

2023 LAROSA'S FISH FRY

(Limited Time Offer)

NUTRITION INFORMATION

Menu Item	Serving Size (g)	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Fish & Fries - One Haddock Fillet and French Fries w/ Tartar Sauce and Ketchup	564	1070	52	10	0	80	2610	118	7	21	28
Fried Fish Hoagy on White Bun w/ tartar sauce and provolone	341	810	32	9	0	85	1880	91	2	3	40
Tuna Hoagy on White Bun w/ mayo, lettuce, tomato	434	710	32	4.5	0.5	105	1380	74	4	8	33
JRC Half Tuna Hoagy on White Bun w/ mayo, lettuce, tomato & Kit Chips & Small Tossed Salad (add dressing below)	523	730	34	7	0	60	1840	79	7	8	25
TUNA PLATE w/ Breadstick (add dressing below)	397	510	24	5	0	110	970	44	4	8	32
JRC SMALL TUNA PLATE w/ Breadstick & MINESTRONE (add dressing below)	522	510	17	3.5	0	60	1680	64	6	7	27

Dressings - Add Your Choices Here (flavors may vary by location):

Menu Item	Serving Size (g)	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Add for - Dining Room Cup - LaRosa's Italian	58	320	36	5	0	0	740	2	0	2	0
Add for - Dining Room Cup - LaRosa's Creamy Garlic	58	320	34	5	0	0	360	2	0	2	0
Add for - Dining Room Cup - Blue Cheese	56	260	28	5	0	20	420	2	0	2	2
Add for - Dining Room Cup - Country French	64	280	26	4	0	0	460	14	0	14	0
Add for - Dining Room Cup - Dijon Honey Mustard	62	260	24	4	0	30	340	14	0	12	0
Add for - Dining Room Cup - Ranch	58	200	22	3	0	20	500	2	0	2	0
Add for - Dining Room Cup - Ranch Lite	60	160	16	2	0	20	540	4	0	2	2
Add for - Dining Room Cup - Thousand Island	58	240	22	4	0	10	440	8	0	8	0
Add for - To-Go Packet - LaRosa's Italian	43	200	21	3	0	0	530	2	0	2	0
Add for - To-Go Packet - LaRosa's Creamy Garlic	43	240	26	4	0	5	270	2	0	1	1
Add for - To-Go Packet - Blue Cheese	43	200	21	4	0	15	320	2	0	1	1
Add for - To-Go Packet - Country French	43	190	15	3	0	0	300	13	0	12	0
Add for - To-Go Packet - Ranch	43	190	20	3	0	15	270	2	0	0	1
Add for - To-Go Packet - Ranch Lite	43	130	11	2	0	10	410	8	0	2	1
Add for - To-Go Packet - Thousand Island	43	190	18	3	0	20	350	6	0	6	0

