANO HERB MIX										
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									
ANCHOVIES	ANCHOVIES, OLIVE OIL, AND SALT		X							
BACON CRUMBLES	CURED WITH: WATER, SALT, SUGAR, SMOKE FLAVORING, SODIUM PHOSPHATES, SODIUM ERYTHORBATE, SODIUM NITRITE									
BANANA PEPPERS	BANANA PEPPERS, WATER, DISTILLED VINEGAR, SALT, CALCIUM CHLORIDE 9FIRMING AGENT), SODIUM BENZOATE (PRESERVATIVE), SODIUM BISULFITE (TO RETAIN COLOR), FD&C YELLOW #5, AND TUMERIC (FOR COLOR)									
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 OLIVES, SLICED	OLIVES, WATER, SEA SALT, LACTIC ACID									
GREEN PEPPER	FRESH GREEN PEPPERS									
GROUND BEEF CRUMBLES	BEEF, SALT, SPICES									
JALAPENO PEPPERS	FRESH PEPPERS, WATER, VINEGAR, SALT, CALCIUM CHLORIDE, SODIUM BENZOATE, NATURAL FLAVORS, SODIUM METABISULFITE, YELLOW 5.									
MEATBALLS	BEEF, PORK, WATER, RICOTTA CHEESE (PASTEURIZED PART-SKIM MILK, FRESH WHEY, CREAM, VINEGAR, SALT), WHOLE EGGS, BREAD CRUMBS (WHEAT FLOUR, DEXTROSE, SALT, YEAST), ROMANO CHEESE (SHEEP'S MILK, CHEESE CULTURE, SALT, ENZYMES), CONTAINS LESS THAN 2% OF SALT, DEHYDRATED GARLIC, SPICES, DEHYDRATED PARSLEY, BROWN SUGAR	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									

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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											
PIZZA SAUCE	WATER, TOMATO PASTE, SUGAR, SALT, SPICES, GARLIC POWDER AND CITRIC ACID											
BARBECUE SAUCE	TOMATOES, DISTILLED VINEGAR, SUGAR, WATER, SALT, SPICES, DEHYDRATED ONIONS, DEHYDRATED GARLIC, CORN SYRUP, NATURAL FLAVORS, MODIFIED CORN STARCH, MOLASSES, CARAMEL COLOR, AND TAMARIND											
BUTTERMILK 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								
BLUE CHEESE DRESSING	SOYBEAN OIL, WATER, BLUE CHEESE ([CULTURED PASTEURIZED MILK, SALT, ENZYMES, PENICILLIUM ROQUEFORTI], NATAMYCIN [NATURAL MOLD INHIBITOR]), DISTILLED VINEGAR, EGG YOLK, SUGAR, CONTAINS LESS THAN 2% OF SALT, WHEY PROTEIN CONCENTRATE, SOUR CREAM SOLIDS (SOUR CREAM [CREAM, NONFAT MILK, CULTURES], MALTODEXTRIN, CULTURED BUTTERMILK, CULTURED SKIM MILK), XANTHAN GUM, CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES), LACTIC ACID, GARLIC,* POTASSIUM SORBATE AND SODIUM BENZOATE (PRESERVATIVES), NATURAL FLAVOR, CALCIUM DISODIUM EDTA (TO PROTECT FLAVOR). *DRIED.	X		X								
GARLIC SAUCE	VEGETABLE OIL BLEND [(SOYBEAN AND HYDROGENATED SOYBEAN OILS), WATER, SALT, MONO- AND DIGLYCERIDES, SOY LECITHIN, NATURAL AND ARTIFICIAL FLAVOR, BETA CAROTENE (COLOR), VITAMIN A PALMITATE], BUTTER FLAVOR [WATER, SOYBEAN OIL, NATURAL AND ARTIFICIAL FLAVORS, XANTHAN GUM, CITRIC ACID, MIXED TOCOPHEROLS, ANNATTO (COLOR)], GARLIC*, ASCORBIC ACID, PHOSPHORIC ACID, NATURAL FLAVOR, CALCIUM DISODIUM EDTA (TO PROTECT FLAVOR), GARLIC OIL						X					
DIABLO SAUCE	SOYBEAN OIL, SUGAR, WATER, CHILI PASTE (CHILI, SALT, DISTILLED VINEGAR, POTASSIUM SORBATE AND SODIUM BISULFITE ADDED AS PRESERVATIVES, XANTHAN GUM), CIDER VINEGAR, VINEGAR, SALT, DRIED WHOLE EGG, XANTHAN GUM, GARLIC POWDER, ONION POWDER, MUSTARD FLOUR, SODIUM BENZOATE AND POTASSIUM SORBATE ADDED AS PRESERVATIVES, CAPSICUM, PAPRIKA EXTRACT, CITRIC ACID, ANNATTO EXTRACT, CALCIUM DISODIUM EDTA ADDED TO PROTECT FLAVOR	X										
HONEY DIJON MUSTARD DRESSING	SOYBEAN OIL, HIGH FRUCTOSE CORN SYRUP, DISTILLED VINEGAR, WATER, DIJON MUSTARD (DISTILLED VINEGAR, WATER, MUSTARD SEED, SALT, WHITE WINE, CITRIC ACID, TARTARIC ACID, SPICE), HONEY, SUGAR, EGG YOLK, CONTAINS LESS THAN 2% OF SALT, MUSTARD FLOUR, XANTHAN GUM, SPICE, OLEORESIN PAPRIKA (COLOR), CALCIUM DISODIUM EDTA (TO PROTECT FLAVOR), YELLOW 5, CORN SYRUP, NATURAL FLAVOR	X										

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PASTAS & FISH DINNER

PASTA MEALS	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)	# SVNGS
Ravioli Entrée CALS 720/740												1
Cheese Ravioli w/ Pasta Sauce Entrée	514	720	28.0	12.0	0.0	145	1660	86	12	16	32	1
Meat Ravioli w/ Pasta Sauce Entrée	512	740	28.0	9.0	0.0	120	2130	88	12	11	34	1
Spaghetti and Meatballs Entrée	556	970	32.0	8.0	0.5	100	2350	139	18	16	39	1
Ziti Chicken Alfredo Entrée	503	940	27.0	13.0	0.0	140	1720	117	7	12	56	1
Lasagna w/ Meat and Cheese Entrée	528	860	48.0	24.0	0.0	155	2720	69	11	16	42	1
ADD FOR SALAD, BREAD AND ADD ONS	**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)**	**# SVNGS**
Two Garlic Bread Sticks ADD CAL 340	100	340	7.0	2.0	0.0	0	600	58	2	2	12	1
Original Tossed Garden Salad ADD CAL 160	177	160	9.0	4.0	0.0	15	410	9	0	< 1	7	1
Add Meat Sauce to any Pasta Meal ADD CAL 260	248	260	17.0	4.5	0.0	30	1310	20	8	7	11	1
Add 3 Meatballs in Pasta Sauce ADD CAL 290	168	290	20.0	7.0	0.5	100	1090	12	3	3	17	1
Add Chicken to any Pasta Meal ADD CAL 120	113	120	2.0	0.0	0.0	80	440	0	0	1	25	1
Add Italian Sausage to any Pasta Meal ADD CAL 380	114	380	34.0	9.0	0.0	80	1280	6	0	0	16	1
ADD FOR SALAD DRESSINGS ADD CAL 150-310	**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)**	**# SVNGS**
Italian	56	310	35	5	0	0	720	2	0	2	0	1
Creamy Garlic	56	310	33	5	0	0	350	2	0	2	0	1
Buttermilk Ranch	56	260	28	4	0	20	410	2	0	2	2	1
French	56	250	23	3.5	0	0	410	12	0	12	0	1
Blue Cheese	56	260	28	5	0	20	430	2	0	2	2	1
Lite Ranch	56	150	15	2	0	20	510	4	0	2	2	1
Thousand Island	56	230	22	4	0	10	430	8	0	8	0	1
FISH DINNER	**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)**	**# SVNGS**
Beer Battered Fish Dinner w/ Fries, ketchup and tartar sauce	564	1190	66.0	12.0	0.0	70	2820	116	7	15	28	1

INGREDIENT LISTING		EGG	FISH	MILK	PEANUT	SHELLFISH	SOY	TREE NUTS	WHEAT	SESAME
PASTA SAUCE	CRUSHED TOMATOES (WATER, CONCENTRATED CRUSHED TOMATOES), SOYBEAN OIL, SUGAR, SALT, DEHYDRATED ONIONS, SPICES, CARROT POWDER, DEHYDRATED PARSLEY, GRANULATED GARLIC, CELERY POWDER									
CHEESE RAVIOLI	RICOTTA CHEESE (WHEY, MILK, VINEGAR, AND CARRAGEENAN [STABILIZER]), DURUM FLOUR ENRICHED (DURUM FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, WHOLE EGGS, PROVOLONE CHEESE (PASTEURIZED WHOLE MILK, CHEESE CULTURE, SALT, ENZYMES), BREAD CRUMBS (WHEAT FLOUR, WATER, SALT, YEAST, ALSO, IT MAY CONTAIN: SOYBEAN OIL, CALCIUM PROPIONATE), EGG WHITES, SALT, BLACK PEPPER, PARSLEY	X		X					X	
MEAT RAVIOLI	DURUM WHEAT FLOUR ENRICHED (DURUM FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, PORK, BEEF, WHOLE EGGS, ROMANO CHEESE (PASTEURIZED COW'S MILK, CHEESE CULTURES, SALT, ENZYMES, AND POWDERED CELLULOSE [ANTI-CAKING AGENT]), BREAD CRUMB (WHEAT FLOUR, WATER, SALT, YEAST), SALT, EGG WHITES, BLACK PEPPER, PARSLEY	X		X					X	
SPAGHETTI	SEMOLINA (WHEAT), NIACIN, IRON (FERROUS SULFATE), THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID								X	
MEATBALLS	BEEF, PORK, WATER, RICOTTA CHEESE (PASTEURIZED PART-SKIM MILK, FRESH WHEY, CREAM, VINEGAR, SALT), WHOLE EGGS, BREAD CRUMBS (WHEAT FLOUR, DEXTROSE, SALT, YEAST), ROMANO CHEESE (SHEEP'S MILK, CHEESE CULTURE, SALT, ENZYMES), CONTAINS LESS THAN 2% OF SALT, DEHYDRATED GARLIC, SPICES, DEHYDRATED PARSLEY, BROWN SUGAR	X		X					X	
ALFREDO SAUCE	WATER, WHOLE MILK, PARMESAN CHEESE BLEND [PARMESAN CHEESE (PASTEURIZED PART-SKIM COW'S MILK, CHEESE CULTURES, SALT, ENZYMES), PARMESAN STYLE CHEESE (CORN STARCH, WATER, PALM OIL, CELLULOSE, SALT, NATURAL FLAVOR, CASEINATE, SORBIC ACID, ANNATTO) POWDERED CELLULOSE, NATAMYCIN,], HEAVY CREAM, ASIAGO CHEESE [(PASTEURIZED MILK, CHEESE CULTURES, SALT, ENZYMES) CASEIN, SOYBEAN OIL, POWDERED CELLULOSE], WHEY PROTEIN CONCENTRATE, BUTTER, MODIFIED FOOD STARCH, SOY OIL, ROMANO CHEESE BLEND [ROMANO CHEESE (PASTEURIZED COW'S MILK, CHEESE CULTURES, SALT ENZYMES), ROMANO STYLE CHEESE (CORN STARCH, WATER, PALM OIL, CELLULOSE, NATAMYCIN], SALT, XANTHAN GUM, SPICES, OLEORESIN OF TURMERIC (FOR COLOR)			X						
ZITI	SEMOLINA (WHEAT), NIACIN, IRON (FERROUS SULFATE), THIAMIN MONONITRATE, RIBOFLAVIN, AND FOLIC ACID								X	
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									
SAUSAGE CRUMBLES	PORK, SALT, SPICES, WATER, CORN SYRUP SOLIDS, PAPRIKA, FLAVORING, DISODIUM INOSINATE AND DISODIUM GUANYLATE, BHA, BHT, PROPYL GALLATE									
LASAGNA SANDWICHES	ENRICHED LASAGNA NOODLES (WATER, ENRICHED DURUM FLOUR (MILLED WHEAT, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WHOLE EGG), CHEESE FILLING (RICOTTA CHEESE (WHEY, MILK, CREAM, VINEGAR, AND XANTHAN GUM, LOCUST BEAN GUM, GUAR GUM, (STABILIZERS)), WHOLE EGG, WATER, MOZZARELLA CHEESE (PASTEURIZED PART SKIM MILK, CULTURES, SALT, ENZYMES), ROMANO CHEESE (PASTEURIZED SHEEP'S MILK, CHEESE CULTURES, SALT, ENZYMES), SALT, PARSLEY, WHITE PEPPER, XANTHAN GUM)	X		X					X	
LASAGNA FILLING										
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									
RICOTTA CHEESE	PASTEURIZED WHOLE MILK, VINEGAR, SALT, LOCUST BEAN GUM, XANTHAN GUM, GUAR GUM (STABILIZER)			X						
GROUND BEEF CRUMBLES	BEEF, SALT, SPICES									
PASTA SAUCE	CRUSHED TOMATOES (WATER, CONCENTRATED CRUSHED TOMATOES), SOYBEAN OIL, SUGAR, SALT, DEHYDRATED ONIONS, SPICES, CARROT POWDER, DEHYDRATED PARSLEY, GRANULATED GARLIC, CELERY POWDER									
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									
MEAT SAUCE										
PASTA SAUCE	CRUSHED TOMATOES (WATER, CONCENTRATED CRUSHED TOMATOES), SOYBEAN OIL, SUGAR, SALT, DEHYDRATED ONIONS, SPICES, CARROT POWDER, DEHYDRATED PARSLEY, GRANULATED GARLIC, CELERY POWDER									

