



NUTRITION, INGREDIENTS AND ALLERGENS

09/03/26

(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.

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)	Chole- sterol (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 DISSODIUM 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 DISSODIUM 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)	Chole- sterol (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 DISSODIUM 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)	Chole- sterol (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 PHOSPHATE, 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)	Chole- sterol (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												Updated 09/03/26						
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																		
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 OR RETENTION), DEXTROSE														
SEA SALT				SEA SALT, YELLOW PRUSSIANITE 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 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 Fries w/ Ranch Dressing					320	720	50	8	0	20	1730	61	5	3	7	1		
INGREDIENT LISTING																		
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, DEXTIN, 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 PALMITATE), DISTILLED VINEGAR, GARLIC,*PARMESAN CHEESE (PASTEURIZED PART-SKIM MILK, CHEESE CULTURES, SALT, ENZYMES), SALT, CONTAINS LESS THAN 2% OF AGED CAYENNE RED PEPPER, SUGAR, ONION CONCENTRATE (ONION JUICE, ONION JUICE CONCENTRATE, SALT, ONION OIL), PHOSPHORIC ACID, WHEY PROTEIN CONCENTRATE, XANTHAN GUM, 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																		
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, DEXTIN, 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																		
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		

LAROSA'S NUTRITION, INGREDIENT AND ALLERGEN INFORMATION											Updated		09/03/26												
SOUPS				Portion Size (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	# 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																									
FRENCH ONION SOUP				WATER, ONION, 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 INOSINATE / 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 AGENT), HYDROLYZED VEGETABLE PROTEIN (HYDROLYZED CORN PROTEIN, SUNFLOWER OIL), BLACK PEPPER, CARAMEL COLOR, GRANULATED GARLIC				EGG		FISH		MILK		PEANUT		SHELLFISH		SOY		TREE NUTS		WHEAT		SESAME	
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 PHOSPHATE, SODIUM STEAROYL 2-LACTATE, SORBIC ACID, ENZYMES, ASCORBIC ACID, GARLIC SPREAD; SOYBEAN OIL, WATER, CANOLA OIL, MODIFIED PALM AND PALM KERNEL OILS, SALT, VEGETABLE MONOOLYCERIDES, 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 INOSINATE / 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 INOSINATE / DISODIUM GUANYLATE, AUTOYZED 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) PROTEINS, DRIED WHEY, MALTODEXTRIN, NATURAL FLAVORS, HYDROGENATED COTTONSEED OIL, CORN OIL, DISODIUM INOSINATE / DISODIUM GUANYLATE, AUTOYZED 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-MODIFIED 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			
CALZONES																									
SPECIALTY CALZONES				Portion Size (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	# 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									
CREATE YOUR OWN CALZONE W/ UP TO THREE TOPPINGS				CAL/Slice 90-290, 3 SLICES	Portion Size (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (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)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	# SVNGS									
Add for - Calzone - Anchovies				per slice	10	0	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	0	4	3									
Add for - Calzone - Banana Peppers				per slice	0	0	0	0	0	120	0	0	0	0	0	3									
Add for - Calzone - Black Olives				per slice	15	2	0	0	0	75	1	0	0	0	0	3									
Add for - Calzone - Capocollo Ham				per slice	20	2	1	0	5	125	0	0	0	0	2	3									
Add for - Calzone - Chicken				per slice	15	0	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	0	3									
Add for - Calzone - Green Peppers				per slice	0	0	0	0	0	0	0	0	0	0	0	3									
Add for - Calzone - Ground Beef				per slice	25	2	1	0	0	5	60	0	0	0	2	3									
Add for - Calzone - Jalapenos				per slice	0	0	0	0	0	95	0	0	0	0	0	3									

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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	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	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	0	3				
Add for - Calzone - Roma Tomatoes	per slice	0	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	0	3				
Add for - Provolone (add for extra)	per slice	15	1	1	0	5	40	0	0	0	0	1	3				
Add for - Four Cheese Blend (add for extra)	per slice	15	1	1	0	5	25	0	0	0	0	1	3				
Add for - Vegan Cheese (add for extra)	per slice	15	1	1	0	0	40	1	0	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)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (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	40	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	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 DIOLEICERIDES, 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 (FIRMING AGENT), SODIUM BENZOATE (PRESERVATIVE), SODIUM BISULFITE (TO RETAIN COLOR), FD&C YELLOW #5, AND TURMERIC (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 TIBBITS, 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															
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								

