

# LAROSA'S TEST PRODUCTS

## CAULIFLOWER WINGS AND CAULIFLOWER CRUST PIZZA

FALL 2023

### CAULIFLOWER WINGS

Menu Item	Serving Size (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)	Number Servings
Cauliflower Wings w/ Mild Buffalo Wing Sauce and Blue Cheese Dipping Sauce	355	760	49	8.0	0	25	2310	71	6	6	12	1
Cauliflower Wings w/ Mild Buffalo Wing Sauce and Ranch Dipping Sauce	355	680	41	6.0	0	25	2380	71	6	6	10	1

### CAULIFLOWER CRUST - Build your Custom Pizza with the values below CAL/SLICE 150-560 6 SERVINGS

Menu Item	Serving Size (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)	Number Servings
Crust - (no sauce or cheese) - Cauliflower Crust	per slice	90	2	0	0	0	198	19	1	0	2	6
Add for - Sauce Cauliflower Crust - Pizza Sauce	per slice	10	0	0	0	0	67	2	0	1	0	6
Add for - Sauce Cauliflower Crust - Pizza Sauce (add for extra)	per slice	15	1	1	0	3	40	0	0	0	1	6
Add for - Sauce Cauliflower Crust - Alfredo Sauce	per slice	20	2	1	0	4	85	1	<1	0	1	6
Add for - Sauce Cauliflower Crust - Alfredo Sauce (add for extra)	per slice	5	0	0	0	1	23	0	0	<1	0	6
Add for - Sauce Cauliflower Crust - BBQ Sauce	per slice	25	0	0	0	0	137	6	0	6	0	6
Add for - Sauce Cauliflower Crust - BBQ Sauce (add for extra)	per slice	5	0	0	0	0	38	2	0	2	0	6
Add for - Sauce Cauliflower Crust - Buttery Garlic Sauce	per slice	120	14	2	0	0	240	0	0	0	0	6
Add for - Sauce Cauliflower Crust - Buttery Garlic Sauce (add for extra)	per slice	35	4	1	0	0	68	0	0	0	0	6
Add for - Sauce Cauliflower Crust - Focaccia Sauce	per slice	10	0	0	0	0	67	2	0	1	0	6
Add for - Sauce Cauliflower Crust - Focaccia Sauce (add for extra)	per slice	5	0	0	0	0	19	1	<1	0	<1	6
Add for - Sauce Cauliflower Crust - Garlic Pesto Sauce	per slice	70	5	3	0	12	222	2	1	0	4	6
Add for - Sauce Cauliflower Crust - Garlic Pesto Sauce (add for extra)	per slice	20	2	1	0	3	63	1	0	0	1	6
Add for - Sauce Cauliflower Crust - Ranch Dressing as Sauce	per slice	60	6	1	0	6	143	1	0	1	0	6
Add for - Sauce Cauliflower Crust - Ranch Dressing as Sauce (add for extra)	per slice	15	2	0	0	2	40	<1	0	<1	0	6
Add for - Sauce Cauliflower Crust - Wing Sauce	per slice	35	3	1	0	0	253	<1	0	0	0	6
Add for - Sauce Cauliflower Crust - Wing Sauce (add for extra)	per slice	10	1	0	0	0	72	0	0	0	0	6
Add for - Sauce Cauliflower Crust - Buttery Garlic Sauce on Edge of Crust	per slice	5	1	0	0	0	13	0	0	0	0	6
Add for - Cheese Cauliflower Crust - Provolone	per slice	60	4	3	0	12	140	<1	0	0	4	6
Add for - Cheese Cauliflower Crust - Provolone (add for extra)	per slice	15	1	1	0	3	40	0	0	0	1	6
Add for - Cheese Cauliflower Crust - Four Cheese Blend	per slice	60	5	3	0	15	123	1	0	<1	4	6
Add for - Cheese Cauliflower Crust - Four Cheese Blend (add for extra)	per slice	15	1	1	0	4	35	<1	0	0	1	6
Add for - Cheese Cauliflower Crust - Plant-Based/Vegan Cheese	per slice	50	4	3	0	0	133	4	0	0	<1	6
Add for - Cheese Cauliflower Crust - Plant-Based/Vegan Cheese (add for extra)	per slice	15	1	1	0	0	38	1	0	0	0	6
Add for - Topping Cauliflower Crust - Anchovies	per slice	5	0	0	0	3	125	0	0	0	0	6
Add for - Topping Cauliflower Crust - Bacon	per slice	40	3	1	0	10	125	0	0	0	3	6
Add for - Topping Cauliflower Crust - Banana Pepper	per slice	0	0	0	0	0	75	0	0	0	0	6
Add for - Topping Cauliflower Crust - Black Olive	per slice	10	1	0	0	0	48	0	0	0	0	6
Add for - Topping Cauliflower Crust - Capocollo Ham	per slice	15	1	0	0	3	77	0	0	<1	1	6
Add for - Topping Cauliflower Crust - Chicken Breast Strips	per slice	10	0	0	0	7	37	0	0	<1	2	6
Add for - Topping Cauliflower Crust - Green Olive	per slice	15	1	0	0	0	140	0	0	0	0	6
Add for - Topping Cauliflower Crust - Green Pepper	per slice	0	0	0	0	0	0	0	<1	0	0	6
Add for - Topping Cauliflower Crust - Ground Beef	per slice	25	2	1	0	6	58	0	0	0	2	6
Add for - Topping Cauliflower Crust - Jalapenos	per slice	0	0	0	0	0	70	0	<1	0	0	6
Add for - Topping Cauliflower Crust - Meatballs	per slice	25	2	1	0	9	82	1	0	<1	2	6
Add for - Topping Cauliflower Crust - Mushroom	per slice	0	0	0	0	0	0	0	0	<1	0	6
Add for - Topping Cauliflower Crust - Pepperoni	per slice	20	2	1	0	5	57	<1	0	0	1	6
Add for - Topping Cauliflower Crust - Pickle Slices	per slice	0	0	0	0	0	245	0	0	0	0	6
Add for - Topping Cauliflower Crust - Pineapple Tidbits	per slice	10	0	0	0	0	0	2	0	2	<1	6
Add for - Topping Cauliflower Crust - Red Onion	per slice	5	0	0	0	0	0	1	<1	0	<1	6
Add for - Topping Cauliflower Crust - Roma Tomato	per slice	5	0	0	0	0	0	0	0	0	0	6
Add for - Topping Cauliflower Crust - Salami	per slice	15	1	0	0	4	63	<1	0	0	1	6
Add for - Topping Cauliflower Crust - Sausage	per slice	30	3	1	0	7	107	1	0	0	1	6
Add for - Topping Cauliflower Crust - Spicy Sausage	per slice	30	3	1	0	7	83	1	0	0	1	6
Add for - Topping Cauliflower Crust - Spinach	per slice	5	0	0	0	0	9	1	0	<1	1	6