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GROUND BEEF CRUMBLES	BEEF, SALT, SPICES										
PROVOLONE CHEESE, SLICED	PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES			X							
HADDOCK, BEER BATTERED	HADDOCK, BLEACHED WHEAT FLOUR, VEGETABLE OIL (CANOLA, COTTONSEED, SOYBEAN, AND/OR SUNFLOWER), ALE (PALE MALT, TORRIFIED WHEAT, CRYSTAL MALT, CASCADE HOPS, WILLAMETTE HOPS, TETTNANG HOPS, WATER, YEAST), YELLOW CORN FLOUR, CONTAINS 2% OR LESS OF: MODIFIED CORN STARCH, SUGAR, WHITE CORN FLOUR, SPICE, SALT, WATER, NATURAL FLAVORS, LEAVENING (SODIUM ALUMINUM PHOSPHATE, SODIUM BICARBONATE).		X						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.										
TARTAR SAUCE (Frisch's)	SOYBEAN OIL (REFINED, BLEACHED & DEODORIZED), PICKLES, WATER, EGG YOLK, DISTILLED VINEGAR, ONIONS, SALT, SPICES AND NATURAL FLAVORS. 0.10% POTASSIUM SORBATE AND SODIUM BENZOATE AS PRESERVATIVES, CALCIUM DISODIUM EDTA ADDED TO PROTECT FLAVOR	X									
BREADSTICKS	ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, PALM OIL, YEAST, AND CONTAINS LESS THAN 2% OF THE FOLLOWING: CALCIUM SULFATE, SORBIC ACID, CALCIUM PROPIONATE, DEXTROSE, CALCIUM STEAROYL LACTYLATE, MONO- DIGLYCERIDES, POTASSIUM IODATE, ASCORBIC ACID, L-CYSTEINE, CALCIUM PEROXIDE, ENZYMES								X		
GARLIC SAUCE	VEGETABLE OIL BLEND [(SOYBEAN AND HYDROGENATED SOYBEAN OILS), WATER, SALT, MONO- AND DIGLYCERIDES, SOY LECITHIN, NATURAL AND ARTIFICIAL FLAVOR, BETA CAROTENE (COLOR), VITAMIN A PALMITATE], BUTTER FLAVOR [WATER, SOYBEAN OIL, NATURAL AND ARTIFICIAL FLAVORS, XANTHAN GUM, CITRIC ACID, MIXED TOCOPHEROLS, ANNATTO (COLOR)], GARLIC*, ASCORBIC ACID, PHOSPHORIC ACID, NATURAL FLAVOR, CALCIUM DISODIUM EDTA (TO PROTECT FLAVOR), GARLIC OIL						X				
LETTUCE / SALAD BLEND	ICEBERG AND ROMAINE LETTUCES										
ROMA TOMATOES	100% FRESH ROMA TOMATOES										
RED ONION	100% FRESH RED ONION										
PROVOLONE CHEESE, SHREDDED	PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES. POTATO STARCH, POWDERED CELLULOSE ADDED TO PREVENT CAKING			X							
BLACK OLIVES, WHOLE	RIPE OLIVES, WATER, SEA SALT, AND FERROUS GLUCONATE (ADDED TO STABILIZE COLOR).										
GREEN OLIVES, WHOLE	QUEEN OLIVES, WATER, SEA SALT, LACTIC ACID										
CROUTONS	ENRICHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), VEGETABLE OILS (CANOLA AND/OR SUNFLOWER AND/ OR SOYBEAN OIL), DEHYDRATED GARLIC, SALT, YEAST, WATER, NATURAL BUTTER FLAVOR (A MILK INGREDIENT), ASCORBIC ACID (VITAMIN C)			X					X		
ITALIAN DRESSING	SOYBEAN OIL, WATER, RED WINE VINEGAR, EXTRA VIRGIN OLIVE OIL, SUGAR, SALT, CONTAINS LESS THAN 2% OF SPICE, DRIED GARLIC, XANTHAN GUM, CALCIUM DISODIUM EDTA (TO PROTECT FLAVOR)										
CREAMY GARLIC DRESSING	SOYBEAN OIL, WATER, DISTILLED VINEGAR, CULTURED BUTTERMILK, CONTAINS LESS THAN 2% OF ROMANO CHEESE (PASTEURIZED PART-SKIM MILK, CHEESE CULTURES, SALT, ENZYMES), SUGAR, RED WINE VINEGAR, SALT, GARLIC,* GARLIC, EGG YOLK, XANTHAN GUM, MALTODEXTRIN, GARLIC JUICE CONCENTRATE, SPICE, POTASSIUM SORBATE AND SODIUM BENZOATE (PRESERVATIVES), ONION,* CORN STARCH, CANOLA OIL, NATURAL FLAVOR, LACTIC ACID, CITRIC ACID, CALCIUM DISODIUM EDTA (TO PROTECT FLAVOR). *DRIED	X		X							
BUTTERMILK 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							
COUNTRY FRENCH DRESSING	SOYBEAN OIL, SUGAR, WATER, DISTILLED VINEGAR, APPLE CIDER VINEGAR, TOMATO PASTE, HONEY, CONTAINS LESS THAN 2% OF SALT, PAPRIKA, MUSTARD FLOUR, XANTHAN GUM, ONION, * GARLIC, * BEETROOT JUICE CONCENTRATE, NATURAL FLAVOR *DRIED.										
BLUE CHEESE DRESSING	SOYBEAN OIL, WATER, BLUE CHEESE ([CULTURED PASTEURIZED MILK, SALT, ENZYMES, PENICILLIUM ROQUEFORTI], NATAMYCIN [NATURAL MOLD INHIBITOR]), DISTILLED VINEGAR, EGG YOLK, SUGAR, CONTAINS LESS THAN 2% OF SALT, WHEY PROTEIN CONCENTRATE, SOUR CREAM SOLIDS (SOUR CREAM [CREAM, NONFAT MILK, CULTURES], MALTODEXTRIN, CULTURED BUTTERMILK, CULTURED SKIM MILK), XANTHAN GUM, CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES), LACTIC ACID, GARLIC,* POTASSIUM SORBATE AND SODIUM BENZOATE (PRESERVATIVES), NATURAL FLAVOR, CALCIUM DISODIUM EDTA (TO PROTECT FLAVOR). *DRIED.	X		X							
BUTTERMILK RANCH DRESSING LITE	CULTURED BUTTERMILK, VEGETABLE OIL (SOYBEAN AND/OR CANOLA), WATER, EGG YOLK, CONTAINS LESS THAN 2% OF SALT, MALTODEXTRIN, NONFAT MILK POWDER, MONOSODIUM GLUTAMATE, SUGAR, MODIFIED CORN STARCH, LACTIC ACID, POTASSIUM SORBATE (PRESERVATIVE), NONFAT MILK SOLIDS, DISTILLED VINEGAR, XANTHAN GUM, ONION,* CREAM, SPICE, WHEY, GARLIC,* VINEGAR POWDER, GUAR GUM, SOUR CREAM POWDER, MUSTARD FLOUR, MILK, NATURAL FLAVOR, DIPOTASSIUM PHOSPHATE, CITRIC ACID *DRIED	X		X							
THOUSAND ISLAND DRESSING	SOYBEAN OIL, CHILI SAUCE (TOMATO PUREE [WATER, TOMATO PASTE], SUGAR, DISTILLED VINEGAR, SALT, NATURAL FLAVOR, SPICE, ONION POWDER, GARLIC POWDER), HIGH FRUCTOSE CORN SYRUP, WATER, DISTILLED VINEGAR, SWEET RELISH (CUCUMBERS, HIGH FRUCTOSE CORN SYRUP, DISTILLED VINEGAR, SUGAR, SALT, MUSTARD SEEDS, DICED RED PEPPERS, WATER, XANTHAN GUM, NATURAL FLAVOR), EGG YOLK, CONTAINS LESS THAN 2% OF SALT, MUSTARD FLOUR, XANTHAN GUM, POLYSORBATE 60, ONION,* SODIUM BENZOATE (PRESERVATIVE), GARLIC,* OLEORESIN PAPRIKA (COLOR), CALCIUM DISODIUM EDTA (TO PROTECT FLAVOR), RED BELL PEPPER* *DRIED	X									

LAROSA'S NUTRITION, INGREDIENT AND ALLERGEN INFORMATION

Updated 10/26/26

HOAGYS

HOAGYS	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)	# SVNGS
Add bacon to any Hoagy ADD CAL 140	27	140	11	4.5	0	30	410	0	0	0	8	1
Steak Hoagy CALS 850-1260												
Steak Hoagy (w/ Pizza Sauce, Provolone Cheese, Tomato & Onion)	418	860	44	18	2	115	1860	77	5	8	42	1
Steak Hoagy (w/ Italian Dressing, Provolone Cheese, Tomato & Onion)	379	980	62	21	2	115	1920	70	4	4	40	1
Steak Hoagy (w/ Mayonnaise, Provolone Cheese, Tomato & Onion)	407	1260	92	25	2	155	1860	69	4	3	40	1
Steak Hoagy (w/ Mushroom Sauce, Provolone Cheese, Tomato & Onion)	418	850	45	19	2	115	1990	74	4	4	41	1
Double Steak Hoagy CALS 1340-1750												
Double Steak Hoagy (w/ Pizza Sauce, Provolone Cheese, Tomato & Onion)	570	1350	86	37	4	225	2600	79	7	9	71	1
Double Steak Hoagy (w/ Italian Dressing, Provolone Cheese, Tomato & Onion)	531	1470	103	39	4	225	2660	72	5	4	69	1
Double Steak Hoagy (w/ Mayonnaise, Provolone Cheese, Tomato & Onion)	559	1750	134	34	4	270	2610	71	5	3	69	1
Double Steak Hoagy (w/ Mushroom Sauce, Provolone Cheese, Tomato & Onion)	570	1340	86	37	4	225	2730	76				
Baked or Deli Royal Hoagy CALS 790/1070												
Baked or Deli Royal Hoagy (w/ Italian Dressing, Tomato & Onion)	327	790	45	14	0	75	2380	69	2	5	33	1
Baked or Deli Royal Hoagy (w/ Mayonnaise, Tomato & Onion)	355	1070	75	18	0	120	2320	68	2	4	33	1
Double Baked or Deli Royal Hoagy CALS 1090-1370												
Double Baked or Deli Royal Hoagy (w/ Italian Dressing, Tomato & Onion)	427	1090	69	26	0	150	3590	71	2	5	54	1
Double Baked or Deli Royal Hoagy (w/ Mayonnaise, Tomato & Onion)	456	1370	99	30	0	190	3530	70	2	4	54	1
Baked Buddy Hoagy (w/Pizza Sauce, Onion & Pickle)	368	770	37	15	0	95	3220	77	4	9	39	1
Double Baked Buddy Hoagy (w/ Pizza Sauce, Onion & Pickle)	492	1170	70	30	0	190	4840	79	4	9	65	1
Baked Meatball Hoagy (w/Provolone Cheese & Pasta Sauce)	360	800	37	15	0.5	155	2420	78	5	5	40	1
Beer Battered Fish Hoagy (w/Provolone Cheese & Tartar Sauce)	384	1110	64	13	0	90	2340	94	2	2	40	1
Chicken Club Hoagy (w/ Mayonnaise, Lettuce, & Tomato)	390	1020	63	11	0	155	1970	66	2	4	44	1
Chicken Hoagy (w/ Mayonnaise, Lettuce & Tomato)	363	890	53	7	0	125	1560	66	2	4	37	1
Turkey Italiano Hoagy (w/Garlic Aioli, Onion, Tomato & Lettuce)	407	920	52	16	0	110	2990	70	3	5	46	1
Turkey Hoagy (w/ Mayonnaise, Lettuce & Tomato)	328	850	52	7	0	75	1990	67	2	4	26	1
BLT Hoagy (w/ Mayonnaise, Lettuce, & Tomato)	304	1040	72	16	0	105	1930	66	2	2	26	1
Turkey Club Hoagy (w/ Mayonnaise, Lettuce, & Tomato)	355	980	63	12	0	105	2390	67	2	4	34	1
Veggie Hoagy (bun and cheese only)	159	430	12	5	0	25	1080	65	2	2	19	1
Mushroom Melt Hoagy	452	1140	76	23	2	115	2470	76	4	5	42	1
Diner Style Hoagy	404	1170	82	24	2	130	3080	73	3	4	37	1

