



# NUTRITION, INGREDIENTS AND ALLERGENS

02/09/26

(AVAILABLE ONLINE AT [www.larosas.com](http://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 [MenuCalc](#).

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)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (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 - 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		
RONGO 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 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)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (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 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 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)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (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 PYROPHOSPHATE, 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)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (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 **02/09/26**

KITCHEN CHIPS w/ Diablo Sauce		CAL 770	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			339	770	42	9	0	20	2580	87	7	20	7	1
<b>INGREDIENT LISTING</b>						EGG	FISH	MILK	PEANUT	SHELLFISH	SOY	TREE NUTS	WHEAT	SESAME
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												
SEA SALT		SEA SALT, YELLOW PRUSSIAN 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												
Prepared in FRYER VEGETABLE OIL		CANOLA OIL, SAFFLOWER OIL AND SUNFLOWER OIL, OR GRAPESEED OIL												

GARLIC FRIES w/ Ranch Dressing		CAL 920	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 Fries w/ Ranch Dressing			378	920	65	12	0	10	1780	76	7	2	8	1
<b>INGREDIENT LISTING</b>						EGG	FISH	MILK	PEANUT	SHELLFISH	SOY	TREE NUTS	WHEAT	SESAME
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												
PARSLEY FLAKES		PARSLEY FLAKES												
GARLIC-ROMANO SAUCE		BUTTER FLAVORED OIL (SOYBEAN OIL, HYDROGENATED SOYBEAN OIL, SALT, SUNFLOWER LECITHIN, ARTIFICIAL BUTTER FLAVOR, BETA CAROTENE (COLOR), YEAST EXTRACT), ROMANO CHEESE (PASTEURIZED COW'S MILK, CHEESE CULTURES, SALT, ENZYMES), ROMANO STYLE CHEESE (CORN STARCH, WATER, PALM OIL, CELLULOSE, SALT, NATURAL FLAVOR CASEINATE, SORBIC), POWDERED CELLULOSE (ANTI-CAKING), NATAMYCIN), ROASTED GARLIC BASE (ROASTED GARLIC, WATER, SAUTEED VEGETABLE PUREE MIX (CARROTS, ONIONS, CELERY), WATER, DEXTROSE, SALT, DRIED GARLIC, CANOLA OIL, DRIED ONIONS, XANTHAN GUM, POTASSIUM CHLORIDE, CELERY JUICE CONCENTRATE), WATER, GARLIC PUREE (GARLIC, WATER), WHEY PROTEIN CONCENTRATE, BUTTER FLAVOR CONCENTRATE (WHEY SOLIDS, ENZYME MODIFIED BUTTER, MALTODEXTRIN, SALT, DEHYDRATED BUTTER, GUAR GUM, ANNATTO AND TURMERIC (COLOR)), DEHYDRATED GARLIC, SALT, XANTHAN GUM, DRIED OREGANO												
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												
Prepared in FRYER VEGETABLE OIL		CANOLA OIL, SAFFLOWER OIL AND SUNFLOWER OIL, OR GRAPESEED OIL												

FRENCH FRIES w/ Ketchup		CAL 500	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
Regular French Fries w/ Ketchup			339	500	13	3.5	0	0	1560	88	7	15	7	1
<b>FAMILY SIZE FRENCH FRIES w/ Ketchup</b>		<b>CAL/SERV 250-340, 3-4 SERVINGS</b>	<b>Portion Size (g)</b>	<b>Calories</b>	<b>Total Fat (g)</b>	<b>Saturated Fat (g)</b>	<b>Trans Fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Carbohydrates (g)</b>	<b>Dietary Fiber (g)</b>	<b>Sugars (g)</b>	<b>Protein (g)</b>	<b># SVNGS</b>
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
<b>INGREDIENT LISTING</b>						EGG	FISH	MILK	PEANUT	SHELLFISH	SOY	TREE NUTS	WHEAT	SESAME
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												
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)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (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
<b>Dippings Sauces - 1/2 cup for Small Breadsticks (2)</b>														
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
<b>Dippings Sauces - 1/5 cup for Regular Breadsticks (5)</b>														
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
<b>INGREDIENT LISTING</b>						EGG	FISH	MILK	PEANUT	SHELLFISH	SOY	TREE NUTS	WHEAT	SESAME
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, monodiglycerides, potassium iodate, ascorbic acid, L-cysteine, calcium peroxide, enzymes												
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												
PROVOLONE CHEESE, SLICED		PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES												
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)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (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
<b>Dippings Sauces 1/2 cup for Small Garlic Bread (2)</b>														
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
<b>Dippings Sauces 1/5 cup for Regular Garlic Bread (5)</b>														
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 02/09/26