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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, TORRIFFED WHEAT, CRYSTAL MALT, CASCADE HOPS, WILLAMETTE HOPS, TETTING 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, DEXTROLIN, 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 (Frisht's)	SOYBEAN OIL (REFINED, BLEACHED & DECOLORIZED), 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, 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, NATAMYCN (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, DIPOASSIUM 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									
HOAGYS											
HOAGYS		Portion Size (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)
Add bacon to any Hoagy		27	140	11	4.5	0	30	410	0	0	8
Steak Hoagy											
ADD CAL 140											
CALS 850-1260											
Steak Hoagy (w/ Pizza Sauce, Provolone Cheese, Tomato & Onion)		418	860	44	18	2	115	1860	77	5	8
Steak Hoagy (w/ Italian Dressing, Provolone Cheese, Tomato & Onion)		379	980	62	21	2	115	1920	70	4	4
Steak Hoagy (w/ Mayonnaise, Provolone Cheese, Tomato & Onion)		407	1260	92	25	2	155	1860	69	4	3
Steak Hoagy (w/ Mushroom Sauce, Provolone Cheese, Tomato & Onion)		418	850	45	19	2	115	1990	74	4	4
Baked or Deli Royal Hoagy											
Baked or Deli Royal Hoagy (w/ Italian Dressing, Tomato & Onion)		327	790	45	14	0	75	2380	69	2	5
Baked or Deli Royal Hoagy (w/ Mayonnaise, Tomato & Onion)		355	1070	75	18	0	120	2320	68	2	4
Baked Buddy Hoagy (w/Pizza Sauce, Onion & Pickle)		368	770	37	15	0	95	3220	77	4	9
Baked Meatball Hoagy (w/Provolone Cheese & Pasta Sauce)		360	800	37	15	0.5	155	2420	78	5	5
Beer Battered Fish Hoagy (w/Provolone Cheese & Tartar Sauce)		384	1110	64	13	0	90	2340	94	2	2
Chicken Club Hoagy (w/ Mayonnaise, Lettuce, & Tomato)		390	1020	63	11	0	155	1970	66	2	4
Turkey Italiano Hoagy (w/Garlic Aioli, Onion, Tomato & Lettuce)		407	920	52	16	0	110	2990	70	3	5
BLT Hoagy (w/ Mayonnaise, Lettuce, & Tomato)		304	1040	72	16	0	105	1930	66	2	2
Turkey Club Hoagy (w/ Mayonnaise, Lettuce, & Tomato)		355	980	63	12	0	105	2390	67	2	4
INGREDIENT LISTING					EGG	FISH	MILK	PEANUT	SHELLFISH	SOY	TREE NUTS
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, GUAR GUM, 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

LAROSA'S NUTRITION, INGREDIENT AND ALLERGEN INFORMATION										Updated	09/03/26																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																															
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, TETTING 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).																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																									

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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
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 (FIRMING AGENT), SODIUM BENZOATE (PRESERVATIVE), SODIUM BISULFITE (TO RETAIN COLOR), FD&C YELLOW #5, AND TURMERIC (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 ACETATE, 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, NATAMYCN (A NATURAL MOLD INHIBITOR).							X						
MUSHROOM SLICES	100% FRESH MUSHROOMS													
OIL, SOY	SOYBEAN OIL													
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													
ROMANO CHEESE PACKET	ROMANO CHEESE (PASTEURIZED PART-SKIM MILK, SALT, CHEESE CULTURES, ENZYMES), POWDERED CELLULOSE (TO PREVENT CAKING)							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-1F (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, NATAMYCN (A NATURAL MOLD INHIBITOR).							X						
RICOTTA CHEESE	PASTEURIZED WHOLE MILK, VINEGAR, SALT, LOCUST BEAN GUM, XANTHAN GUM, GUAR GUM (STABILIZER)							X						
ROMANO CHEESE	PASTEURIZED COWS MILK, CHEESE CULTURES, SALT, ENZYMES AND POWDERED CELLULOSE ADDED TO PREVENT CAKING, POTASSIUM SORBATE TO PROTECT FLAVOR							X						
OREGANO	OREGANO													
ROMANO HERB MIX														