INGREDIENT LISTING		EGG	FISH	MILK	PEANUT	SHELLFISH	SOY	TREE NUTS	WHEAT	SESAME
HOAGY BUN	ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, SUGAR, SOYBEAN OIL, YEAST, SALT, CONTAINS LESS THAN 2% OF THE FOLLOWING: WHEAT GLUTEN, MONOGLYCERIDES, CALCIUM PROPIONATE, ASCORBIC ACID, ENZYMES, CITRIC ACID, PROPIONIC ACID, PHOSPHORIC ACID, CORN FLOUR, GUARGUM, L-CYSTEINE, VITAMIN C, CITRIC ACID, POPPY SEEDS								X	
STEAK PATTY	BEEF, WATER, CITRUS FLOUR, FLAVORING (SALT, YEAST EXTRACT, NATURAL FLAVOR, CANOLA OIL), SALT, SPICES.			X						
CAPOCOLLA HAM	PORK CURED WITH WATER, SALT, SODIUM LACTATE, SUGAR, SODIUM PHOSPHATE, SODIUM DIACETATE, SODIUM ERYTHORBATE, SODIUM NITRITE. COATED WITH SPICES AND PAPRIKA.									
SALAMI GENOA	PORK, BEEF, SALT, CONTAINS 2% OR LESS OF DEXTROSE, WATER, NATURAL SPICES, SODIUM ASCORBATE, LACTIC ACID STARTER CULTURE, SODIUM NITRITE, GARLIC POWDER, BHA, BHT, CITRIC ACID (ADDED TO HELP PROTECT FLAVOR)									
PEPPERONI, DELI SANDWICH	PORK, BEEF, SALT, CONTAINS LESS THAN 2% OF SPICES, DEXTROSE, LACTIC ACID STARTER CULTURE, OLEORESIN OF PAPRIKA, SODIUM ERYTHORBATE, SODIUM NITRITE, BHA, BHT, CITRIC ACID (ADDED TO PROTECT FLAVOR).									
PROVOLONE CHEESE, SLICED	PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES			X						
MEATBALLS	BEEF, PORK, WATER, RICOTTA CHEESE (PASTEURIZED PART-SKIM MILK, FRESH WHEY, CREAM, VINEGAR, SALT), WHOLE EGGS, BREAD CRUMBS (WHEAT FLOUR, DEXTROSE, SALT, YEAST), ROMANO CHEESE (SHEEP'S MILK, CHEESE CULTURE, SALT, ENZYMES), CONTAINS LESS THAN 2% OF SALT, DEHYDRATED GARLIC, SPICES, DEHYDRATED PARSLEY, BROWN SUGAR	X		X					X	
HADDOCK, BEER BATTERED	HADDOCK, BLEACHED WHEAT FLOUR, VEGETABLE OIL (CANOLA, COTTONSEED, SOYBEAN, AND/OR SUNFLOWER), ALE (PALE MALT, TORRIFIED WHEAT, CRYSTAL MALT, CASCADE HOPS, WILLAMETTE HOPS, TETTNANG HOPS, WATER, YEAST), YELLOW CORN FLOUR, CONTAINS 2% OR LESS OF: MODIFIED CORN STARCH, SUGAR, WHITE CORN FLOUR, SPICE, SALT, WATER, NATURAL FLAVORS, LEAVENING (SODIUM ALUMINUM PHOSPHATE, SODIUM BICARBONATE).		X						X	
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									
TURKEY SLICES	TURKEY BREAST MEAT, TURKEY BROTH, CONTAINS 2% OF LESS OF SALT, SUGAR, MODIFIED FOOD STARCH, CORN SYRUP SOLIDS, SODIUM LACTATE, SODIUM PHOSPHATE, VINEGAR, PEPPER.									
BACON STRIPS	CURED WITH: WATER, SALT, SODIUM NITRITE. CONTAINS ONE OR MORE OF THE 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									
ROMA TOMATOES	100% FRESH ROMA TOMATOES									
RED ONION	100% FRESH RED ONION									
PICKLE SLICES	CUCUMBERS, WATER, VINEGAR, SALT, CALCIUM CHLORIDE (FIRMING AGENT), LACTIC ACID, NATURAL FLAVORS, SODIUM BENZOATE, AND TURMERIC									
PIZZA SAUCE	WATER, TOMATO PASTE, SUGAR, SALT, SPICES, GARLIC POWDER AND CITRIC ACID									
PASTA SAUCE	CRUSHED TOMATOES (WATER, CONCENTRATED CRUSHED TOMATOES), SOYBEAN OIL, SUGAR, SALT, DEHYDRATED ONIONS, SPICES, CARROT POWDER, DEHYDRATED PARSLEY, GRANULATED GARLIC, CELERY POWDER									
TARTAR SAUCE (Frisch's)	SOYBEAN OIL (REFINED, BLEACHED & DEODORIZED), PICKLES, WATER, EGG YOLK, DISTILLED VINEGAR, ONIONS, SALT, SPICES AND NATURAL FLAVORS. 0.10% POTASSIUM SORBATE AND SODIUM BENZOATE AS PRESERVATIVES, CALCIUM DISODIUM EDTA ADDED TO PROTECT FLAVOR	X								
ITALIAN DRESSING	SOYBEAN OIL, WATER, RED WINE VINEGAR, EXTRA VIRGIN OLIVE OIL, SUGAR, SALT, CONTAINS LESS THAN 2% OF SPICE, DRIED GARLIC, XANTHAN GUM, CALCIUM DISODIUM EDTA (TO PROTECT FLAVOR)									
MAYONNAISE	SOYBEAN OIL, DISTILLED VINEGAR, EGG YOLK, HIGH FRUCTOSE CORN SYRUP, CONTAINS LESS THAN 2% OF SALT, WATER, MUSTARD SEED, CALCIUM DISODIUM EDTA (TO PROTECT FLAVOR)	X								
MUSHROOM SAUCE	WATER, MUSHROOMS, GRAVY BASE (CORN SYRUP SOLIDS, SALT, HYDROLYZED VEGETABLE PROTEIN BLEND [SOY PROTEIN, CORN GLUTEN, WHEAT GLUTEN], MALTODEXTRIN, COCONUT OIL, MUSHROOM EXTRACT, ONION POWDER, GARLIC POWDER, BEEF EXTRACT, CARAMEL COLOR, CANOLA OIL, TOMATO POWDER, YEAST EXTRACT, CALCIUM PHOSPHATE, POTASSIUM AND SODIUM PHOSPHATE, NATURAL FLAVOR, SODIUM CASEINATE, THIAMINE HYDROCHLORIDE, SPICE, CARROT POWDER, PARSLEY, DISODIUM INOSINATE AND DISODIUM GUANYLATE, PAPRIKA, CITRIC ACID, SUGAR, MONO AND DIGLYCERIDES, SOY LECITHIN, TORULA YEAST, SOY FLOUR, SPICE EXTRACTIVES), MODIFIED FOOD STARCH, CONTAINS LESS THAN 2% OF MIREPOIX BASE (VEGETABLE PUREES [CARROTS, ONION, AND CELERY], SALT, SUGAR, CORN OIL, POTATO FLOUR, CARROT POWDER), ONIONS, SALT			X			X		X	
TARTAR SAUCE (Frisch's)	SOYBEAN OIL (REFINED, BLEACHED & DEODORIZED), PICKLES, WATER, EGG YOLK, DISTILLED VINEGAR, ONIONS, SALT, SPICES AND NATURAL FLAVORS. 0.10% POTASSIUM SORBATE AND SODIUM BENZOATE AS PRESERVATIVES, CALCIUM DISODIUM EDTA ADDED TO PROTECT FLAVOR	X								
GARLIC AIOLI MAYONNAISE										
MAYONNAISE	SOYBEAN OIL, DISTILLED VINEGAR, EGG YOLK, HIGH FRUCTOSE CORN SYRUP, CONTAINS LESS THAN 2% OF SALT, WATER, MUSTARD SEED, CALCIUM DISODIUM EDTA (TO PROTECT FLAVOR)	X								

LAROSA'S NUTRITION, INGREDIENT AND ALLERGEN INFORMATION												Updated 10/26/26
CREAMY GARLIC DRESSING	SOYBEAN OIL, WATER, DISTILLED VINEGAR, CULTURED BUTTERMILK, CONTAINS LESS THAN 2% OF ROMANO CHEESE (PASTEURIZED PART-SKIM MILK, CHEESE CULTURES, SALT, ENZYMES), SUGAR, RED WINE VINEGAR, SALT, GARLIC,* GARLIC, EGG YOLK, XANTHAN GUM, MALTODEXTRIN, GARLIC JUICE CONCENTRATE, SPICE, POTASSIUM SORBATE AND SODIUM BENZOATE (PRESERVATIVES), ONION,* CORN STARCH, CANOLA OIL, NATURAL FLAVOR, LACTIC ACID, CITRIC ACID, CALCIUM DISODIUM EDTA (TO PROTECT FLAVOR). *DRIED	X		X							
ITALIAN DRESSING	SOYBEAN OIL, WATER, RED WINE VINEGAR, EXTRA VIRGIN OLIVE OIL, SUGAR, SALT, CONTAINS LESS THAN 2% OF SPICE, DRIED GARLIC, XANTHAN GUM, CALCIUM DISODIUM EDTA (TO PROTECT FLAVOR)										

LAROSA'S NUTRITION, INGREDIENT AND ALLERGEN INFORMATION

Updated 10/26/26

PIZZAS & CRUSTLESS BOWLS

CREATE YOUR OWN PIZZAS - DOUGH, SAUCE, & CHEESE	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)	# SVNGS
14" LARGE Traditional	per slice	160 - 250	6.5 - 17.5	3.5 - 5.5	0 - 0	0 - 5	230 - 317	15 - 20	1 - 1	0 - 5	3 - 4	12
14" LARGE Hand Tossed	per slice	310 - 460	9.5 - 26.5	4.5 - 8	0 - 0	0 - 28	534 - 764	38 - 52	2 - 3	1 - 8	7 - 15	8
14" LARGE Pan	per slice	320 - 470	11 - 28	4.5 - 8	0 - 0	0 - 28	534 - 764	38 - 52	2 - 3	1 - 8	7 - 15	8
12" MEDIUM Traditional	per slice	160 - 260	6.5 - 18	3 - 5.5	0 - 0	0 - 18	236 - 384	16 - 25	1 - 2	0 - 5	3 - 8	8
12" MEDIUM Hand Tossed	per slice	200 - 300	6 - 17.5	3 - 5.5	0 - 0	0 - 18	352 - 500	25 - 34	1 - 2	1 - 6	4 - 9	8
12" MEDIUM Pan	per slice	200 - 300	6.5 - 18	3 - 5.5	0 - 0	0 - 18	352 - 500	25 - 34	1 - 2	1 - 6	4 - 9	8
8" SMALL Traditional	per slice	150 - 250	6 - 17.5	3 - 5.5	0 - 0	0 - 18	216 - 374	15 - 23	1 - 2	0 - 5	7 - 9	4
8" SMALL Hand Tossed	per slice	180 - 280	6 - 17.5	3 - 5.5	0 - 0	0 - 18	318 - 476	23 - 31	1 - 2	1 - 6	8 - 10	4
8" SMALL Pan	per slice	190 - 290	6.5 - 18	3 - 5.5	0 - 0	0 - 18	318 - 476	23 - 31	1 - 2	1 - 6	8 - 10	4
10" CAULIFLOWER	per slice	150 - 250	5 - 16.5	2.5 - 4.5	0 - 0	0 - 17	354 - 503	20 - 28	1 - 1	0 - 5	5 - 7	6
Crustless Bowl (No dough)	184	250 - 780	1 - 57	0 - 8	0 - 0	0 - 40	500 - 940	4 - 42	0 - 3	4 - 39	0 - 4	1 - 1
MEATS & MORE												
Add for - Anchovies	per slice	5 - 10	0.5 - 0.5	0 - 0	0 - 0	3 - 5	103 - 183	0 - 0	0 - 0	0 - 0	1 - 1	4-12
Add for - Bacon	per slice	40 - 60	3 - 5	1 - 1.5	0 - 0	9 - 14	154 - 240	0 - 1	0 - 0	0 - 0	3 - 4	4-12
Add for - Capocolla Ham	per slice	15 - 20	1 - 1.5	0.5 - 0.5	0 - 0	4 - 6	83 - 124	0 - 0	0 - 0	0 - 0	1 - 2	4-12
Add for - Chicken Breast Strips	per slice	10 - 15	0 - 0.5	0 - 0	0 - 0	6 - 10	35 - 55	0 - 0	0 - 0	0 - 0	2 - 3	4-12
Add for - Ground Beef	per slice	15 - 40	1.5 - 3.5	0.5 - 1.5	0 - 0	4 - 11	42 - 100	0 - 0	0 - 0	0 - 0	1 - 3	4-12
Add for - Meatballs	per slice	20 - 30	1.5 - 2	0.5 - 1	0 - 0	8 - 13	63 - 94	0 - 1	0 - 0	0 - 0	1 - 2	4-12
Add for - Pepperoni	per slice	20 - 60	1.5 - 5.5	0.5 - 2	0 - 0	2 - 16	81 - 176	0 - 0	0 - 0	0 - 0	1 - 3	4-12
Add for - Sausage	per slice	25 - 50	2.5 - 5	0.5 - 1.5	0 - 0	5 - 11	85 - 180	0 - 1	0 - 0	0 - 0	1 - 2	4-12
Add for - Spicy Sausage	per slice	25 - 60	2.5 - 5.5	0.5 - 1.5	0 - 0	6 - 13	72 - 156	1 - 1	0 - 0	0 - 0	1 - 3	4-12
Add for - 937 Italian Sausage (available at Dayton Pizzerias)	*per slice*	*40 - 60*	*3.5 - 5.5*	*1.5 - 2*	*0 - 0*	*10 - 16*	*110 - 176*	*0 - 0*	*0 - 0*	*0 - 0*	*2 - 3*	*4-12*
Add for - 937 Artisanal Pepperoni (available at Dayton Pizzerias)	*per slice*	*25 - 50*	*2.5 - 4.5*	*1 - 1.5*	*0 - 0*	*5 - 9*	*75 - 148*	*0 - 0*	*0 - 0*	*0 - 0*	*1 - 2*	*4-12*
VEGGIES & CHEESE												
Add for - Banana Pepper	per slice	0 - 5	0 - 0	0 - 0	0 - 0	0 - 0	72 - 133	0 - 1	0 - 1	0 - 0	0 - 0	4-12
Add for - Black Olive	per slice	10 - 15	1 - 1.5	0 - 0.5	0 - 0	0 - 0	48 - 78	0 - 1	0 - 0	0 - 0	0 - 0	4-12
Add for - Green Olive	per slice	15 - 20	1 - 2	0.5 - 0.5	0 - 0	0 - 0	101 - 159	0 - 0	0 - 0	0 - 0	0 - 0	4-12
Add for - Green Pepper	per slice	0 - 0	0 - 0	0 - 0	0 - 0	0 - 0	2 - 3	0 - 0	0 - 0	0 - 0	0 - 0	4-12
Add for - Jalapenos	per slice	0 - 0	0 - 0	0 - 0	0 - 0	0 - 0	60 - 105	0 - 0	0 - 0	0 - 0	0 - 0	4-12
Add for - Mushroom	per slice	0 - 5	0 - 0	0 - 0	0 - 0	0 - 0	0 - 0	0 - 0	0 - 0	0 - 0	0 - 0	4-12
Add for - Pickle Slices	per slice	0 - 0	0 - 0	0 - 0	0 - 0	0 - 0	123 - 184	0 - 0	0 - 0	0 - 0	0 - 0	4-12
Add for - Pineapple Tidbits	per slice	10 - 15	0 - 0	0 - 0	0 - 0	0 - 0	0 - 0	2 - 3	0 - 0	2 - 3	0 - 0	4-12
Add for - Red Onion	per slice	5 - 5	0 - 0	0 - 0	0 - 0	0 - 0	0 - 0	1 - 1	0 - 0	0 - 0	0 - 0	4-12
Add for - Roma Tomato	per slice	0 - 5	0 - 0	0 - 0	0 - 0	0 - 0	0 - 0	0 - 0	0 - 0	0 - 0	0 - 0	4-12
Add for - Spinach	per slice	5 - 5	0 - 0	0 - 0	0 - 0	0 - 0	5 - 9	0 - 1	0 - 0	0 - 0	0 - 1	4-12
Add for - Provolone (add for extra)	per slice	15 - 25	1 - 2	0.5 - 1	0 - 0	3 - 5	30 - 61	0 - 0	0 - 0	0 - 0	1 - 2	4-12
Add for - Four Cheese Blend (add for extra)	per slice	10 - 20	1 - 1.5	0.5 - 1	0 - 0	3 - 5	18 - 37	0 - 0	0 - 0	0 - 0	1 - 2	4-12
Add for - Vegan Cheese (add for extra)	per slice	10 - 25	1 - 2	0.5 - 1.5	0 - 0	0 - 0	30 - 60	0 - 0	0 - 0	0 - 0	0 - 0	4-12
Specialty Pizzas **CALS 210-510**												
Original Deluxe	per slice	210 - 430	10.5 - 19	4.5 - 7.5	0 - 0	21 - 34	463 - 940	18 - 44	1 - 2	2 - 4	10 - 18	4 - 12
Chicken Bacon Ranch	per slice	270 - 510	16.5 - 27.5	5 - 8.5	0 - 0	33 - 52	508 - 973	16 - 41	1 - 2	1 - 3	12 - 22	4 - 12
Meat Deluxe	per slice	260 - 500	15 - 25	6 - 9.5	0 - 0	35 - 54	713 - 1300	17 - 43	1 - 2	2 - 3	14 - 24	4 - 12
Focaccia Florentine	per slice	210 - 310	13.5 - 18	3.5 - 5	0 - 0	13 - 17	308 - 516	14 - 27	1 - 2	1 - 1	6 - 9	4 - 12
Focaccia Roma	per slice	270 - 390	18.5 - 25	5.5 - 7	0 - 0	29 - 38	501 - 753	14 - 27	1 - 1	1 - 1	9 - 14	4 - 12
Buddy Deluxe	per slice	230 - 450	12 - 20.5	5 - 8	0 - 0	26 - 41	635 - 1169	17 - 43	1 - 3	2 - 3	11 - 20	4 - 12
Big Island Hawaiian Barbecue	per slice	240 - 450	10.5 - 17.5	4.5 - 7.5	0 - 0	26 - 40	580 - 1065	23 - 50	1 - 2	7 - 12	11 - 20	4 - 12
Garlic Pesto Chicken	per slice	250 - 480	15.5 - 25.5	5 - 8	0 - 0	21 - 34	413 - 834	15 - 40	1 - 2	1 - 2	10 - 19	4 - 12
Barbecue Chicken and Bacon	per slice	230 - 440	9.5 - 16.5	4.5 - 7	0 - 0	28 - 44	523 - 996	21 - 48	1 - 2	6 - 9	12 - 21	4 - 12
Double Pepperoni **CALS 210-420**	per slice	210 - 420	10.5 - 18	5 - 8	0 - 0	19 - 31	473 - 940	16 - 42	1 - 2	2 - 3	10 - 19	4 - 12
Veggie Deluxe **CALS 170-350**	per slice	170 - 350	6.5 - 11.5	3 - 5.5	0 - 0	13 - 20	285 - 645	17 - 43	1 - 3	2 - 4	8 - 15	4 - 12
Vegan Your Way **CALS 160-340**	per slice	160 - 340	6 - 11.5	3.5 - 5.5	0 - 0	0 - 0	278 - 631	21 - 49	1 - 3	2 - 4	4 - 8	4 - 12
937 Pizza (available at Dayton Pizzerias) **CALS 230-450**	per slice	230 - 450	12 - 21.5	5.5 - 9	0 - 0	29 - 46	485 - 980	17 - 42	1 - 2	2 - 3	1 - 19	4 - 12
Specialty Crustless Bowls **CALS 600-780**												
Original Deluxe Crustless Bowl (no dough)	325	600	41	19	0	100	2020	21	4	11	34	1
Chicken Bacon Ranch Crustless Bowl (no dough)	328	780	62	20	0	150	2410	12	<1	7	41	1