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	
ALFREDO SAUCE	WATER, WHOLE MILK, PARMESAN CHEESE BLEND (PARMESAN CHEESE (PASTEURIZED PART-SKIM COW'S MILK, CHEESE CULTURES, SALT, ENZYMES), PARMESAN STYLE CHEESE (CORN STARCH, WATER, PALM OIL, CELLULOSE, SALT, NATURAL FLAVOR, CASEINATE, SORBIC ACID, ANNATTO) POWDERED CELLULOSE, NATAMYCIN), HEAVY CREAM, ASIAGO CHEESE (PASTEURIZED MILK, CHEESE CULTURES, SALT, ENZYMES) CASEIN, SOYBEAN OIL, POWDERED CELLULOSE), WHEY PROTEIN CONCENTRATE, BUTTER, MODIFIED FOOD STARCH, SOY OIL, ROMANO CHEESE BLEND (ROMANO CHEESE (PASTEURIZED COW'S MILK, CHEESE CULTURES, SALT, ENZYMES), ROMANO STYLE CHEESE (CORN STARCH, WATER, PALM OIL, CELLULOSE, NATAMYCIN), SALT, XANTHAN GUM, SPICES, OLEORESIN OF TURMERIC (FOR COLOR))			X						
ZITI	SEMOLINA (WHEAT), NIACIN, IRON (FERROUS SULFATE), THIAMIN MONONITRATE, RIBOFLAVIN, AND FOLIC ACID								X	
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									
SAUSAGE CRUMBLES	PORK, SALT, SPICES, WATER, CORN SYRUP SOLIDS, PAPRIKA, FLAVORING, DISODIUM INOSINATE AND DISODIUM GUANYLATE, BHA, BHT, PROPYL GALLATE									
LASAGNA SANDWICHES	ENRICHED LASAGNA NOODLES (WATER, ENRICHED DURUM FLOUR (MILLED WHEAT, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WHOLE EGG), CHEESE FILLING (RICOTTA CHEESE (WHEY, MILK, CREAM, VINEGAR, AND XANTHAN GUM, LOCUST BEAN GUM, GUAR GUM, (STABILIZERS)), WHOLE EGG, WATER, MOZZARELLA CHEESE (PASTEURIZED PART SKIM MILK, CULTURES, SALT, ENZYMES), ROMANO CHEESE (PASTEURIZED SHEEP'S MILK, CHEESE CULTURES, SALT, ENZYMES), SALT, PARSLEY, WHITE PEPPER, XANTHAN GUM)	X		X					X	
LASAGNA FILLING										
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									
RICOTTA CHEESE	PASTEURIZED WHOLE MILK, VINEGAR, SALT, LOCUST BEAN GUM, XANTHAN GUM, GUAR GUM (STABILIZER)			X						
GROUND BEEF CRUMBLES	BEEF, SALT, SPICES									
PASTA SAUCE	CRUSHED TOMATOES (WATER, CONCENTRATED CRUSHED TOMATOES), SOYBEAN OIL, SUGAR, SALT, DEHYDRATED ONIONS, SPICES, CARROT POWDER, DEHYDRATED PARSLEY, GRANULATED GARLIC, CELERY POWDER									
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									
MEAT SAUCE										
PASTA SAUCE	CRUSHED TOMATOES (WATER, CONCENTRATED CRUSHED TOMATOES), SOYBEAN OIL, SUGAR, SALT, DEHYDRATED ONIONS, SPICES, CARROT POWDER, DEHYDRATED PARSLEY, GRANULATED GARLIC, CELERY POWDER									
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, TORRIFIED WHEAT, CRYSTAL MALT, CASCADE HOPS, WILLAMETTE HOPS, TETINANG 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, DEXTRIN, 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 (Frischt'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								
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 STEAROL, 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 LETTUCCES									
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, NATURAL 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						







