LTO NUTRITION, INGREDIENTS AND ALLERGENS

10/26/26

HOT ITALIAN PIZZAS & CRUSTLESS BOWL

	Portion Size (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Choles-terol (mg)	Sodium (mg)	Carbohy-drates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	# SVNGS
14" LARGE Traditional	per slice	240	14	5	0	30	600	18	1	2	11	12
14" LARGE Hand Tossed	per slice	440	20	8	0	40	1090	43	2	3	19	8
14" LARGE Pan	per slice	450	22	8	0	40	1090	43	2	3	19	8
12" MEDIUM Traditional	per slice	250	13	5	0	25	590	20	1	2	11	8
12" MEDIUM Hand Tossed	per slice	280	13	5	0	25	700	28	1	2	12	8
12" MEDIUM Pan	per slice	290	14	5	0	25	700	28	1	2	12	8
8" SMALL Traditional	per slice	230	13	5	0	25	570	17	1	2	10	4
8" SMALL Hand Tossed	per slice	260	13	5	0	25	670	25	1	2	11	4
8" SMALL Pan	per slice	270	13	5	0	25	670	25	1	2	11	4
10" CAULIFLOWER	per slice	220	11	5	0	25	680	22	1	1	9	6
Crustless Bowl (No dough)	304	620	44	18	0	105	2270	19	3	9	31	1

INGREDIENT LISTING		**EGG**	**FISH**	**MILK**	**PEANUT**	**SHELLFISH**	**SOY**	**TREE NUTS**	**WHEAT**	**SESAME**
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			
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	
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	
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						
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									
TRADITIONAL PIZZA CRUST	FLOUR ((BLEACHED, ENRICHED AND MALTED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE, MONONITRATE, RIBOFLAVIN, AND FOLIC ACID)), WATER, SOYBEAN OIL, YEAST, RELAX+ YF (YEAST), DEXTROSE, SALT								X	
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									
HABANERO SLICE SPICE PACKET	HABANERO PEPPER, DEHYDRATED GARLIC AND ONION, SPICES, DEHYDRATED RED BELL PEPPER, SALT, REFINED SOYBEAN OIL (PROCESSING AID).									
SLICED LINK SAUSAGE	PORK, SPICES, WATER, SALT, CORN SYRUP SOLIDS, DEHYDRATED RED BELL PEPPERS, DRIED GARLIC, LMON JUICE POWDER (CORN SYRUP SOLIDS, LEMON JUICE SOLID, LEMON OIL), FLAVORING, DISODIUM INOSINATE AND DISODIUM GUANYLATE, PROPYL GALLATE, BHA, BHT.									
HOT GIARDINIERA PEPPERS	SELECT HOT PEPPERS, SOYBEAN OIL, CELERY, CAULIFLOWER, CARROTS, FREEN OLIVES, PIMENTOS, WATER, VINEGAR, SALT AND SPICES.						X			

HOT ITALIAN CALZONE

	Portion Size (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Choles-terol (mg)	Sodium (mg)	Carbohy-drates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	# SVNGS
Hot Italian Calzone w/ Ranch Dressing	per slice	450	29	8	0	45	970	31	1	2	15	3

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	
PROVOLONE CHEESE, SHREDDED	PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES. POTATO STARCH, POWDERED CELLULOSE ADDED TO PREVENT CAKING			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			
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									
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									
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						
HABANERO SLICE SPICE PACKET	HABANERO PEPPER, DEHYDRATED GARLIC AND ONION, SPICES, DEHYDRATED RED BELL PEPPER, SALT, REFINED SOYBEAN OIL (PROCESSING AID).									
SLICED LINK SAUSAGE	PORK, SPICES, WATER, SALT, CORN SYRUP SOLIDS, DEHYDRATED RED BELL PEPPERS, DRIED GARLIC, LMON JUICE POWDER (CORN SYRUP SOLIDS, LEMON JUICE SOLID, LEMON OIL), FLAVORING, DISODIUM INOSINATE AND DISODIUM GUANYLATE, PROPYL GALLATE, BHA, BHT.									
HOT GIARDINIERA PEPPERS	SELECT HOT PEPPERS, SOYBEAN OIL, CELERY, CAULIFLOWER, CARROTS, FREEN OLIVES, PIMENTOS, WATER, VINEGAR, SALT AND SPICES.						X			

The above information may be used to plan a balanced diet. Your individual nutritional requirements may be higher or lower depending on your calorie needs.
Nutrition data is collected by computer analysis of data from the U.S. Department of Agriculture and our suppliers. Nutrition analysis is provided by a third party registered dietician service and is accurate to the best of our ability.
Products may change without notice or substitutions by suppliers and/or franchisees may alter the nutritional values of any item.
The document is provided for informational purposes only. Please discuss any questions you have with your health care professional.
If you have any questions about LaRosa's food, please contact our Guest Service Center at (513) 347-1111.

MenuCalc

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

	2,000 calories	2,500 calories
Total Fat	65 g	80 g
Saturated Fat	20 g	25 g
Cholesterol	300 mg	300 mg
Sodium	2,400 mg	2,400 mg
Carbohydrates	300 g	375 g
Calories per gram: Fat 9 – Carbohydrate 4 – Protein 4		