Pizza By The Slice (Select Locations Only)	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)	# SVNGS
Slice of Extra Cheese Pizza	193	490	21	11	0	45	880	45	3	4	23	1
Slice of Double Pepperoni Pizza	217	590	30	14	0	55	1310	46	3	4	28	1

INGREDIENT LISTING		EGG	FISH	MILK	PEANUT	SHELLFISH	SOY	TREE NUTS	WHEAT	SESAME
ANCHOVIES	ANCHOVIES, OLIVE OIL, AND SALT		X							
BACON CRUMBLES	CURED WITH: WATER, SALT, SUGAR, SMOKE FLAVORING, SODIUM PHOSPHATES, SODIUM ERYTHORBATE, SODIUM NITRITE									
BANANA PEPPERS	BANANA PEPPERS, WATER, DISTILLED VINEGAR, SALT, CALCIUM CHLORIDE 9FIRMING AGENT), SODIUM BENZOATE (PRESERVATIVE), SODIUM BISULFITE (TO RETAIN COLOR), FD&C YELLOW #5, AND TUMERIC (FOR COLOR)									
BARBECUE SAUCE	TOMATOES, DISTILLED VINEGAR, SUGAR, WATER, SALT, SPICES, DEHYDRATED ONIONS, DEHYDRATED GARLIC, CORN SYRUP, NATURAL FLAVORS, MODIFIED CORN STARCH, MOLASSES, CARAMEL COLOR, AND TAMARIND									
BLACK OLIVES, SLICED	BLACK OLIVES, WATER, SEA SALT, AND FERROUS GLUCONATE (ADDED TO STABILIZE COLOR).									
BUTTERMILK 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						
CAPOCOLLA HAM	PORK CURED WITH WATER, SALT, SODIUM LACTATE, SUGAR, SODIUM PHOSPHATE, SODIUM DIACETATE, SODIUM ERYTHORBATE, SODIUM NITRITE. COATED WITH SPICES AND PAPRIKA.									
CAULIFLOWER CRUST	CAULIFLOWER, CORN STARCH, RICE FLOUR, POTATO STARCH, INULIN, PSYLLIUM HUSK POWDER, WATER, DEXTROSE, FRUCTOSE, HYDROXYPROPYL METHYLCELLULOSE, EXTRA VIRGIN OLIVE OIL, YEAST, BROWN CANE SUGAR, SEA SALT						may contain trace			
GARLIC SAUCE	VEGETABLE OIL BLEND [(SOYBEAN AND HYDROGENATED SOYBEAN OILS), WATER, SALT, MONO- AND DIGLYCERIDES, SOY LECITHIN, NATURAL AND ARTIFICIAL FLAVOR, BETA CAROTENE (COLOR), VITAMIN A PALMITATE], BUTTER FLAVOR [WATER, SOYBEAN OIL, NATURAL AND ARTIFICIAL FLAVORS, XANTHAN GUM, CITRIC ACID, MIXED TOCOPHEROLS, ANNATTO (COLOR)], GARLIC*, ASCORBIC ACID, PHOSPHORIC ACID, NATURAL FLAVOR, CALCIUM DISODIUM EDTA (TO PROTECT FLAVOR), GARLIC OIL						X			
GREEN OLIVES, SLICED	OLIVES, WATER, SEA SALT, LACTIC ACID									
GREEN PEPPER	FRESH GREEN PEPPERS									
GROUND BEEF CRUMBLES	BEEF, SALT, SPICES									
HAND TOSSED PIZZA CRUST	FLOUR ((BLEACHED, ENRICHED AND MALTED WHEAT FLOUR (WHEAT 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	
JALAPENO PEPPERS	FRESH PEPPERS, WATER, VINEGAR, SALT, CALCIUM CHLORIDE, SODIUM BENZOATE, NATURAL FLAVORS, SODIUM METABISULFITE, YELLOW 5.									
MEATBALLS	BEEF, PORK, WATER, RICOTTA CHEESE (PASTEURIZED PART-SKIM MILK, FRESH WHEY, CREAM, VINEGAR, SALT), WHOLE EGGS, BREAD CRUMBS (WHEAT FLOUR, DEXTROSE, SALT, YEAST), ROMANO CHEESE (SHEEP'S MILK, CHEESE CULTURE, SALT, ENZYMES), CONTAINS LESS THAN 2% OF SALT, DEHYDRATED GARLIC, SPICES, DEHYDRATED PARSLEY, BROWN SUGAR	X		X					X	
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						
MUSHROOM SLICES	100% FRESH MUSHROOMS									
OIL, SOY	SOYBEAN OIL									

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PAN PIZZA CRUST	FLOUR ((BLEACHED, ENRICHED AND MALTED WHEAT FLOUR (WHEAT 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		
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.										
PESTO	BASIL, CANOLA OIL, WATER, PARMESAN CHEESE (PASTEURIZED PART-SKIM COWS' MILK, CHEESE CULTURE, SALT, ENZYMES), GRANULATED GARLIC, SALT			X							
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.										
PIZZA SAUCE	WATER, TOMATO PASTE, SUGAR, SALT, SPICES, GARLIC POWDER AND CITRIC ACID										
PROVOLONE CHEESE, SHREDDED	PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES. POTATO STARCH, POWDERED CELLULOSE ADDED TO PREVENT CAKING			X							
RED ONION	100% FRESH RED ONION										
ROMA TOMATOES	100% FRESH ROMA TOMATOES										
PARMESAN CHEESE PACKET	PARMESAN CHEESE (PASTEURIZED COW'S MILK, CHEESE CULTURES, SALT, ENZYMES), POWDERED CELLULOSE (ANTI-CAKING AGENT), AND CALCIUM PROPIONATE (PRESERVATIVE).			X							
SALAMI GENOA	PORK, BEEF, SALT, CONTAINS 2% OR LESS OF DEXTROSE, WATER, NATURAL SPICES, SODIUM ASCORBATE, LACTIC ACID STARTER CULTURE, SODIUM NITRITE, GARLIC POWDER, BHA, BHT, 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										
TRADITIONAL PIZZA CRUST	FLOUR ((BLEACHED, ENRICHED AND MALTED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE, MONONITRATE, RIBOFLAVIN, AND FOLIC ACID)), WATER, SOYBEAN OIL, YEAST, RELAX+ YF (YEAST), DEXTROSE, SALT								X		
VEGAN MOZZARELLA CHEESE	FILTERED WATER, COCONUT OIL, POTATO STARCH, TAPIOCA STARCH, SUNFLOWER OIL, SEA SALT, CALCIUM CITRATE, NATURAL FLAVOR (VEGAN SOURCES), CHICKPEA PROTEIN, KONJAC AND XANTHAN GUMS, POTATO PROTEIN, ANNATTO AND TURMERIC EXTRACTS (COLOR), POWDERED CELLULOSE ADDED TO PREVENT CAKING										
ARTISANAL PEPPERONI (Select locations)	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										
SWEET ITALIAN SAUSAGE (Select locations)	PORK, SPICES, WATER, SALT, CORN SYRUP SOLIDS, PAPRIKA, FLAVORING, SUGAR, EXTRACTIVES OF PAPRIKA AND ANNATTO, LEMON JUICE POWDER (CORN SYRUP SOLIDS, LEMON JUICE SOLIDS, LEMON OIL), BHA, BHT, DISODIUM INOSINATE AND DISODIUM GUANYLATE, CITRIC ACID, PROPYL GALLATE										
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										
ROMANO HERB MIX											
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										
GARLIC PESTO SAUCE											
GARLIC SAUCE	VEGETABLE OIL BLEND [(SOYBEAN AND HYDROGENATED SOYBEAN OILS), WATER, SALT, MONO- AND DIGLYCERIDES, SOY LECITHIN, NATURAL AND ARTIFICIAL FLAVOR, BETA CAROTENE (COLOR), VITAMIN A PALMITATE], BUTTER FLAVOR [WATER, SOYBEAN OIL, NATURAL AND ARTIFICIAL FLAVORS, XANTHAN GUM, CITRIC ACID, MIXED TOCOPHEROLS, ANNATTO (COLOR)], GARLIC*, ASCORBIC ACID, PHOSPHORIC ACID, NATURAL FLAVOR, CALCIUM DISODIUM EDTA (TO PROTECT FLAVOR), GARLIC OIL						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	GARLIC GRANULATED										
OREGANO	OREGANO										
FOCACCIA SAUCE											
PIZZA SAUCE	WATER, TOMATO PASTE, SUGAR, SALT, SPICES, GARLIC POWDER AND CITRIC ACID										
GARLIC SAUCE	VEGETABLE OIL BLEND [(SOYBEAN AND HYDROGENATED SOYBEAN OILS), WATER, SALT, MONO- AND DIGLYCERIDES, SOY LECITHIN, NATURAL AND ARTIFICIAL FLAVOR, BETA CAROTENE (COLOR), VITAMIN A PALMITATE], BUTTER FLAVOR [WATER, SOYBEAN OIL, NATURAL AND ARTIFICIAL FLAVORS, XANTHAN GUM, CITRIC ACID, MIXED TOCOPHEROLS, ANNATTO (COLOR)], GARLIC*, ASCORBIC ACID, PHOSPHORIC						X				

LAROSA'S NUTRITION, INGREDIENT AND ALLERGEN INFORMATION

Updated 10/26/26

DESSERTS

DESSERTS	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)	# SVNGS
Ghirardelli Triple Chocolate Brownie	127	520	22	7	0	15	310	77	2	51	5	1
3 Big Chocolate Chunk Cookies CAL/SERVING 370, 3 SERVINGS	85	370	18	8	0	20	280	50	2	30	4	3
Cheesecake Scoops	127	450	33	20	1	145	320	33	< 1	28	6	1

INGREDIENT LISTING		EGG	FISH	MILK	PEANUT	SHELLFISH	SOY	TREE NUTS	WHEAT	SESAME
BROWNIES, GHIRARDELLI	BROWNIE MIX (SUGAR, ENRICHED BLEACHED FLOUR [WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], BITTER-SWEET CHOCOLATE CHIPS [UNSWEETENED CHOCOLATE, SUGAR, COCOA BUTTER, MILK FAT, SOY LECITHIN, VANILLA], COCOA [PROCESSED WITH AL-KALI], CANOLA OR SOYBEAN OIL, WHEAT STARCH, SALT, ARTIFICIAL FLAVOR, SODIUM BICARBONATE), WATER, SOYBEAN OIL, SEMI-SWEET CHOCOLATE (SUGAR, UNSWEETENED CHOCOLATE, COCOA BUTTER, DRY WHOLE MILK, SOY LECITHIN [AN EMULSIFIER], VANILLA), WHOLE EGGS, WHEY PROTEIN CONCENTRATE (MILK), CORN STARCH	X		X			X		X	
CHOCOLATE CHIPS	CANE SUGAR, UNSWEETENED CHOCOLATE, COCOA BUTTER, WHOLE MILK POWDER, SOY LECITHIN, VANILLA EXTRACT.			X				X		
CHOCOLATE SAUCE	CORN SYRUP, WATER, GLYCERIN, COCOA PROCESSED WITH ALKALI, FRUCTOSE, CONTAINS 2% OR LESS OF: MODIFIED CORN STARCH, CHOCOLATE LIQUOR PROCESSED WITH ALKALI (WITH MILK), NATURAL FLAVOR (FROM MILK AND SOYBEAN), POTASSIUM SORBATE AND SODIUM BENZOATE (PRESERVATIVES), SALT, SOY LECITHIN, POLYSORBATE 60			X			X			
CHOCOLATE CHUNK COOKIE	ENRICHED WHEAT FLOUR [FLOUR, ASCORBIC ACID (DOUGH CONDITIONER), NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], SUGAR, CHOCOLATE CHUNKS (SUGAR, CHOCOLATE LIQUOR, COCOA BUTTER, SOY LECITHIN, VANILLA, ARTIFICIAL FLAVOR, SALT), VEGETABLE OIL MARGARINE [MODIFIED PALM AND PALM KERNEL OIL, LIQUID CANOLA OIL, WATER, SALT, WHEY POWDER, VEGETABLE MONOGLYCERIDES, SOY LECITHIN, POTASSIUM SORBATE (PRESERVATIVE), CITRIC ACID, ARTIFICIAL FLAVOR, VITAMIN A PALMITATE, COLORED WITH BETA CAROTENE, VITAMIN D3], EGGS, LIQUID INVERT SUGAR, COOKING MOLASSES, BAKING SODA, NATURAL FLAVOR AND SALT	X		X			X		X	
CHEESECAKE SCOOPS FILLING	CREAM CHEESE (PASTEURIZED MILK AND CREAM, CHEESE CUL-TURE, SALT, CAROB BEAN GUM), SUGAR, WHOLE EGGS, BUTTER (CREAM, STARTER DISTILLATE), FRUCTOSE, NATURAL FLAVOR	X		X						
RASPBERRY SAUCE	CORN SYRUP, WATER, RED RASPBERRIES, CONTAINS 2% OR LESS OF: APPLE POWDER, CITRIC ACID, RED GRAPE JUICE CONCENTRATE (FOR COLOR), CARRAGEENAN, POTASSIUM SORBATE (PRESERVATIVE), NATURAL FLAVOR, MALIC ACID									