**LAROSA'S NUTRITION, INGREDIENT AND ALLERGEN INFORMATION**

Updated **02/09/26**

BIG ITALIAN LUNCH		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 2-topping pizza	CAL/SLICE 150-390, 4 SLICES	per slice	150-390	6-29	3-7	0-0	0-35	220-795	15-36	1-2	0-10	6-15	4
Calzone	CAL/SLICE 260-570, 3-12 SLICES	per slice	260-570	10-38	4.5-11	0-0	0-58	480-1290	29-50	1-2	2-15	5-24	3-12
Hoagy	CALS 660-940	261-418	660-940	27-56	6-20	0-2	70-155	1630-3470	66-91	2-5	2-9	26-47	1
Crustless Pizza Bowl	CALS 250-1650	126-412	250-1650	16-172	10-41.5	0-0	0-245	650-4460	3-91	0-7	0-69	14-77	1
And One of These:													
JoJo's BLT Salad w/ Creamy Garlic Dressing		234	470	42	7	0	20	780	11	0	3	7	1
Original Tossed Garden Salad		206	170	9	4	0	15	420	10	0	<1	7	1
Regular French Fries w/ Ketchup		339	500	13	4	0	0	1560	88	7	15	7	1
Crock of minestrone soup		237	110	2	0	0	0	970	22	2	2	3	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		282	570	27	7	0	0	1880	70	7	3	7	1
SOUP AND SALAD LUNCHES		CALS 280-550											
Original Tossed Garden Salad		206	170	9	4	0	15	420	10	0	<1	7	1
plus Minestrone w/ saltine crackers		237	110	2	0	0	0	970	22	2	2	3	1
or Soup of the Day		237	160-380	5-21	0-8	0-1	0-45	860-1600	24-32	0-6	2-7	3-18	1-1
Substitute tossed garden salad with:													
JoJo's BLT Salad w/ Creamy Garlic Dressing	ADD CAL 300	28	300	33	3	0	5	360	1	0	3	0	0
Any entrée salad	ADD CAL 120-230	79-158	120-230	2-19	0-8	0-0	50-85	440-1040	0-17	0-0	0-2	14-27	0-0
Substitute a soup with baked onion soup	ADD CAL 120	33	120	8	4	0	15	630	7	1	7	6	0
ADD FOR SALAD DRESSINGS		ADD CAL 150-310											
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

\*See regular menu section for ingredients and allergens.

JUST RIGHT 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
JRC HOAGYS													
CAL 750-930													1
CAL 890-930													1
Half Steak Hoagy w/ kitchen chips & sm garden salad		519	890	46	17	1	75	2330	82	6	7	32	1
Half Steak Hoagy w/ Pizza Sauce w/ kitchen chips & sm garden salad		492	910	50	18	1	75	2270	78	5	4	32	1
Half Steak Hoagy w/ Italian Dressing w/ kitchen chips & sm garden salad		492	930	52	18	1	80	2210	78	5	4	32	1
Half Steak Hoagy w/ Mayonnaise w/ kitchen chips & sm garden salad		519	890	46	18	1	75	2390	81	6	4	32	1
Half Steak Hoagy w/ Mushroom Sauce w/ kitchen chips & sm garden salad		519	890	46	18	1	75	2390	81	6	4	32	1
Half Baked or Deli Royal Hoagy w/ kitchen chips & sm garden salad	CAL 830/850												1
Half Baked or Deli Royal Hoagy w/ Italian Dressing w/ kitchen chips & sm garden salad		469	830	43	15	0	60	2580	79	5	4	27	1
Half Baked or Deli Royal Hoagy w/ Mayonnaise w/ kitchen chips & sm garden salad		469	850	44	15	0	65	2520	78	5	4	27	1
Half Baked Buddy Hoagy w/ kitchen chips & sm garden salad		496	860	43	16	0	70	3090	83	6	7	30	1
Half Baked Meatball Hoagy w/ kitchen chips & sm garden salad		490	860	42	15	0.0	95	2610	83	6	5	32	1
Half Chicken Club Hoagy w/ kitchen chips & sm garden salad		474	770	34	10	0	70	2150	76	5	4	31	1
Half Turkey Italiano Hoagy w/ kitchen chips & sm garden salad		508	890	46	16	0	80	2930	79	5	5	34	1
Half BLT Hoagy w/ kitchen chips & sm garden salad		435	800	40	13	0	50	2200	76	5	4	23	1
Half Turkey Club Hoagy w/ kitchen chips & sm garden salad		457	750	34	10	0	50	2370	77	5	4	26	1
JRC SALAD COMBOS													
CAL 500-600													1
Small Grilled Chicken Salad w/ minestrone soup and garlic breadstick		508	500	15	5	0	55	1900	59	4	5	29	1
Small Antipasto Salad w/ minestrone soup and garlic breadstick		505	600	27	11	0	50	2330	60	4	4	26	1
Small Crispy Chicken Salad w/ minestrone soup and garlic breadstick		547	570	16	5	0	65	2300	69	4	4	32	1
Add for Baked Onion Soup	ADD CALS 120												1
JRC PASTA COMBOS													
CAL 690-830													1
Small Lasagna w/ sm garden salad & garlic breadstick		522	830	43	20	0	115	2210	74	7	10	38	1
Small Ziti Chicken Alfredo w/ sm garden salad & garlic breadstick		465	800	26	11	0	85	1570	96	5	8	41	1
Small Spaghetti and 1 Meatball w/ sm garden salad & garlic breadstick		464	770	25	8	0	50	1710	105	10	9	30	1
Small Ravioli w/ sm garden salad & garlic breadstick	CAL 690-700												1
Small Cheese Ravioli w/ sm garden salad & garlic breadstick		471	690	27	11	0	90	1540	81	7	10	29	1
Small Meat Ravioli w/ sm garden salad & garlic breadstick		470	700	27	9	0	75	1780	82	7	7	30	1
JRC PIZZA COMBOS													
Small 2-TOPPING PIZZA w/ sm garden salad		438-599	750-1710	32-124	15-33.5	0-0	15-155	1290-3590	68-153	2-7	1-41	31-66	1
Crustless Pizza Bowl w/ sm garden salad		289-575	410-1810	25-181	14-45.5	0-0	15-260	1060-4870	12-100	0-7	0-69	21-84	0