INGREDIENT	INGREDIENT LISTING	EGG	FISH	MILK	PEANUT	SHELLFISH	SOY	TREE NUTS	WHEAT
BLACK OLIVES, WHOLE	RIPE OLIVES, WATER, SEA SALT, AND FERROUS GLUCONATE (ADDED TO STABILIZE COLOR)								
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					
BLUE CHEESE DRESSING PACKET	SOYBEAN OIL, WATER, BLUE CHEESE ([CULTURED PASTEURIZED MILK, SALT, ENZYMES, PENICILLIUM ROQUEFORTI], NATAMYCIN [NATURAL MOLD LNHIBITOR]),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					
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
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.								
COUNTRY FRENCH DRESSING PACKET	SOYBEAN OIL, SUGAR, WATER, DISTILLED VINEGAR, APPLE CIDER VINEGAR, HONEY, TOMATO PASTE, CONTAINS LESS THAN 2% OF SALT, PAPRIKA, MUSTARD FLOUR, XANTHAN GUM, ONION,* GARLIC,* BEETROOT JUICE POWDER (COLOR), NATURAL FLAVOR, CALCIUM DISODIUM EDTA (TO PROTECT FLAVOR) *DRIED.								
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					
CREAMY GARLIC DRESSING CUPS	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					
CROUTONS	ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), CANOLA AND/OR SUNFLOWER OIL, DEHYDRATED GARLIC, SALT, YEAST, WATER, NATURAL BUTTER FLAVOR (A MILK INGREDIENT), MALTED BARLEY FLOUR, CITRIC ACID AND/OR TOCOPHEROLS ADDED TO MAINTAIN FRESHNESS			X					X
CROUTON PACKET	ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), CANOLA AND/OR SUNFLOWER OIL, DEHYDRATED GARLIC, SALT, YEAST, WATER, NATURAL BUTTER FLAVOR (A MILK INGREDIENT), MALTED BARLEY FLOUR, CITRIC ACID AND/OR TOCOPHEROLS ADDED TO MAINTAIN FRESHNESS			X					X
FRENCH FRIES	POTATOES, VEGETABLE OIL (MAY CONTAIN ONE OR MORE OF THE FOLLOWING: CANOLA OIL, SUNFLOWER OIL, COTTONSEED OIL, PALM OIL, CORN OIL, SOYBEAN OIL), MODIFIED FOOD STARCH, RICE FLOUR, DEXTRIN, SALT, LEAVENING (DISODIUM DIHYDROGEN PYROPHOSPHATE, SODIUM BICARBONATE), DEXTROSE, XANTHAN GUM								
FRYER OIL	CANOLA OIL, SAFFLOWER OIL AND SUNFLOWER OIL, OR GRAPESEED OIL								
GREEN OLIVES, WHOLE	QUEEN OLIVES, WATER, SEA SALT, LACTIC ACID								
HADDOCK, BEER BATTERED	HADDOCK, BLEACHED WHEAT FLOUR, VEGETABLE OIL (CANOLA, COTTONSEED, SOYBEAN, AND/OR SUNFLOWER), ALE (PALE MALT, TORRIFIED WHEAT, CRYSTAL MALT, CASCADE HOPS, WILLAMETTE HOPS, TETTNANG HOPS, WATER, YEAST), YELLOW CORN FLOUR, CONTAINS 2% OR LESS OF: MODIFIED CORN STARCH, SUGAR, WHITE CORN FLOUR, SPICE, SALT, WATER, NATURAL FLAVORS, LEAVENING (SODIUM ALUMINUM PHOSPHATE, SODIUM BICARBONATE).		X						X
HONEY DIJON MUSTARD DRESSING / DIPPING SAUCE	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							
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)								
ITALIAN DRESSING CUP	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).								
KETCHUP	TOMATO CONCENTRATE (MADE FROM RED RIPE TOMATOES), SUGAR, DISTILLED VINEGAR, SALT, ONION POWDER, SPICES & NATURAL FLAVOR								
KETCHUP PACKET	TOMATO CONCENTRATE (MADE FROM RED RIPE TOMATOES), SUGAR, DISTILLED VINEGAR, SALT, ONION POWDER, SPICES & NATURAL FLAVOR								
KITCHEN CHIPS	VEGETABLE OIL (MAY CONTAIN ONE OR MORE OF THE FOLLOWING: CANOLA OIL, SUNFLOWER OIL, COTTONSEED OIL, PALM OIL, CORN OIL, SOYBEAN OIL), SALT, DISODIUM DIHYDROGEN PYROPHOSPHATE (TO PROMOTE COLOR RETENTION), DEXTROSE								
LETTUCE	BABY GREEN LEAF LETTUCE								
MAYONNAISE	SOYBEAN OIL, DISTILLED VINEGAR, EGG YOLK, HIGH FRUCTOSE CORN SYRUP, CONTAINS LESS THAN 2% OF SALT, WATER, MUSTARD SEED, CALCIUM DISODIUM EDTA (TO PROTECT FLAVOR)	X							
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 LNSINATE / DISODIUM GUANYLATE, MODIFIED CORNSTARCH, NATURAL FLAVORS, LACTIC ACID), MODIFIED FOOD STARCH, SUGAR, GRANULATED GARLIC.						X		X
PROVOLONE CHEESE, SHREDDED	PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES. POTATO STARCH, POWDERED CELLULOSE ADDED TO PREVENT CAKING			X					
PROVOLONE CHEESE, SLICED	PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES			X					
RANCH DRESSING	SOYBEAN OIL, WATER, CULTURED BUTTERMILK, EGG YOLK, DISTILLED VINEGAR, CONTAINS LESS THAN 2% OF SALT, MONOSODIUM GLUTAMATE, MODIFIED CORN STARCH, BUTTERMILK SOLIDS, SUGAR, GARLIC,* XANTHAN GUM, SPICE, CITRIC ACID, ONION,* SORBIC ACID (PRESERVATIVE), CALCIUM DISODIUM EDTA (TO PROTECT FLAVOR), MILK, NATURAL FLAVOR, EGG WHITES *DRIED	X		X					
RANCH DRESSING PACKET	SOYBEAN OIL, WATER, DISTILLED VINEGAR, EGG YOLK, BUTTERMILK SOLIDS, CONTAINS LESS THAN 2% OF SALT, SUGAR, LEMON JUICE CONCENTRATE, GARLIC * ONION,* XANTHAN GUM, SORBIC ACID (PRESERVATIVE), NATURAL FLAVOR, CREAM, SPICE, MALTODEXTRIN, WHEY, VINEGAR POWDER, BUTTERMILK, AUTOLYZED YEAST EXTRACT, MILK, SOUR CREAM POWDER, LACTIC ACID, CALCIUM DISODIUM EDTA (TO PROTECT FLAVOR), CITRIC ACID	X		X					
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					
RANCH DRESSING LITE PACKET	WATER, VEGETABLE OIL (SOYBEAN AND/OR CANOLA), CULTURED BUTTERMILK, MALTODEXTRIN, DISTILLED VINEGAR, SUGAR, EGG YOLK, CONTAINS LESS THAN 2% OF SALT, MODIFIED CORN STARCH, BUTTERMILK SOLIDS, MONOSODIUM GLUTAMATE, GARLIC,* PHOSPHORIC ACID, TITANIUM DIOXIDE (COLOR), XANTHAN GUM, ONION JUICE POWDER, LEMON JUICE CONCENTRATE, POTASSIUM SORBATE (PRESERVATIVE), DISODIUM INOSINATE AND DISODIUM GUANYLATE, WHEY, NATURAL FLAVOR, VINEGAR POWDER, SPICE, SOUR CREAM POWDER, LACTIC ACID, MILK, DISODIUM PHOSPHATE, CITRIC ACID, CALCIUM DISODIUM EDTA (TO PROTECT FLAVOR) *DRIED	X		X					
RED ONION	100% FRESH RED ONION								
ROMA TOMATOES	100% FRESH ROMA TOMATOES								

