

2026 LAROSA'S FISH FRY

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	1190	66	12	0	70	2790	116	7	15	28
Beer Battered Fish Hoagy w/ tartar sauce and provolone	341	840	36	9	0	85	1930	91	2	2	40
Tuna Hoagy w/ mayo, lettuce, tomato	377	740	35	5	0.5	125	1480	72	3	8	36
JRC Half Tuna Hoagy w/ mayo, lettuce, tomato & Kit Chips & Small Tossed Salad (add dressing below)	516	870	44	10	0	100	2250	81	7	8	33
Tuna Salad Plate w/ Breadstick (add dressing below)	426	650	35	8	0	140	1380	45	4	8	39
JRC Small Tuna Plate w/ Breadstick & MINESTRONE (add dressing below)	551	660	29	7	0	95	2120	65	5	8	35

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)
LaRosa's Italian	56	310	35	5	0	0	720	2	0	2	0
LaRosa's Creamy Garlic	56	310	33	5	0	0	350	2	0	2	0
Buttermilk Ranch	56	260	28	4	0	20	410	2	0	2	2
French	56	250	23	4	0	0	410	12	0	12	0
Blue Cheese	56	260	28	5	0	20	430	2	0	2	2
Lite Ranch	56	150	15	2	0	20	510	4	0	2	2
Honey Mustard	56	240	22	4	0	25	310	13	0	11	0
Thousand Island	56	230	22	4	0	10	430	8	0	8	0

INGREDIENT LISTING

INGREDIENT LISTING	EGG	FISH	MILK	PEANUT	SHELLFISH	SOY	TREE NUTS	WHEAT	SESAME	
BLACK OLIVES, WHOLE	PITTED BLACK OLIVES, WATER, SALT AND FERROUS GLUCONATE (TO STABILIZE COLOR)									
BLUE CHEESE DRESSING	X		X							
BLUE CHEESE DRESSING PACKET	X		X							
BREADSTICKS								X		
COUNTRY FRENCH DRESSING										
COUNTRY FRENCH DRESSING PACKET										
CREAMY GARLIC DRESSING	X		X							
CREAMY GARLIC DRESSING CUPS	X		X							
CROUTONS				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 VEGETABLE 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, TETTANG 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), DISTILLED VINEGAR, HIGH FRUCTOSE CORN SYRUP, CORN SYRUP, SALT, SPICE, ONION POWDER, NATURAL FLAVORING.									
KETCHUP PACKET	TOMATO CONCENTRATE (MADE FROM RED RIPE TOMATOES), DISTILLED VINEGAR, HIGH FRUCTOSE CORN SYRUP, CORN SYRUP, SALT, SPICE, ONION POWDER, NATURAL FLAVORING.									
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 / SALAD BLEND	ICEBERG AND ROMAINE LETTUICES									
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								
MINISTRONE 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 L-ASCORBATE / 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						
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						
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.	X		X						
RED ONION	100% FRESH RED ONION									
ROMA TOMATOES	100% FRESH ROMA TOMATOES									
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	
TARTAR SAUCE (Frisch's)	SOYBEAN OIL (REFINED, BLEACHED & DEODORIZED), PICKLES, WATER, EGG YOLK, DISTILLED VINEGAR, ONIONS, SALT, SPICES AND NATURAL FLAVORS. 0.10% POTASSIUM SORBATE AND SODIUM BENZOATE AS PRESERVATIVES, CALCIUM DISODIUM EDTA ADDED TO PROTECT FLAVOR	X								
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								X	
TUNA SALAD										
TUNA (WHITE, ALBACORE)	ALBACORE TUNA, WATER, VEGETABLE BROTH (PEA AND CARROT), SALT, SODIUM ACID PYROPHOSPHATE		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									

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.



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