\*See regular menu section for ingredients and allergens.

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	ADD CAL 110	22	110	5	2	0	0	85	16	0	9	0	1
and KIDS BEVERAGE OF CHOICE													
ADD CALS 80-150													1
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	80	0	0	0	0	15	21	0	19	0	1
Kids Fruit Punch Juice Box		177	90	0	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	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	220-533	15-26	1-1	0-8	6-11	1
KIDS ZITI ALFREDO		194	410	13	6	0	30	640	59	3	5	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 boneless wings for ingredients and allergens.

INGREDIENT LISTING		EGG	FISH	MILK	PEANUT	SHELLFISH	SOY	TREE NUTS	WHEAT	SESAME
OREOS	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						X		X	

\*See regular menu section for other ingredients and allergens.

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
CAL 1340-1750													
BLT w/ lettuce, tomato and mayonnaise		577	1440	87	25	0	70	3190	129	7	36	27	1
Turkey Club w/ lettuce, tomato and mayonnaise		616	1480	88	25	0	90	3630	130	7	36	35	1
Turkey w/ lettuce, tomato and mayonnaise		589	1340	77	21	0	60	3220	130	7	36	27	1
Deli Royal w/ lettuce, tomato and Italian Dressing		749	1750	103	30	0	80	4510	166	10	38	35	1

\*See regular menu section for ingredients and allergens.

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		

**LAROSA'S NUTRITION, INGREDIENT AND ALLERGEN INFORMATION**

Updated 02/09/26

Coca-Cola® Products		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
<b>20oz Dining Room</b> (selection may vary by location)		<b>CALS 0-300</b>											
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
<b>12oz Kids Dining Room</b> (selection may vary by location)		<b>CALS 0-180</b>											
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
<b>20 ounce bottles</b> (selection may vary by location)		<b>CALS 0-280</b>											
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
<b>2 Liter bottles</b> (selection may vary by location)		<b>CALS 0-170</b>											
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
<b>INGREDIENT LISTING</b>				<b>EGG</b>	<b>FISH</b>	<b>MILK</b>	<b>PEANUT</b>	<b>SHELLFISH</b>	<b>SOY</b>	<b>TREE NUTS</b>	<b>WHEAT</b>	<b>SESAME</b>	
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: PASSIONFRUIT 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 (NICINAMIDE), 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 (NICINAMIDE), 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.