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ROMANO CHEESE		PASTEURIZED COWS 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 DISSODIUM 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 COWS 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 ACID,								X				
DESSERTS														
DESSERTS		Portion Size (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	# SVNGS	
Ghirardelli Triple Chocolate Brownie		127	520	22	7	0	15	310	77	2	51	5	1	
3 Big Chocolate Chunk Cookies		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 CULTURE, 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												
COMBOS														
LARGE COMBOS		Portion Size (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	# 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	160-470	0-10	0-0	0-10	0-20	3
Hoagy		CALS 770-1260	304-418	770-1260	37-92	11-25	0-2	75-155	1860-3220	66-94	2-5	2-9	26-46	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/ saline crackers		237	110	2	0	0	0	970	22	2	2	3	1	
Baked Onion w/ saline 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	
ADD FOR SALAD DRESSINGS		ADD CAL 150-310												
		Portion Size (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	# 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)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (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	630	48	13	1	80	960	34	2	2	21	1	
Half Steak 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	
Baked Buddy Hoagy (w/Pizza Sauce, Onion & Pickle)		184	390	18	7	0	45	1610	39	2	4	19	1	
Baked Meatball Hoagy (w/Provolone Cheese & Pasta Sauce)		185	420	20	8	0	80	1260	39	3	3	21	1	
Chicken Club Hoagy (w/ Mayonnaise, Lettuce, & Tomato)		190	490	30	5	0	70	920	33	1	2	21	1	
Turkey Italiano Hoagy (w/Garlic Aioli, Onion, Tomato & Lettuce)		203	460	26	8	0	55	1500	35	1	3	23	1	
BLT Hoagy (w/ Mayonnaise, Lettuce, & Tomato)		152	520	36	8	0	50	970	33	1	1	13	1	
Turkey Club Hoagy (w/ Mayonnaise, Lettuce, & Tomato)		173	470	30	5	0	50	1130	34	1	2	16	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		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
Choose 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/ saline crackers		237	110	2	0	0	0	970	22	2	2	3	1	
Baked Onion w/ saline crackers		270	230	9	4	0	15	1600	29	3	9	9	1	
Crock of soup of the day		CALS 160-380	237	240-340	22-22	0-3.5	0-0	0-25	0-310	0-13	0-0	0-11	0-9	1
Kitchen Chips w/ Diablo		283	660	38	8	0	10	2180	71	5	18	5	1	

LAROSA'S NUTRITION, INGREDIENT AND ALLERGEN INFORMATION											Updated		09/03/26				
2 Garlic Breadsticks w/ Provdone			176	500	20	9.0	0	30	1110	62	3	5	23	1			
2 Garlic Bread w/ Provdone			172	500	28	8.0	0	30	900	40	2	0	18	1			
ADD FOR SALAD DRESSINGS			ADD CAL 150-310			Portion Size (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	# 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)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	# SVNGS			
Served with OREOS			22	110	5	2	0	0	85	16	0	9	0	1			
and KIDS BEVERAGE OF CHOICE			ADD CALS 80-150														
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	90	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	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 regular menu section for ingredients and allergens.																	
INGREDIENT LISTING						EGG			FISH	MILK	PEANUT	SHELLFISH	SOY	TREE NUTS	WHEAT	SESAME	
OREOS													X		X		
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																	
*See regular menu section for other ingredients and allergens.																	
BOXED LUNCHES																	
BOXED LUNCHES			Portion Size (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	# SVNGS			
Half Hoagy, Kitchen Chips, Small Salad w/ Italian Dressing and Chocolate Chunk Cookie				613	1600	105	28	0	90	3310	130	7	36	27	1		
BLT (w/ Lettuce, Tomato and Mayonnaise)				616	1480	88	25	0	90	3630	130	7	36	35	1		
Turkey Club (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			Portion Size (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	# SVNGS			
Rondos - Spinach			62	200	12	4	0	15	360	15	<1	0	7	18			
Rondos - Cheese			62	200	12	4	0	15	350	15	<1	0	7	18			
Rondos - Pepperoni			57	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 COWS 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			Portion Size (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	# SVNGS			

LAROSA'S NUTRITION, INGREDIENT AND ALLERGEN INFORMATION										Updated	09/03/26			
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, NATAMYCN (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)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (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			264	400	7	3	0	35	360	4	<1	6	10	10
Ziti Chicken Alfredo			264	470	16	8	0	80	1010	53	3	6	29	10
Lasagna w/ Meat and Cheese			399	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)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (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			73	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)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (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)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (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)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (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)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (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 - 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)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (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)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (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

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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	
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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 dietitian 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		