### INGREDIENTS AND ALLERGENS

		EGG	FISH	MILK	PEANUT	SHELLFISH	SOY	TREE NUTS	WHEAT	SESAME
CAULIFLOWER WINGS	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 with FRYER VEGETABLE OIL	CANOLA OIL, SAFFLOWER OIL AND SUNFLOWER OIL, OR GRAPESEED OIL	X		X					X	
MILD BUFFALO WING SAUCE	WATER, BUTTER FLAVORED OIL (SOYBEAN OIL, HYDROGENATED SOYBEAN OIL, SALT, SUNFLOWER LECITHIN, ARTIFICIAL BUTTER FLAVOR, BETA CAROTENE (COLOR), YEAST EXTRACT), CAYENNE PEPPER SAUCE (AGED CAYENNE RED PEPPERS, DISTILLED VINEGAR, WATER, SALT, GARLIC POWDER), HOT SAUCE (DISTILLED VINEGAR, AGED CAYENNE RED PEPPERS, SALT, XANTHAN GUM, GARLIC POWDER), APPLE CIDER VINEGAR, SALT, WHEY PROTEIN CONCENTRATE, SPICES, CITRUS FIBER (DRIED ORANGE PULP, XANTHAN GUM), CAYENNE PEPPER, BUTTER BUDS [WHEY SOLIDS, ENZYME-MODIFIED BUTTER, MALTODEXTRIN, SALT, DEHYDRATED BUTTER, GUAR GUM, ANNATTO AND TURMERIC (COLOR)], SUGAR, PAPRIKA OLEORESIN, GARLIC PUREE (GARLIC, WATER), APPLE CIDER VINEGAR POWDER, GRANULATED GARLIC			X						
BLUE CHEESE DIPPING CUP	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	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						

# LAROSA'S TEST PRODUCTS

## CAULIFLOWER WINGS AND CAULIFLOWER CRUST PIZZA

FALL 2023

INGREDIENTS AND ALLERGENS	EGG	FISH	MILK	PEANUT	SHELLFISH	SOY	TREE NUTS	WHEAT	SESAME
RANCH DRESSING DIPPING CUP	X		X						
RANCH DRESSING	X		X						
CAULIFLOWER CRUST (available at select pizzerias)						may contain trace			
ALFREDO SAUCE			X						
ANCHOVIES		X							
BACON									
BANANA PEPPERS									
BARBECUE SAUCE (Montgomery Inn)									
BLACK OLIVES, SLICED									
CAPOCOLLA HAM									
CHICKEN BREAST STRIPS									
GARLIC SAUCE						X			
GARLIC SAUCE DIPPING CUP						X			
GREEN PEPPER STRIPS									
GREEN OLIVES, SLICED									
GROUND BEEF CRUMBLES									
JALAPENO PEPPERS									
MEATBALLS	X		X					X	
MILD BUFFALO WING SAUCE			X						