INGREDIENT	INGREDIENT LISTING	EGG	FISH	MILK	PEANUT	SHELLFISH	SOY	TREE NUTS	WHEAT
TARTAR SAUCE	SOYBEAN OIL, DILL PICKLE RELISH (CUCUMBERS, DISTILLED VINEGAR, WATER, SALT, NATURAL FLAVOR, XANTHAN GUM), WATER, HIGH FRUCTOSE CORN SYRUP, DISTILLED VINEGAR, EGG YOLK, CONTAINS LESS THAN 2% OF SALT, MUSTARD FLOUR, XANTHAN GUM, ONION,* PROPYLENE GLYCOL, ALGINATE, SPICE, SODIUM BENZOATE (PRESERVATIVE), OLEORESIN TURMERIC (COLOR), ANNATTO AND TURMERIC EXTRACTS (COLOR), BLUE1. *DRIED	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							
THOUSAND ISLAND DRESSING PACKET	SOYBEAN OIL, CHILI SAUCE (TOMATO PUREE (WATER, TOMATO PASTE), SUGAR, DISTILLED VINEGAR, SALT, NATURAL FLAVOR, SPICE, ONION POWDER, GARLIC POWDER), DISTILLED VINEGAR, HIGH FRUCTOSE CORN SYRUP, WATER, 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, PROPYLENE GLYCOL ALGINATE, ONION,* SODIUM BENZOATE (PRESERVATIVE), XANTHAN GUM, GARLIC,+ OLEORESIN PAPRIKA (COLOR), CALCIUM DISODIUM EDTA (TO PROTECT FLAVOR), RED BELL PEPPER* *DRIED	X							
WHITE HOAGY BUN	ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, SUGAR, SOYBEAN OIL, YEAST, SALT, CONTAINS LESS THAN 2% OF THE FOLLOWING: WHEAT GLUTEN, MONOGLYCERIDES, CALCIUM PROPIONATE, ASCORBIC ACID, ENZYMES, CITRIC ACID, PROPIONIC ACID, PHOSPHORIC ACID, CORN FLOUR, GUARGUM, L-CYSTEINE, VITAMIN C, CITRIC ACID, POPPY SEEDS								X
TUNA SALAD									
TUNA (WHITE, ALBACORE)	WHITE TUNA, WATER, VEGETABLE BROTH (CONTAINS SOY), SALT		X				X		
RELISH, SWEET PICKLE	PICKLES, FRUCTOSE, VINEGAR, WATER, SALT, NATURAL FLAVORS, XANTHAN GUM, CALCIUM CHLORIDE (FIRMING AGENT), POLYSORBATE 80, SODIUM BENZOATE (PRESERVATIVE), FD&C YELLOW #5 AND TURMERIC								
EGG, HARD BOILED	HARD COOKED EGGS, CITRIC ACID, SODIUM BENZOATE AS A PRESERVATIVE	X							
CELERY STALKS	FRESH CELERY								
MAYONNAISE	SOYBEAN OIL, DISTILLED VINEGAR, EGG YOLK, HIGH FRUCTOSE CORN SYRUP, CONTAINS LESS THAN 2% OF SALT, WATER, MUSTARD SEED, CALCIUM DISODIUM EDTA (TO PROTECT FLAVOR)	X							
BLACK PEPPER	BLACK PEPPER								