LAROSA'S NUTRITION, INGREDIENT AND ALLERGEN INFORMATION

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COMBOS

LARGE COMBOS		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)	# SVNGS
Choose One of These:													
Small Specialty Pizza	CAL/SLICE 160-350, 4 SLICES	per slice	160-350	6-23	3-7	0-0	0-35	278-815	15-30	1-2	1-8	4-15	4
Calzone	CAL/SLICE 90-290, 3 SLICES	per slice	90-290	10-20	0-10	0-0	0-50	160-870	0-10	0-0	0-10	0-20	3
Hoagy	CALS 770-1370	304-492	770-1370	37-99	7-30	0-2	75-190	1560-4840	66-94	2-5	2-9	26-65	1
Crustless Pizza Bowl	CALS 285-1135	132-412	285-1135	18-88	11-33.5	0-0	50-225	880-4080	8-63	2-7	5-55	19-74	1
And One of These:													
JoJo's BLT Salad w/ Creamy Garlic Dressing		205	470	42	7	0	20	770	10	0	3	7	1
Original Tossed Garden Salad		177	160	9	4	0	15	410	9	0	< 1	7	1
French Fries w/ ketchup		283	420	11	2.5	0	0	1380	74	5	15	5	1
Minestrone w/ saltine crackers		237	110	2	0	0	0	970	22	2	2	3	1
Baked Onion w/ saltine crackers		270	230	9	4	0	15	1600	29	3	9	9	1
Crock of soup of the day	CALS 160-380	237	160-380	5-21	0-8	0-1	0-45	860-1600	24-32	0-6	2-7	3-18	1
Kitchen Chips w/ Diablo		283	660	38	8	0	10	2180	71	5	18	5	1
2 Garlic Breadsticks w/ Provolone		176	500	20	9.0	0	30	1110	62	3	5	23	1
2 Garlic Bread w/ Provolone		172	500	28	8	0	30	900	40	2	0	18	1
Garlic Parmesan Fries w/ Ranch Dressing		320	720	50	8	0	20	1730	61	5	3	7	1
ADD FOR SALAD DRESSINGS	ADD CAL 150-310	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)	# SVNGS
Italian		56	310	35	5	0	0	720	2	0	2	0	1
Creamy Garlic		56	310	33	5	0	0	350	2	0	2	0	1
Buttermilk Ranch		56	260	28	4	0	20	410	2	0	2	2	1
French		56	250	23	3.5	0	0	410	12	0	12	0	1
Blue Cheese		56	260	28	5	0	20	430	2	0	2	2	1
Lite Ranch		56	150	15	2	0	20	510	4	0	2	2	1
Thousand Island		56	230	22	4	0	10	430	8	0	8	0	1
SMALL COMBOS		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)	# SVNGS
Choose One of These:													
HALF HOAGYS	CALS 390-650												
Half Steak Hoagy		CALS 440-650											1
Half Steak Hoagy (w/ Pizza Sauce, Provolone Cheese, Tomato & Onion)		214	450	24	10	1	60	970	39	3	4	22	1
Half Steak Hoagy (w/ Italian Dressing, Provolone Cheese, Tomato & Onion)		194	510	32	11	1	60	1000	35	2	2	21	1
Half Steak Hoagy (w/ Mayonnaise, Provolone Cheese, Tomato & Onion)		209	650	48	13	1	80	980	34	2	2	21	1
HalfSteak Hoagy (w/ Mushroom Sauce, Provolone Cheese, Tomato & Onion)		214	440	24	10	1	60	1040	37	2	2	22	1
Half Baked or Deli Royal Hoagy		CALS 400/540											1
Half Baked or Deli Royal Hoagy (w/ Italian Dressing, Tomato & Onion)		163	400	22	7	0	35	1190	35	1	2	16	1
Half Baked or Deli Royal Hoagy (w/ Mayonnaise, Tomato & Onion)		177	540	38	9	0	60	1160	34	1	2	16	1
Half Baked Buddy Hoagy (w/Pizza Sauce, Onion & Pickle)		184	390	18	7	0	45	1610	39	2	4	19	1
Half Baked Meatball Hoagy (w/Provolone Cheese & Pasta Sauce)		185	420	20	8	0	80	1260	39	3	3	21	1
Half Chicken Club Hoagy (w/ Mayonnaise, Lettuce, & Tomato)		190	490	30	5	0	70	920	33	1	2	21	1
Half Turkey Italiano Hoagy (w/Garlic Aioli, Onion, Tomato & Lettuce)		203	460	26	8	0	55	1500	35	1	3	23	1
Half BLT Hoagy (w/ Mayonnaise, Lettuce, & Tomato)		152	520	36	8	0	50	970	33	1	1	13	1
Half Turkey Club Hoagy (w/ Mayonnaise, Lettuce, & Tomato)		173	470	30	5	0	50	1130	34	1	2	16	1
Half Chicken Hoagy (w/ Mayonnaise, Lettuce, & Tomato)		181	440	26	4	0	60	780	33	1	2	18	1
Half Turkey Hoagy (w/ Mayonnaise, Lettuce, & Tomato)		134	430	29	5	0	30	700	33	1	1	8	1
Half Diner Style Hoagy		203	590	41	12	1	60	1420	36	2	1	20	1
Half Mushroom Melt Hoagy		236	580	38	12	1	60	1300	39	2	2	21	1
HALF SALAD	CALS 160-470												
Grilled Chicken Salad		234	220	10	4	0	55	630	9	0	1	20	1
Antipasto Salad		228	310	21	10	0	45	1020	10	<1	<1	16	1
Crispy Chicken Salad		272	290	11	4	0	65	1030	19	0	<1	23	1
JoJo Grilled Chicken Salad		206	210	10	3	0	60	640	8	0	1	20	1
JoJo Crispy Chicken Salad		244	280	11	3	0	70	1040	18	0	<1	23	1
JoJo's BLT Salad w/ Creamy Garlic Dressing		205	470	42	7	0	20	770	10	0	3	7	1
Original Tossed Garden Salad		177	160	9	4	0	15	410	9	0	< 1	7	1
HALF PASTA	CALS 360-470												
Lasagna		264	430	24	12	0	80	1360	35	6	8	21	1
Ziti Chicken Alfredo		251	470	14	6	0	70	860	59	3	6	28	1
Spaghetti and 1 Meatball		250	440	13	3	0	35	990	67	8	8	17	1
Ravioli		CALS 360-370											1
Cheese Ravioli		257	360	14	6	0	75	830	43	6	8	16	1
Meat Ravioli		256	370	14	5	0	60	1070	44	6	5	17	1
SMALL PIZZA													
Small Cheese pizza	CAL/SLICE 145-290, SLICES	per slice	145-290	6-18	3-5	0-0	0-18	215-475	15-31	1-1	0-5	6-9	4
And One of These:													
JoJo's BLT Salad w/ Creamy Garlic Dressing		205	470	42	7	0	20	770	10	0	3	7	1
Original Tossed Garden Salad		177	160	9	4	0	15	410	9	0	< 1	7	1
French Fries w/ ketchup		283	420	11	3	0	0	1380	74	5	15	5	1
Minestrone w/ saltine crackers		237	110	2	0	0	0	970	22	2	2	3	1
Baked Onion w/ saltine crackers		270	230	9	4	0	15	1600	29	3	9	9	1
Crock of soup of the day	CALS 160-380	237	240-240	22-22	0-3.5	0-0	0-25	0-310	0-13	0-0	0-11	0-0	1
Kitchen Chips w/ Diablo		283	660	38	8	0	10	2180	71	5	18	5	1
2 Garlic Breadsticks w/ Provolone		176	500	20	9.0	0	30	1110	62	3	5	23	1
2 Garlic Bread w/ Provolone		172	500	28	8.0	0	30	900	40	2	0	18	1
Garlic Parmesan Fries w/ Ranch Dressing		320	720	50	8.0	0	20	1730	61	5	3	7	1
ADD FOR SALAD DRESSINGS	ADD CAL 150-310	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)	# SVNGS
Italian		56	310	35	5	0	0	720	2	0	2	0	1
Creamy Garlic		56	310	33	5	0	0	350	2	0	2	0	1
Buttermilk Ranch		56	260	28	4	0	20	410	2	0	2	2	1
French		56	250	23	3.5	0	0	410	12	0	12	0	1
Blue Cheese		56	260	28	5	0	20	430	2	0	2	2	1
Lite Ranch		56	150	15	2	0	20	510	4	0	2	2	1
Thousand Island		56	230	22	4	0	10	430	8	0	8	0	1

*See regular menu section for ingredients and allergens.

KIDS MEALS

MEALS FOR KIDS		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)	# SVNGS
Served with OREOS	ADD CAL 110	22	110	5	2	0	0	85	16	0	9	0	1
and KIDS BEVERAGE OF CHOICE	ADD CALS 80-150												1
Kids Chocolate Milk Box		247	150	3	2	0	15	220	24	1	22	9	1
Kids White Milk Box		247	110	3	2	0	15	125	12	0	12	8	1
Kids Apple Juice Box		177	80	0	0	0	0	15	21	0	19	0	1
Kids Soda	ADD CAL 0-180	12 oz	0-180	0-0	0-0	0-0	0-0	35-240	0-48	0-0	0-48	0-0	1
KIDS PIZZA	CAL/SLICE 150-300, 4 SLICES	per slice	150-300	6-23	3-6	0-0	0-26	215-533	15-26	1-1	0-8	6-11	1
KIDS ZITI (Choice of Sauce)	CALS 270-410	75-194	270-410	1.5-12.5	0-6	0-0	0-30	35-630	53-59	2-3	3-5	9-15	1
KIDS CHICKEN BITES* AND FRIES w/ dipping sauce	CAL 430-790	322-334	430-790	9-53	1.5-7.5	0-0	65-90	1590-1890	48-69	3-5	0-19	25-27	1
KIDS SPAGHETTI & MEATBALL		250	440	13	3	0	35	990	67	8	8	17	1

*See boneless wings for ingredients and allergens

INGREDIENT LISTING		EGG	FISH	MILK	PEANUT	SHELLFISH	SOY	TREE NUTS	WHEAT	SESAME
OREOS	UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2), FOLIC ACID), SUGAR, PALM OIL, SOYBEAN AND/OR CANOLA OIL, COCOA (PROCESSED WITH ALKALI), HIGH FRUCTOSE CORN SYRUP, LEAVENING (BAKING SODA AND/OR CALCIUM PHOSPHATE), SALT, SOY LECITHIN, CHOCOLATE, ARTIFICIAL FLAVOR						X		X	

*See regular menu section for other ingredients and allergens.

LAROSA'S NUTRITION, INGREDIENT AND ALLERGEN INFORMATION

Updated 10/26/26

BOXED LUNCHES

BOXED LUNCHES Half Hoagy, Kitchen Chips, Tossed Salad w/ Italian Dressing and Chocolate Chunk Cookie	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)	# SVNGS
BOXED LUNCHES CALS 1480-1760												
BLT (w/ Lettuce, Tomato and Mayonnaise)	613	1600	105	28	0	90	3310	130	7	36	27	1
Turkey Club (w/ Lettuce, Tomato and Mayonnaise)	616	1480	88	25	0	90	3630	130	7	36	35	1
Turkey (w/ Lettuce, Tomato and Mayonnaise)	625	1510	95	23	0	75	3340	131	7	36	27	1
Deli Royal (w/ Lettuce, Tomato and Italian Dressing)	763	1760	105	30	0	75	4480	166	10	38	34	1

*See regular menu section for ingredients and allergens.