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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	0	115	75	0	74	0	1
Cherry Coke	20oz svng	260	0	0	0	0	0	60	70	0	70	0	1
Coca-Cola	20oz svng	240	0	0	0	0	0	75	65	0	65	0	1
Coke Zero	20oz svng	0	0	0	0	0	0	70	0	0	0	0	1
Diet Coke	20oz svng	0	0	0	0	0	0	70	0	0	0	0	1
Fanta Orange	20oz svng	270	0	0	0	0	0	95	75	0	73	0	1
Mello Yello	20oz svng	300	0	0	0	0	0	80	80	0	80	0	1
Minute Maid Fruit Punch	20oz svng	180	0	0	0	0	0	130	50	0	50	0	1
Minute Maid Lemonade	20oz svng	260	0	0	0	0	0	80	70	0	67	0	1
Pibb Xtra	20oz svng	230	0	0	0	0	0	70	70	0	70	0	1
Powerade Mountain Blast	20oz svng	130	0	0	0	0	0	400	40	0	40	0	1
Sprite	20oz svng	240	0	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	0	70	45	0	45	0	1
Cherry Coke	12oz svng	150	0	0	0	0	0	35	42	0	42	0	1
Coca-Cola	12oz svng	140	0	0	0	0	0	45	39	0	39	0	1
Coke Zero	12oz svng	0	0	0	0	0	0	40	0	0	0	0	1
Diet Coke	12oz svng	0	0	0	0	0	0	40	0	0	0	0	1
Fanta Orange	12oz svng	170	0	0	0	0	0	60	45	0	45	0	1
Mello Yello	12oz svng	180	0	0	0	0	0	45	48	0	48	0	1
Minute Maid Fruit Punch	12oz svng	110	0	0	0	0	0	80	30	0	29	0	1
Minute Maid Lemonade	12oz svng	100	0	0	0	0	0	35	28	0	27	0	1
Pibb Xtra	12oz svng	140	0	0	0	0	0	40	39	0	39	0	1
Powerade Mountain Blast	12oz svng	80	0	0	0	0	0	240	21	0	21	0	1
Sprite	12oz svng	140	0	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	0	115	75	0	74	0	1
Barq's Red Crème Soda	20oz bottle	280	0	0	0	0	0	105	75	0	75	0	1
Cherry Coke	20oz bottle	260	0	0	0	0	0	60	70	0	70	0	1
Coca-Cola	20oz bottle	240	0	0	0	0	0	75	65	0	65	0	1
Coke Zero	20oz bottle	0	0	0	0	0	0	70	0	0	0	0	1
Dasani	20oz bottle	0	0	0	0	0	0	0	0	0	0	0	1
Diet Coke	20oz bottle	0	0	0	0	0	0	70	0	0	0	0	1
Fanta Orange	20oz bottle	270	0	0	0	0	0	95	75	0	73	0	1
Minute Maid Lemonade	20oz bottle	260	0	0	0	0	0	80	70	0	67	0	1
Powerade	20oz bottle	130	0	0	0	0	0	250	35	0	34	0	1
Powerade Zero	20oz bottle	0	0	0	0	0	0	250	0	0	<1	0	1
Sprite	20oz bottle	240	0	0	0	0	0	110	64	0	64	0	1
Gold Peak Sweet Tea	18.5oz bottle	190	0	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	0	70	45	0	45	0	6
Cherry Coke	2 Liter bottle / 12oz svng	150	0	0	0	0	0	35	42	0	42	0	6
Coca-Cola	2 Liter bottle / 12oz svng	140	0	0	0	0	0	45	39	0	39	0	6
Coke Zero	2 Liter bottle / 12oz svng	0	0	0	0	0	0	40	0	0	0	0	6
Diet Coke	2 Liter bottle / 12oz svng	0	0	0	0	0	0	40	0	0	0	0	6
Fanta Orange	2 Liter bottle / 12oz svng	170	0	0	0	0	0	60	45	0	45	0	6
Minute Maid Fruit Punch	2 Liter bottle / 12oz svng	110	0	0	0	0	0	80	30	0	29	0	6
Minute Maid Lemonade	2 Liter bottle / 12oz svng	100	0	0	0	0	0	35	28	0	27	0	6
Sprite	2 Liter bottle / 12oz svng	140	0	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												
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: PASSIFLORUIT 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 (NACINAMIDE), 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 (NACINAMIDE), 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 labeling 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.													