

LAROSA'S NUTRITION INFORMATION - PLANT-BASED PIZZAS AND PLANT-BASED INGREDIENTS												Updated 2.21.22
Menu Item	Portion Size (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Choles-terol (mg)	Sodium (mg)	Carbohy drates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	#Svngs
PLANT-BASED DELUXE PIZZA												#Slices
Plant-Based Deluxe Pizza	per slice	180 - 370	7 - 13	3.5 - 5.9	0 - 0	0 - 0	390 - 871	24 - 54	2 - 4	2 - 5	6 - 12	4 - 16
PLANT-BASED DELUXE PIZZA												#Slices
Pizza - Plant-Based Deluxe - 16" Extra Large - Traditional	per slice	190	8	4	0	0	413	25	2	2	6	16
Pizza - Plant-Based Deluxe - 14" Large - Traditional	per slice	190	8	4	0	0	416	25	2	3	6	12
Pizza - Plant-Based Deluxe - 14" Large - Pan	per slice	370	13	6	0	0	871	54	4	5	12	8
Pizza - Plant-Based Deluxe - 14" Large - Hand Tossed	per slice	360	11	6	0	0	871	54	4	5	12	8
Pizza - Plant-Based Deluxe - 12" Medium - Traditional	per slice	190	8	4	0	0	410	26	2	3	6	8
Pizza - Plant-Based Deluxe - 12" Medium - Pan	per slice	240	8	4	0	0	569	36	2	3	8	8
Pizza - Plant-Based Deluxe - 12" Medium - Hand Tossed	per slice	240	7	4	0	0	569	36	2	3	8	8
Pizza - Plant-Based Deluxe - 8" Small - Traditional	per slice	180	7	4	0	0	390	24	2	2	6	4
Pizza - Plant-Based Deluxe - 8" Small - Pan	per slice	230	8	4	0	0	543	34	2	3	7	4
Pizza - Plant-Based Deluxe - 8" Small - Hand Tossed	per slice	220	7	4	0	0	543	34	2	3	7	4
PLANT-BASED INGREDIENTS FOR CREATE-YOUR-OWN PIZZAS												#Slices
16" EXTRA LARGE TRADITIONAL -- PLANT-BASED INGREDIENTS												#Slices
Add for - Cheese 16" - Plant-Based Cheese, Vegan Certified	per slice	60	4	4	0	0	181	5	0	0	0	16
Add for - Topping 16" - Plant-Based Pepperoni	per slice	10	1	0	0	0	68	1	0	0	1	16
Add for - Topping 16" - Plant-Based Italian Sausage	per slice	10	0	0	0	0	38	1	1	0	2	16
14" LARGE TRADITIONAL -- PLANT-BASED INGREDIENTS												#Slices
Add for - Cheese 14" - Plant-Based Cheese, Vegan Certified	per slice	50	4	3	0	0	176	5	0	0	0	12
Add for - Topping 14" - Plant-Based Pepperoni	per slice	10	1	0	0	0	68	1	0	0	1	12
Add for - Topping 14" - Plant-Based Italian Sausage	per slice	10	0	0	0	0	42	1	1	0	2	12
14" LARGE HAND-TOSSED OR PAN -- PLANT-BASED INGREDIENTS												#Slices
Add for - Cheese 14" - Plant-Based Cheese, Vegan Certified	per slice	80	6	5	0	0	264	7	0	0	0	8
Add for - Topping 14" - Plant-Based Pepperoni	per slice	20	2	0	0	0	103	1	0	0	1	8
Add for - Topping 14" - Plant-Based Italian Sausage	per slice	20	1	0	0	0	63	1	1	0	3	8
12" MEDIUM, ALL CRUSTS -- PLANT-BASED INGREDIENTS												#Slices
Add for - Cheese 12" - Plant-Based Cheese, Vegan Certified	per slice	50	4	3	0	0	165	4	0	0	0	8
Add for - Topping 12" - Plant-Based Pepperoni	per slice	10	1	0	0	0	68	1	0	< 1	1	8
Add for - Topping 12" - Plant-Based Italian Sausage	per slice	10	0	0	0	0	38	1	1	0	2	8
8" SMALL, ALL CRUSTS -- PLANT-BASED INGREDIENTS												#Slices
Add for - Cheese 8" - Plant-Based Cheese, Vegan Certified	per slice	50	4	3	0	0	165	5	0	0	0	4
Add for - Topping 8" - Plant-Based Pepperoni	per slice	20	1	0	0	0	68	1	< 1	0	1	4
Add for - Topping 8" - Plant-Based Italian Sausage	per slice	10	3	0	0	0	35	1	1	0	2	4

INGREDIENT	INGREDIENT LISTING	EGG	FISH	MILK	PEANUT	SHELLFISH	SOY	TREE NUTS	WHEAT
PLANT-BASED CHEESE, VEGAN CERTIFIED	MOZZARELLA STYLE SHRED: WATER, MODIFIED POTATO STARCH, COCONUT OIL, VEGAN NATURAL FLAVOR, 2% OR LESS OF TRICALCIUM PHOSPHATE, SALT, CULTURED DEXTROSE, VITAMIN A PALMITATE, VITAMIN D3, ANNATTO EXTRACT AND TURMERIC OLEORESIN (COLOR). ANTI-CAKING POWDER: POTATO STARCH								
PLANT-BASED PEPPERONI	WATER, CANOLA OIL, WHEAT GLUTEN, PEA PROTEIN, MODIFIED CELLULOSE, FAVA BEAN PROTEIN, YEAST EXTRACT, NATURAL FLAVOR, POTATO PROTEIN, SALT, CARRAGEENAN, MALTODEXTRIN, CITRUS FIBER, VINEGAR, PAPRIKA ANNATTO EXTRACT (COLOR), DRIED GARLIC, BEET POWDER (COLOR), SPICE, ACACIA GUM, LOCUST BEAN GUM, XANTHAN GUM, CITRIC ACID (PRESERVATIVE), PAPRIKA (COLOR), HYDROGENATED VEGETABLE OIL (SUNFLOWER), SUNFLOWER OIL, SODIUM ALGINATE, LACTIC ACID, HYDROLYZED PEA PROTEIN ISOLATE, CALCIUM LACTATE, SUCCINIC ACID, SMOKE FLAVOR								X
PLANT-BASED ITALIAN SAUSAGE	WATER, SOY PROTEIN CONCENTRATE, NATURAL FLAVORS (INCLUDES ONION AND GARLIC), HIGH OLEIC SUNFLOWER OIL, SOY PROTEIN ISOLATE, MODIFIED VEGETABLE GUM, BEET POWDER (COLOR), CARAMEL COLOR						X		