CROWD PLEASERS - STARTERS

TRAY RONDOS w/ Choice of Dipping Sauce CAL/SERV 200-380, 18 SERVINGS	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)	# SVNGS
Rondos - Spinach	62	200	12	4	0	15	360	15	<1	0	7	18
Rondos - Cheese	57	200	12	4	0	15	350	15	<1	0	7	18
Rondos - Pepperoni	62	220	13	5	0	15	440	15	<1	0	8	18
Add for Pizza Sauce	15	10	0	0	0	0	65	2	0	1	0	18
Add for Barbecue Sauce	12	20	0	0	0	0	105	5	0	4	0	18
Add for Buttermilk Ranch	12	60	6	1	0	<5	90	0	0	0	0	18
Add for Blue Cheese	12	60	6	1	0	<5	95	0	0	0	0	18
Add for Buttery Garlic Sauce	12	90	10	2	0	0	135	0	0	0	0	18
Add for Sweet & Spicy Diablo Sauce	12	45	4	1	0	<5	100	3	0	3	0	18
Add for Honey Mustard	12	50	5	1	0	5	70	3	0	2	0	18

INGREDIENT LISTING		EGG	FISH	MILK	PEANUT	SHELLFISH	SOY	TREE NUTS	WHEAT	SESAME
RONDO DOUGH	FLOUR ((BLEACHED, ENRICHED AND MALTED WHEAT FLOUR (WHEAT 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	
PROVOLONE CHEESE, SHREDDED	PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES. POTATO STARCH, POWDERED CELLULOSE ADDED TO PREVENT CAKING			X						
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.									
SPINACH	SPINACH									
GARLIC SAUCE	VEGETABLE OIL BLEND [(SOYBEAN AND HYDROGENATED SOYBEAN OILS), WATER, SALT, MONO- AND DIGLYCERIDES, SOY LECITHIN, NATURAL AND ARTIFICIAL FLAVOR, BETA CAROTENE (COLOR), VITAMIN A PALMITATE], BUTTER FLAVOR [WATER, SOYBEAN OIL, NATURAL AND ARTIFICIAL FLAVORS, XANTHAN GUM, CITRIC ACID, MIXED TOCOPHEROLS, ANNATTO (COLOR)], GARLIC*, ASCORBIC ACID, PHOSPHORIC ACID, NATURAL FLAVOR, CALCIUM DISODIUM EDTA (TO PROTECT FLAVOR), GARLIC OIL						X			
GARLIC PESTO SAUCE										
GARLIC SAUCE	VEGETABLE OIL BLEND [(SOYBEAN AND HYDROGENATED SOYBEAN OILS), WATER, SALT, MONO- AND DIGLYCERIDES, SOY LECITHIN, NATURAL AND ARTIFICIAL FLAVOR, BETA CAROTENE (COLOR), VITAMIN A PALMITATE], BUTTER FLAVOR [WATER, SOYBEAN OIL, NATURAL AND ARTIFICIAL FLAVORS, XANTHAN GUM, CITRIC ACID, MIXED TOCOPHEROLS, ANNATTO (COLOR)], GARLIC*, ASCORBIC ACID, PHOSPHORIC ACID, NATURAL FLAVOR, CALCIUM DISODIUM EDTA (TO PROTECT FLAVOR), GARLIC OIL						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	GARLIC GRANULATED									
OREGANO	OREGANO									
PIZZA SAUCE	WATER, TOMATO PASTE, SUGAR, SALT, SPICES, GARLIC POWDER AND CITRIC ACID									
BARBECUE SAUCE	TOMATOES, DISTILLED VINEGAR, SUGAR, WATER, SALT, SPICES, DEHYDRATED ONIONS, DEHYDRATED GARLIC, CORN SYRUP, NATURAL FLAVORS, MODIFIED CORN STARCH, MOLASSES, CARAMEL COLOR, AND TAMARIND									
BUTTERMILK 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						
BLUE CHEESE DRESSING	SOYBEAN OIL, WATER, BLUE CHEESE ([CULTURED PASTEURIZED MILK, SALT, ENZYMES, PENICILLIUM ROQUEFORTI], NATAMYCIN [NATURAL MOLD INHIBITOR]), DISTILLED VINEGAR, EGG YOLK, SUGAR, CONTAINS LESS THAN 2% OF SALT, WHEY PROTEIN CONCENTRATE, SOUR CREAM SOLIDS (SOUR CREAM [CREAM, NONFAT MILK, CULTURES], MALTODEXTRIN, CULTURED BUTTERMILK, CULTURED SKIM MILK), XANTHAN GUM, CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES), LACTIC ACID, GARLIC,* POTASSIUM SORBATE AND SODIUM BENZOATE (PRESERVATIVES), NATURAL FLAVOR, CALCIUM DISODIUM EDTA (TO PROTECT FLAVOR). *DRIED.	X		X						
GARLIC SAUCE	VEGETABLE OIL BLEND [(SOYBEAN AND HYDROGENATED SOYBEAN OILS), WATER, SALT, MONO- AND DIGLYCERIDES, SOY LECITHIN, NATURAL AND ARTIFICIAL FLAVOR, BETA CAROTENE (COLOR), VITAMIN A PALMITATE], BUTTER FLAVOR [WATER, SOYBEAN OIL, NATURAL AND ARTIFICIAL FLAVORS, XANTHAN GUM, CITRIC ACID, MIXED TOCOPHEROLS, ANNATTO (COLOR)], GARLIC*, ASCORBIC ACID, PHOSPHORIC ACID, NATURAL FLAVOR, CALCIUM DISODIUM EDTA (TO PROTECT FLAVOR), GARLIC OIL						X			
DIABLO SAUCE	SOYBEAN OIL, SUGAR, WATER, CHILI PASTE (CHILI, SALT, DISTILLED VINEGAR, POTASSIUM SORBATE AND SODIUM BISULFITE ADDED AS PRESERVATIVES, XANTHAN GUM), CIDER VINEGAR, VINEGAR, SALT, DRIED WHOLE EGG, XANTHAN GUM, GARLIC POWDER, ONION POWDER, MUSTARD FLOUR, SODIUM BENZOATE AND POTASSIUM SORBATE ADDED AS PRESERVATIVES, CAPSICUM, PAPRIKA EXTRACT, CITRIC ACID, ANNATTO EXTRACT, CALCIUM DISODIUM EDTA ADDED TO PROTECT FLAVOR	X								
HONEY DIJON MUSTARD DRESSING	SOYBEAN OIL, HIGH FRUCTOSE CORN SYRUP, DISTILLED VINEGAR, WATER, DIJON MUSTARD (DISTILLED VINEGAR, WATER, MUSTARD SEED, SALT, WHITE WINE, CITRIC ACID, TARTARIC ACID, SPICE), HONEY, SUGAR, EGG YOLK, CONTAINS LESS THAN 2% OF SALT, MUSTARD FLOUR, XANTHAN GUM, SPICE, OLEORESIN PAPRIKA (COLOR), CALCIUM DISODIUM EDTA (TO PROTECT FLAVOR), YELLOW 5, CORN SYRUP, NATURAL FLAVOR	X								

TRAY FRIED MOZZARELLA CHEESE STICKS w/ Pizza Sauce CAL/SERV 310, 20 SERVINGS	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)	# SVNGS
Fried Mozzarella Cheese Sticks w/ Pizza Sauce	108	310	18	6.0	0	25	760	22	0	1	15	20

INGREDIENT LISTING		EGG	FISH	MILK	PEANUT	SHELLFISH	SOY	TREE NUTS	WHEAT	SESAME
MOZZARELLA CHEESE STICKS	MOZZARELLA CHEESE (PASTEURIZED PART-SKIM MILK, CULTURES, SALT, ENZYMES, CALCIUM CHLORIDE). BLEACHED WHEAT FLOUR, WATER, YELLOW CORN FLOUR, SOY FLOUR, SUGAR, SALT, DEXTROSE, SOYBEAN OIL, LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM ALUMINUM PHOSPHATE, SODIUM BICARBONATE, YEAST), MONO AND DIGLYCERIDES, OLEORESIN PAPRIKA (COLOR), SPICES, NONFAT DRY MILK, DRIED WHEY, DRIED WHOLE EGGS, TBHQ, CITRIC ACID, DIMETHYLPOLYSILOXANE	X		X			X		X	
PIZZA SAUCE	WATER, TOMATO PASTE, SUGAR, SALT, SPICES, GARLIC POWDER AND CITRIC ACID									
Prepared in FRYER VEGETABLE OIL	CANOLA OIL, SAFFLOWER OIL AND SUNFLOWER OIL, OR GRAPESEED OIL									

TRAY KITCHEN CHIPS w/ Diablo Sauce CAL/SERV 250, 10 SERVINGS	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)	# SVNGS

LAROSA'S NUTRITION, INGREDIENT AND ALLERGEN INFORMATION

Updated 10/26/26

Kitchen Chips w/ Diablo Sauce		107	250	15	3	0	<5	750	27	2	7	2	10
INGREDIENT LISTING					**EGG**	**FISH**	**MILK**	**PEANUT**	**SHELLFISH**	**SOY**	**TREE NUTS**	**WHEAT**	**SESAME**
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 PRUSSIATE OF SODA (ANTICAKING AGENT)												
DIABLO SAUCE	SOYBEAN OIL, SUGAR, WATER, CHILI PASTE (CHILI, SALT, DISTILLED VINEGAR, POTASSIUM SORBATE AND SODIUM BISULFITE ADDED AS PRESERVATIVES, XANTHAN GUM), CIDER VINEGAR, VINEGAR, SALT, DRIED WHOLE EGG, XANTHAN GUM, GARLIC POWDER, ONION POWDER, MUSTARD FLOUR, SODIUM BENZOATE AND POTASSIUM SORBATE ADDED AS PRESERVATIVES, CAPSICUM, PAPRIKA EXTRACT, CITRIC ACID, ANNATTO EXTRACT, CALCIUM DISODIUM EDTA ADDED TO PROTECT FLAVOR				X								
Prepared in FRYER VEGETABLE OIL	CANOLA OIL, SAFFLOWER OIL AND SUNFLOWER OIL, OR GRAPESEED OIL												

TRAY FRENCH FRIES w/ Ketchup	CAL/SERV 200, 10 SERVINGS	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)	# SVNGS
French Fries w/ Ketchup		135	200	5	1.5	0	0	630	35	3	6	3	10
INGREDIENT LISTING					**EGG**	**FISH**	**MILK**	**PEANUT**	**SHELLFISH**	**SOY**	**TREE NUTS**	**WHEAT**	**SESAME**
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.												
Prepared in FRYER VEGETABLE OIL	CANOLA OIL, SAFFLOWER OIL AND SUNFLOWER OIL, OR GRAPESEED OIL												

TRAY PRETZEL BITES w/BEER CHEESE DIP	CAL/SERV 260, 8 SERVINGS	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)	# SVNGS
Pretzel Bites w/ Beer Cheese Dip		96	260	8	3	0	15	1690	35	1	1	8	8
INGREDIENT LISTING					**EGG**	**FISH**	**MILK**	**PEANUT**	**SHELLFISH**	**SOY**	**TREE NUTS**	**WHEAT**	**SESAME**
PRETZEL BITES	WHEAT FLOUR, WATER, SOYBEAN OIL, SALT, YEAST											X	
BEER CHEESE DIP	WATER, CHEDDAR CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES), BEER (WATER, MALTED BARLEY, HOPS, YEAST), CREAM CHEESE (PASTEURIZED CULTURED MILK AND CREAM, SALT, STABILIZERS [XANTHAN AND/OR CAROB BEAN AND/OR GUAR GUMS]), DEHYDRATED CREAM (CREAM, DIPOTASSIUM PHOSPHATE), CONTAINS LESS THAN 2%0F MODIFIED FOOD STARCH, CHEESE SAUCE BASE (WHEY POWDER, MODIFIED FOOD STARCH, COCONUT OIL, CORN SYRUP SOLIDS, CHEESE SAUCE DRY BLEND [WHEY, CHEDDAR CHEESE (CULTURED MILK, SALT, ENZYMES), REDUCED LACTOSE WHEY, MALTODEXTRIN, CANOLA OIL, SALT, DISODIUM PHOSPHATE, BLUE CHEESE (CULTURED MILK, SALT, ENZYMES), NONFAT DRY MILK, CITRIC ACID, NATURAL AND ARTIFICIAL FLAVORS], SALT, SODIUM CASEINATE, CARRAGEENAN, ANNATTO EXTRACT, PAPRIKA EXTRACT, SOY LECITHIN, MALTODEXTRIN, WHITE DISTILLED VINEGAR, DIPOTASSIUM PHOSPHATE, MONO- AND DIGLYCERIDES, LACTIC ACID, YELLOW NO, 5), PEPPER SAUCE (AGED CAYENNE RED PEPPERS, DISTILLED VINEGAR, WATER, SALT, GARLIC POWDER), SODIUM PHOSPHATES, SALT, DEHYDRATED GARLIC, SPICES, DISODIUM INOSINATE AND DISODIUM GUANYLATE, PAPRIKA EXTRACT						X			X			
Prepared in FRYER VEGETABLE OIL	CANOLA OIL, SAFFLOWER OIL AND SUNFLOWER OIL, OR GRAPESEED OIL												

TRAY GARLIC BREADSTICKS w/ Choice of Dipping Sauce	CAL/SERV 170-400, 10 SERVINGS	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)	# SVNGS
Garlic Breadstick w/ Provolone		71	240	10	4.5	0	15	480	29	1	1	11	10
Garlic Breadstick (No cheese)		50	170	4	1.0	0	0	300	29	1	1	6	10
Add for Pizza Sauce		27	15	0	0	0	0	120	3	<1	2	<1	10
Add for Buttery Garlic Sauce		22	160	18	3	0	0	240	0	0	0	0	10
INGREDIENT LISTING					**EGG**	**FISH**	**MILK**	**PEANUT**	**SHELLFISH**	**SOY**	**TREE NUTS**	**WHEAT**	**SESAME**
BREADSTICKS	ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, PALM OIL, YEAST, AND CONTAINS LESS THAN 2% OF THE FOLLOWING: CALCIUM SULFATE, SORBIC ACID, CALCIUM PROPIONATE, DEXTROSE, CALCIUM STEAROYL LACTYLATE, MONO- DIGLYCERIDES, POTASSIUM IODATE, ASCORBIC ACID, L-CYSTEINE, CALCIUM PEROXIDE, ENZYMES											X	
GARLIC SAUCE	VEGETABLE OIL BLEND [(SOYBEAN AND HYDROGENATED SOYBEAN OILS), WATER, SALT, MONO- AND DIGLYCERIDES, SOY LECITHIN, NATURAL AND ARTIFICIAL FLAVOR, BETA CAROTENE (COLOR), VITAMIN A PALMITATE], BUTTER FLAVOR [WATER, SOYBEAN OIL, NATURAL AND ARTIFICIAL FLAVORS, XANTHAN GUM, CITRIC ACID, MIXED TOCOPHEROLS, ANNATTO (COLOR)], GARLIC*, ASCORBIC ACID, PHOSPHORIC ACID, NATURAL FLAVOR, CALCIUM DISODIUM EDTA (TO PROTECT FLAVOR), GARLIC OIL									X			
PROVOLONE CHEESE, SLICED	PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES						X						
PIZZA SAUCE	WATER, TOMATO PASTE, SUGAR, SALT, SPICES, GARLIC POWDER AND CITRIC ACID												
GARLIC SAUCE	VEGETABLE OIL BLEND [(SOYBEAN AND HYDROGENATED SOYBEAN OILS), WATER, SALT, MONO- AND DIGLYCERIDES, SOY LECITHIN, NATURAL AND ARTIFICIAL FLAVOR, BETA CAROTENE (COLOR), VITAMIN A PALMITATE], BUTTER FLAVOR [WATER, SOYBEAN OIL, NATURAL AND ARTIFICIAL FLAVORS, XANTHAN GUM, CITRIC ACID, MIXED TOCOPHEROLS, ANNATTO (COLOR)], GARLIC*, ASCORBIC ACID, PHOSPHORIC ACID, NATURAL FLAVOR, CALCIUM DISODIUM EDTA (TO PROTECT FLAVOR), GARLIC OIL									X			

TRAY OVEN TOASTED GARLIC BREAD	CAL/SERV 170-240, 10 SERVINGS	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)	# SVNGS
Garlic Bread w/ Provolone		69	240	14	4	0	15	450	20	1	0	9	10
Garlic Bread (no cheese)		48	170	8	1	0	0	270	20	1	0	4	10
INGREDIENT LISTING					**EGG**	**FISH**	**MILK**	**PEANUT**	**SHELLFISH**	**SOY**	**TREE NUTS**	**WHEAT**	**SESAME**
GARLIC BREAD SLICES	TOAST: ENRICHED WHEAT FLOUR, WATER, YEAST, SUGAR, SALT, VEGETABLE OIL, WHEAT GLUTEN, CALCIUM PROPIONATE, SODIUM STEAROYL-2-LACTATE, SORBIC ACID, ENZYMES, ASCORBIC ACID. GARLIC SPREAD: SOYBEAN OIL, WATER, CANOLA OIL, MODIFIED PALM AND PALM KERNEL OILS, SALT, VEGETABLE MONOGLYCERIDES, SOY LECITHIN, WHEY POWDER, GARLIC OIL, CITRIC ACID, POTASSIUM SORBATE, ANNATTO, TURMERIC, VITAMIN A PALMITATE, VITAMIN D2.						X			X		X	may contain
PROVOLONE CHEESE, SLICED	PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES						X						

CROWD PLEASERS - SALADS

TRAY ORIGINAL TOSSED GARDEN SALAD	CAL/SERV 130, 10 SERVINGS	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)	# SVNGS
Original Tossed Garden Salad		105	130	8	4	0	15	380	5	0	<1	6	10
Add for Bacon		19	90	7	3	0	20	360	< 1	0	< 1	6	10
TRAY JOJO'S BLT SALAD	**CAL/SERV 130, 10 SERVINGS**	**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)**	**# SVNGS**
JoJo's BLT Salad		78	130	9	3	0	20	420	4	0	<1	7	10
ADD FOR SALAD DRESSINGS	**CAL/SERV 150-310, 10 SERVINGS**	**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)**	**# SVNGS**
Italian		56	310	35	5	0	0	720	2	0	2	0	10
Creamy Garlic		56	310	33	5	0	0	350	2	0	2	0	10
Buttermilk Ranch		56	260	28	4	0	20	410	2	0	2	2	10
French		56	250	23	4	0	0	410	12	0	12	0	10
Blue Cheese		56	260	28	5	0	20	430	2	0	2	2	10
Lite Ranch		56	150	15	2	0	20	510	4	0	2	2	10
Thousand Island		56	230	22	4	0	10	430	8	0	8	0	10
INGREDIENT LISTING					**EGG**	**FISH**	**MILK**	**PEANUT**	**SHELLFISH**	**SOY**	**TREE NUTS**	**WHEAT**	**SESAME**
LETTUCE / SALAD BLEND	ICEBERG AND ROMAINE LETTUCES												
ROMA TOMATOES	100% FRESH ROMA TOMATOES												

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RED ONION	100% FRESH RED ONION											
PROVOLONE CHEESE, SHREDDED	PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES. POTATO STARCH, POWDERED CELLULOSE ADDED TO PREVENT CAKING			X								
BLACK OLIVES, WHOLE	RIPE OLIVES, WATER, SEA SALT, AND FERROUS GLUCONATE (ADDED TO STABILIZE COLOR).											
GREEN OLIVES, WHOLE	QUEEN OLIVES, WATER, SEA SALT, LACTIC ACID											
CROUTONS	ENRICHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), VEGETABLE OILS (CANOLA AND/OR SUNFLOWER AND/ OR SOYBEAN OIL), DEHYDRATED GARLIC, SALT, YEAST, WATER, NATURAL BUTTER FLAVOR (A MILK INGREDIENT), ASCORBIC ACID (VITAMIN C)			X					X			
BACON CRUMBLES	CURED WITH: WATER, SALT, SUGAR, SMOKE FLAVORING, SODIUM PHOSPHATES, SODIUM ERYTHORBATE, SODIUM NITRITE											
ITALIAN DRESSING	SOYBEAN OIL, WATER, RED WINE VINEGAR, EXTRA VIRGIN OLIVE OIL, SUGAR, SALT, CONTAINS LESS THAN 2% OF SPICE, DRIED GARLIC, XANTHAN GUM, CALCIUM DISODIUM EDTA (TO PROTECT FLAVOR)											
CREAMY GARLIC DRESSING	SOYBEAN OIL, WATER, DISTILLED VINEGAR, CULTURED BUTTERMILK, CONTAINS LESS THAN 2% OF ROMANO CHEESE (PASTEURIZED PART-SKIM MILK, CHEESE CULTURES, SALT, ENZYMES), SUGAR, RED WINE VINEGAR, SALT, GARLIC,* GARLIC, EGG YOLK, XANTHAN GUM, MALTODEXTRIN, GARLIC JUICE CONCENTRATE, SPICE, POTASSIUM SORBATE AND SODIUM BENZOATE (PRESERVATIVES), ONION,* CORN STARCH, CANOLA OIL, NATURAL FLAVOR, LACTIC ACID, CITRIC ACID, CALCIUM DISODIUM EDTA (TO PROTECT FLAVOR). *DRIED		X		X							
BUTTERMILK 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							
COUNTRY FRENCH DRESSING	SOYBEAN OIL, SUGAR, WATER, DISTILLED VINEGAR, APPLE CIDER VINEGAR, TOMATO PASTE, HONEY, CONTAINS LESS THAN 2% OF SALT, PAPRIKA, MUSTARD FLOUR, XANTHAN GUM, ONION, * GARLIC, * BEETROOT JUICE CONCENTRATE, NATURAL FLAVOR *DRIED.											
BLUE CHEESE DRESSING	SOYBEAN OIL, WATER, BLUE CHEESE ([CULTURED PASTEURIZED MILK, SALT, ENZYMES, PENICILLIUM ROQUEFORTI], NATAMYCIN [NATURAL MOLD INHIBITOR]), DISTILLED VINEGAR, EGG YOLK, SUGAR, CONTAINS LESS THAN 2% OF SALT, WHEY PROTEIN CONCENTRATE, SOUR CREAM SOLIDS (SOUR CREAM [CREAM, NONFAT MILK, CULTURES], MALTODEXTRIN, CULTURED BUTTERMILK, CULTURED SKIM MILK), XANTHAN GUM, CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES), LACTIC ACID, GARLIC,* POTASSIUM SORBATE AND SODIUM BENZOATE (PRESERVATIVES), NATURAL FLAVOR, CALCIUM DISODIUM EDTA (TO PROTECT FLAVOR). *DRIED.		X		X							
BUTTERMILK RANCH DRESSING LITE	CULTURED BUTTERMILK, VEGETABLE OIL (SOYBEAN AND/OR CANOLA), WATER, EGG YOLK, CONTAINS LESS THAN 2% OF SALT, MALTODEXTRIN, NONFAT MILK POWDER, MONOSODIUM GLUTAMATE, SUGAR, MODIFIED CORN STARCH, LACTIC ACID, POTASSIUM SORBATE (PRESERVATIVE), NONFAT MILK SOLIDS, DISTILLED VINEGAR, XANTHAN GUM, ONION,* CREAM, SPICE, WHEY, GARLIC,* VINEGAR POWDER, GUAR GUM, SOUR CREAM POWDER, MUSTARD FLOUR, MILK, NATURAL FLAVOR, DIPOTASSIUM PHOSPHATE, CITRIC ACID *DRIED		X		X							
THOUSAND ISLAND DRESSING	SOYBEAN OIL, CHILI SAUCE (TOMATO PUREE [WATER, TOMATO PASTE], SUGAR, DISTILLED VINEGAR, SALT, NATURAL FLAVOR, SPICE, ONION POWDER, GARLIC POWDER), HIGH FRUCTOSE CORN SYRUP, WATER, DISTILLED VINEGAR, SWEET RELISH (CUCUMBERS, HIGH FRUCTOSE CORN SYRUP, DISTILLED VINEGAR, SUGAR, SALT, MUSTARD SEEDS, DICED RED PEPPERS, WATER, XANTHAN GUM, NATURAL FLAVOR), EGG YOLK, CONTAINS LESS THAN 2% OF SALT, MUSTARD FLOUR, XANTHAN GUM, POLYSORBATE 60, ONION,* SODIUM BENZOATE (PRESERVATIVE), GARLIC,* OLEORESIN PAPRIKA (COLOR), CALCIUM DISODIUM EDTA (TO PROTECT FLAVOR), RED BELL PEPPER* *DRIED		X									

CROWD PLEASERS - PASTAS

PASTA TRAYS	CAL/SERV, 10 SERVINGS	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)	# SVNGS
Cheese Ravioli w/ Pasta Sauce		312	450	18	8	0	95	1030	52	7	10	21	10
Meat Ravioli w/ Pasta Sauce		310	470	18	6	0	80	1320	54	7	3	22	10
Spaghetti w/ Pasta Sauce		207	340	8	2	0	<5	780	59	8	7	12	10
Ziti w/ Pasta Sauce		208	350	8	2	0	<5	780	60	7	7	12	10
10 Meatballs w/ Pasta Sauce		54	100	7	3	0	35	360	4	<1	<1	6	10
Ziti Chicken Alfredo		264	470	16	8	0	80	1010	53	3	6	29	10
Lasagna w/ Meat and Cheese		309	520	31	16	0	105	1490	40	6	9	26	10
Add Chicken to any Pasta Tray	CAL/SERV 60, 10 SERVINGS	56	60	1	0	0	40	220	0	0	<1	13	10
Add Spicy Sausage to any Pasta Tray	CAL/SERV 150, 10 SERVINGS	45	150	14	4	0	30	400	2	0	0	6	10
Add Cheese to any Pasta Tray	CAL/SERV 70, 10 SERVINGS	21	70	6	4	0	15	180	0	0	0	5	10
Add Mushroom to any Pasta Tray	CAL/SERV 0, 10 SERVINGS	21	0	0	0	0	0	0	<1	0	0	<1	10
ADD A BREAD OPTION & A SALAD OPTION FOR DELUXE TRAYS	**ADD CAL/SERV 130- 370, 10 SERVINGS**	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)	# SVNGS
Garlic Breadstick w/ Provolone		71	240	10	5	0	15	480	29	1	1	11	10
Garlic Breadstick (No cheese)		50	170	4	1	0	0	300	29	1	1	6	10
Original Tossed Garden Salad		105	130	8	4	0	15	380	5	0	<1	6	10
JoJo's BLT Salad		78	130	9	3	0	20	420	4	0	<1	7	10
ADD FOR SALAD DRESSINGS	**CAL/SERV 150-310, 10 SERVINGS**	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)	# SVNGS
Italian		56	310	35	5	0	0	720	2	0	2	0	10
Creamy Garlic		56	310	33	5	0	0	350	2	0	2	0	10
Buttermilk Ranch		56	260	28	4	0	20	410	2	0	2	2	10
French		56	250	23	4	0	0	410	12	0	12	0	10
Blue Cheese		56	260	28	5	0	20	430	2	0	2	2	10
Lite Ranch		56	150	15	2	0	20	510	4	0	2	2	10
Thousand Island		56	230	22	4	0	10	430	8	0	8	0	10

*See regular menu section for ingredients and allergens.

CROWD PLEASERS - HOAGYS

SANDWICH TRAYS	CAL/SERV 850- 1040, 10 SERVINGS	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)	# SVNGS
Turkey Hoagy (w/ Mayonnaise, Lettuce, & Tomato)		328	850	52	7	0	75	1980	67	2	4	26	10
BLT Hoagy (w/ Mayonnaise, Lettuce, & Tomato)		304	1040	72	16	0	105	1930	66	2	2	26	10
Turkey Club Hoagy (w/ Mayonnaise, Lettuce, & Tomato)		355	980	63	12	0	105	2390	67	2	4	34	10
Royal Hoagy (w/ Italian Dressing, Tomato & Onion)		327	790	45	14	0	75	2380	69	2	5	33	10
ADD FOR SIDE OPTIONS	**ADD CAL/SERV 130- 250, 10 SERVINGS**	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)	# SVNGS
Kitchen Chips w/ Diablo Sauce		107	250	15	3	0	<5	750	27	2	7	2	10
Original Tossed Garden Salad		105	130	8	4	0	15	380	5	0	<1	6	10
JoJo's BLT Salad		78	130	9	3	0	20	420	4	0	<1	7	10
ADD FOR SALAD DRESSINGS	**CAL/SERV 150-310, 10 SERVINGS**	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)	# SVNGS
Italian		56	310	35	5	0	0	720	2	0	2	0	10
Creamy Garlic		56	310	33	5	0	0	350	2	0	2	0	10
Buttermilk Ranch		56	260	28	4	0	20	410	2	0	2	2	10
French		56	250	23	4	0	0	410	12	0	12	0	10
Blue Cheese		56	260	28	5	0	20	430	2	0	2	2	10
Lite Ranch		56	150	15	2	0	20	510	4	0	2	2	10
Thousand Island		56	230	22	4	0	10	430	8	0	8	0	10

*See regular menu section for ingredients and allergens.

LAROSA'S NUTRITION, INGREDIENT AND ALLERGEN INFORMATION

Updated 10/26/26

CROWD PLEASERS - DESSERTS

TRAY GHIRARDELLI TRIPLE CHOCOLATE BROWNIES (10)	CAL/SERVING 470, 10 SERVINGS	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)	# SVNGS
Ghirardelli Triple Chocolate Brownie Tray (10)		113	470	20	6	0	15	300	68	2	46	5	10

INGREDIENT LISTING		EGG	FISH	MILK	PEANUT	SHELLFISH	SOY	TREE NUTS	WHEAT	SESAME
BROWNIES, GHIRARDELLI	BROWNIE MIX (SUGAR, ENRICHED BLEACHED FLOUR [WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], BITTER-SWEET CHOCOLATE CHIPS [UNSWEETENED CHOCOLATE, SUGAR, COCOA BUTTER, MILK FAT, SOY LECITHIN, VANILLA], COCOA [PROCESSED WITH AL-KALI], CANOLA OR SOYBEAN OIL, WHEAT STARCH, SALT, ARTIFICIAL FLAVOR, SODIUM BICARBONATE), WATER, SOYBEAN OIL, SEMI-SWEET CHOCOLATE (SUGAR, UNSWEETENED CHOCOLATE, COCOA BUTTER, DRY WHOLE MILK, SOY LECITHIN [AN EMULSIFIER], VANILLA), WHOLE EGGS, WHEY PROTEIN CONCENTRATE (MILK), CORN STARCH	X		X			X		X	

BAKERS DOZEN BIG CHOCOLATE CHUNK COOKIE TRAY (13)	CAL/SERVING 370, 13 SERVINGS	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)	# SVNGS
Bakers Dozen Big Chocolate Chunk Cookies		85	370	18	8	0	20	280	50	2	30	4	13

INGREDIENT LISTING		EGG	FISH	MILK	PEANUT	SHELLFISH	SOY	TREE NUTS	WHEAT	SESAME
CHOCOLATE CHUNK COOKIE	ENRICHED WHEAT FLOUR [FLOUR, ASCORBIC ACID (DOUGH CONDITIONER), NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], SUGAR, CHOCOLATE CHUNKS (SUGAR, CHOCOLATE LIQUOR, COCOA BUTTER, SOY LECITHIN, VANILLA, ARTIFICIAL FLAVOR, SALT), VEGETABLE OIL MARGARINE [MODIFIED PALM AND PALM KERNEL OIL, LIQUID CANOLA OIL, WATER, SALT, WHEY POWDER, VEGETABLE MONOGLYCERIDES, SOY LECITHIN, POTASSIUM SORBATE (PRESERVATIVE), CITRIC ACID, ARTIFICIAL FLAVOR, VITAMIN A PALMITATE, COLORED WITH BETA CAROTENE, VITAMIN D3], EGGS, LIQUID INVERT SUGAR, COOKING MOLASSES, BAKING SODA, NATURAL FLAVOR AND SALT	X		X			X		X	

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.
The document is provided for informational purposes only. Please discuss any questions you have with your health care professional.
If you have any questions about LaRosa's food, please contact our Guest Service Center at (513) 347-1111.

MenuCalc

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

	2,000 calories	2,500 calories
Total Fat	65 g	80 g
Saturated Fat	20 g	25 g
Cholesterol	300 mg	300 mg
Sodium	2,400 mg	2,400 mg
Carbohydrates	300 g	375 g

Calories per gram: Fat 9 – Carbohydrate 4 – Protein 4

Coca-Cola® Products	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)	# SVNGS
20oz Dining Room (selection may vary by location)	**CALS 0-300**											
Barq's Root Beer	20oz svng	270	0	0	0	0	115	75	0	74	0	1
Cherry Coke	20oz svng	260	0	0	0	0	60	70	0	70	0	1
Coca-Cola	20oz svng	240	0	0	0	0	75	65	0	65	0	1
Coke Zero	20oz svng	0	0	0	0	0	70	0	0	0	0	1
Diet Coke	20oz svng	0	0	0	0	0	70	0	0	0	0	1
Fanta Orange	20oz svng	270	0	0	0	0	95	75	0	73	0	1
Mello Yello	20oz svng	300	0	0	0	0	80	80	0	80	0	1
Minute Maid Fruit Punch	20oz svng	180	0	0	0	0	130	50	0	50	0	1
Minute Maid Lemonade	20oz svng	260	0	0	0	0	80	70	0	67	0	1
Pibb Xtra	20oz svng	230	0	0	0	0	70	70	0	70	0	1
Powerade Mountain Blast	20oz svng	130	0	0	0	0	400	40	0	40	0	1
Sprite	20oz svng	240	0	0	0	0	110	64	0	64	0	1
12oz Kids Dining Room (selection may vary by location)	**CALS 0-180**											
Barq's Root Beer	12oz svng	160	0	0	0	0	70	45	0	45	0	1
Cherry Coke	12oz svng	150	0	0	0	0	35	42	0	42	0	1
Coca-Cola	12oz svng	140	0	0	0	0	45	39	0	39	0	1
Coke Zero	12oz svng	0	0	0	0	0	40	0	0	0	0	1
Diet Coke	12oz svng	0	0	0	0	0	40	0	0	0	0	1
Fanta Orange	12oz svng	170	0	0	0	0	60	45	0	45	0	1
Mello Yello	12oz svng	180	0	0	0	0	45	48	0	48	0	1
Minute Maid Fruit Punch	12oz svng	110	0	0	0	0	80	30	0	29	0	1
Minute Maid Lemonade	12oz svng	100	0	0	0	0	35	28	0	27	0	1
Pibb Xtra	12oz svng	140	0	0	0	0	40	39	0	39	0	1
Powerade Mountain Blast	12oz svng	80	0	0	0	0	240	21	0	21	0	1
Sprite	12oz svng	140	0	0	0	0	65	38	0	38	0	1
20 ounce bottles (selection may vary by location)	**CALS 0-280**											
Barq's Root Beer	20oz bottle	270	0	0	0	0	115	75	0	74	0	1
Barq's Red Crème Soda	20oz bottle	280	0	0	0	0	105	75	0	75	0	1
Cherry Coke	20oz bottle	260	0	0	0	0	60	70	0	70	0	1
Coca-Cola	20oz bottle	240	0	0	0	0	75	65	0	65	0	1
Coke Zero	20oz bottle	0	0	0	0	0	70	0	0	0	0	1
Dasani	20oz bottle	0	0	0	0	0	0	0	0	0	0	1
Diet Coke	20oz bottle	0	0	0	0	0	70	0	0	0	0	1
Fanta Orange	20oz bottle	270	0	0	0	0	95	75	0	73	0	1
Minute Maid Lemonade	20oz bottle	260	0	0	0	0	80	70	0	67	0	1
Powerade	20oz bottle	130	0	0	0	0	250	35	0	34	0	1
Powerade Zero	20oz bottle	0	0	0	0	0	250	0	0	< 1	0	1
Sprite	20oz bottle	240	0	0	0	0	110	64	0	64	0	1
Gold Peak Sweet Tea	18.5oz bottle	190	0	0	0	0	50	48	0	48	0	1
2 Liter bottles (selection may vary by location)	**CALS 0-170**											
Barq's Root Beer	2 Liter bottle / 12oz svng	160	0	0	0	0	70	45	0	45	0	6
Cherry Coke	2 Liter bottle / 12oz svng	150	0	0	0	0	35	42	0	42	0	6
Coca-Cola	2 Liter bottle / 12oz svng	140	0	0	0	0	45	39	0	39	0	6
Coke Zero	2 Liter bottle / 12oz svng	0	0	0	0	0	40	0	0	0	0	6
Diet Coke	2 Liter bottle / 12oz svng	0	0	0	0	0	40	0	0	0	0	6
Fanta Orange	2 Liter bottle / 12oz svng	170	0	0	0	0	60	45	0	45	0	6
Minute Maid Fruit Punch	2 Liter bottle / 12oz svng	110	0	0	0	0	80	30	0	29	0	6
Minute Maid Lemonade	2 Liter bottle / 12oz svng	100	0	0	0	0	35	28	0	27	0	6
Sprite	2 Liter bottle / 12oz svng	140	0	0	0	0	65	38	0	38	0	6

INGREDIENT LISTING		EGG	FISH	MILK	PEANUT	SHELLFISH	SOY	TREE NUTS	WHEAT	SESAME
Barq's Red Crème Soda	CARBONATED WATER, HIGH FRUCTOSE CORN SYRUP, SODIUM BENZOATE (TO PROTECT TASTE), CITRIC ACID, NATURAL AND ARTIFICIAL FLAVORS, RED 40									
Barq's Root Beer	CARBONATED WATER, HIGH FRUCTOSE CORN SYRUP, CARAMEL COLOR, SODIUM BENZOATE (TO PROTECT TASTE), CITRIC ACID, CAFFEINE, ARTIFICIAL AND NATURAL FLAVORS, ACACIA									
Cherry Coke	CARBONATED WATER, HIGH FRUCTOSE CORN SYRUP, CARAMEL COLOR, PHOSPHORIC ACID, NATURAL FLAVORS, CAFFEINE									
Coca-Cola	CARBONATED WATER, HIGH FRUCTOSE CORN SYRUP, CARAMEL COLOR, PHOSPHORIC ACID, NATURAL FLAVORS, CAFFEINE									
Coke Zero	CARBONATED WATER, CARAMEL COLOR, PHOSPHORIC ACID, ASPARTAME, POTASSIUM BENZOATE (TO PROTECT TASTE), NATURAL FLAVORS, POTASSIUM CITRATE, ACESULFAME POTASSIUM, CAFFEINE									
Dasani	PURIFIED WATER, MAGNESIUM SULFATE, POTASSIUM CHLORIDE, SALT									
Diet Coke	CARBONATED WATER, CARAMEL COLOR, ASPARTAME, PHOSPHORIC ACID, POTASSIUM BENZOATE (TO PROTECT TASTE), NATURAL FLAVORS, CITRIC ACID, CAFFEINE									

LAROSA'S NUTRITION, INGREDIENT AND ALLERGEN INFORMATION									Updated	10/26/26	
Fanta Orange	CARBONATED WATER, HIGH FRUCTOSE CORN SYRUP, CITRIC ACID, SODIUM BENZOATE (TO PROTECT TASTE), NATURAL FLAVORS, MODIFIED FOOD STARCH, SODIUM POLYPHOSPHATES, GLYCEROL ESTER OF ROSIN, YELLOW 6, RED 40										
Gold Peak Sweet Tea	TEA (FILTERED WATER, BREWED TEA CONCENTRATE), SUGAR, NATURAL FLAVORS, TEA, CARAMEL COLOR, PHOSPHORIC ACID										
Mello Yello	CARBONATED WATER, HIGH FRUCTOSE CORN SYRUP, CONCENTRATED ORANGE JUICE, CITRIC ACID, NATURAL FLAVORS, SODIUM BENZOATE AND EDTA (TO PROTECT TASTE), POTASSIUM CITRATE, CAFFEINE, YELLOW 5, CAROB BEAN GUM										
Minute Maid Fruit Punch	PURE FILTERED WATER, HIGH FRUCTOSE CORN SYRUP, PEAR, PINEAPPLE AND ORANGE JUICES FROM CONCENTRATE, LESS THAN 0.5% OF: PASSIONFRUIT JUICE FROM CONCENTRATE, CITRIC ACID (PROVIDES TARTNESS), SUGAR, NATURAL FLAVORS, MODIFIED CORNSTARCH, GLYCEROL ESTER OF ROSIN, POTASSIUM SORBATE AND SODIUM BENZOATE AND SODIUM HEXAMETAPHOSPHATE AND CALCIUM DISODIUM EDTA (TO PROTECT TASTE), RED #40, GREEN #										
Minute Maid Lemonade	PURE FILTERED WATER, HIGH FRUCTOSE CORN SYRUP, LEMON JUICE FROM CONCENTRATE, LESS THAN 0.5% OF: NATURAL FLAVORS, CITRIC ACID (PROVIDES TARTNESS), MODIFIED CORNSTARCH, GLYCEROL ESTER OF ROSIN, SODIUM BENZOATE AND POTASSIUM SORBATE AND CALCIUM DISODIUM EDTA (TO PROTECT TASTE), YELLOW #5										
Pibb Xtra	CARBONATED WATER, HIGH FRUCTOSE CORN SYRUP, CARAMEL COLOR, PHOSPHORIC ACID, POTASSIUM SORBATE, POTASSIUM BENZOATE, ARTIFICIAL FLAVORS, CAFFEINE, MONOSODIUM PHOSPHATE, LACTIC ACID, POLYETHYLENE GLYCOL										
Powerade	WATER, HIGH FRUCTOSE CORN SYRUP, LESS THAN .5% OF: CITRIC ACID, SALT AND MAGNESIUM CHLORIDE AND CALCIUM CHLORIDE AND MONO-POTASSIUM PHOSPHATE (ELECTROLYTE SOURCES), NATURAL FLAVORS, MODIFIED FOOD STARCH, CALCIUM DISODIUM EDTA (TO PROTECT COLOR), MEDIUM CHAIN TRIGLYCERIDES, SUCROSE ACETATE ISOBUTYRATE, VITAMIN B3 (NIACINAMIDE), VITAMIN B6 (PYRIDOXINE HYDROCHLORIDE), VITAMIN B12, BLUE 1										
Powerade Mountain Berry Blast	WATER, HIGH FRUCTOSE CORN SYRUP, LESS THAN 0.5% OF: CITRIC ACID, ELECTROLYTES (SALT, SODIUM CITRATE, MAGNESIUM AND CALCIUM CHLORIDES, MONO-POTASSIUM PHOSPHATE), VITAMINS B12 AND C (CYANOCOBALAMIN AND ASCORBIC ACID), NATURAL FLAVORS, MODIFIED FOOD STARCH, CALCIUM DISODIUM EDTA (TO PROTECT COLOR), MEDIUM CHAIN TRIGLYCERIDES, SUCROSE ACETATE ISOBUTYRATE, BLUE 1										
Powerade Zero	WATER, LESS THAN 1% OF: CITRIC ACID, SALT AND MONO-POTASSIUM PHOSPHATE AND MAGNESIUM CHLORIDE AND CALCIUM CHLORIDE (ELECTROLYTE SOURCES), NATURAL FLAVORS, SUCRALOSE, ACESULFAME POTASSIUM, VITAMIN B3 (NIACINAMIDE), VITAMIN B6 (PYRIDOXINE HYDROCHLORIDE), VITAMIN B12, BLUE 1, ASCORBIC ACID (TO PROTECT TASTE), CALCIUM DISODIUM EDTA (TO PROTECT COLOR)										
Sprite	CARBONATED WATER, HIGH FRUCTOSE CORN SYRUP, CITRIC ACID, NATURAL FLAVORS, SODIUM CITRATE, SODIUM BENZOATE (TO PROTECT TASTE)										

The information provided in this document was compiled 01/10/2020 from an online tool made available by The Coca-Cola Company. This online tool is intended to assist Customer in complying with FDA menu labelling regulations. The nutrient values provided are based on U.S.D.A. data, vendor data, laboratory analyses and scientific literature. Coca-Cola certifies that the nutrient values are accurate and complete as of the date this certificate is printed. 2,000 calories a day is used for general nutrition advice, but calorie needs vary. Figures expressed in terms of (% DV) refer to the Percent Daily Value based on a 2000 calorie diet.