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## CAULIFLOWER WINGS AND CAULIFLOWER CRUST PIZZA

FALL 2023

INGREDIENTS AND ALLERGENS		EGG	FISH	MILK	PEANUT	SHELLFISH	SOY	TREE NUTS	WHEAT	SESAME
MUSHROOM SLICES	100% FRESH MUSHROOMS									
PEPPERONI	PORK, BEEF, SALT, SPICES, SUGAR, WATER, EXTRACTIVE OF PAPRIKA, NATURAL SMOKE FLAVOR, LACTIC ACID STARTER CULTURE, GARLIC POWDER, SODIUM NITRITE, ASCORBIC ACID, BHA, BHT, CITRIC ACID									
PICKLE SLICES	CUCUMBERS, WATER, VINEGAR, SALT, CALCIUM CHLORIDE (FIRMING AGENT), LACTIC ACID, NATURAL FLAVORS, SODIUM BENZOATE, AND TURMERIC									
PINEAPPLE	PINEAPPLE TIDBITS, WATER, SUGAR, CITRIC ACID AND ASCORBIC ACID (TO PROMOTE COLOR RETENTION)									
PIZZA SAUCE	WATER, TOMATO PASTE, SUGAR, SALT, SPICES, GARLIC POWDER & CITRIC ACID									
PLANT-BASED/VEGAN MOZZARELLA CHEESE	FILTERED WATER, COCONUT OIL, POTATO STARCH, TAPIOCA STARCH, SUNFLOWER OIL, SEA SALT, CALCIUM CITRATE, NATURAL FLAVOR (VEGAN SOURCES), CHICKPEA PROTEIN, KONJAC AND XANTHAN GUMS, POTATO PROTEIN, ANNATTO AND TURMERIC EXTRACTS (COLOR), POWDERED CELLULOSE ADDED TO PREVENT CAKING									
PROVOLONE CHEESE, SHREDDED	PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES, POTATO STARCH, POWDERED CELLULOSE ADDED TO PREVENT CAKING			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						
RED ONION	100% FRESH RED ONION									
ROMA TOMATOES	100% FRESH ROMA TOMATOES									
SALAMI GENOA	PORK, BEEF, SALT, CONTAINS 2% OR LESS CORN SYRUP SOLIDS, DEXTROSE, SUGAR, LACTIC ACID STARTER CULTURE, SODIUM ERYTHORBATE, NATURAL FLAVORING, SPICES, GARLIC POWDER, SODIUM NITRITE, BHA, BHT, CITRIC ACID									
SAUSAGE CRUMBLES	PORK, SALT, SPICES, WATER, CORN SYRUP SOLIDS, PAPRIKA, FLAVORING, DISODIUM INOSINATE AND DISODIUM GUANYLATE, BHA, BHT, PROPYL GALLATE									
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									
SPINACH	SPINACH									
FOCACCIA SAUCE										
PIZZA SAUCE	WATER, TOMATO PASTE, SUGAR, SALT, SPICES, GARLIC POWDER & CITRIC ACID									
GARLIC SAUCE	LIQUID MARGARINE (SOYBEAN AND HYDROGENATED SOYBEAN OIL, WATER, SALT, MONO AND DIGLYCERIDES, SOY LECITHIN, SODIUM BENZOATE, NATURAL AND ARTIFICIAL FLAVOR, BETA CAROTENE FOR COLOR, VITAMIN A PALMITATE), WATER, SALT, GARLIC POWDER, NATURAL FLAVOR, XANTHAN GUM, CITRIC ACID, SODIUM BISULFITE						X			
FOUR-CHEESE BLEND										
PROVOLONE CHEESE, SHREDDED	PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES, POTATO STARCH, POWDERED CELLULOSE ADDED TO PREVENT CAKING			X						
FRESH MOZZARELLA PEARLS	FRESH MOZZARELLA (PASTEURIZED COW'S MILK, VINEGAR, SALT, AND [MICROBIAL] ENZYMES)			X						
RICOTTA CHEESE	WHEY, MILK, VINEGAR AND XANTHAN GUM, LOCUST BEAN GUM, GUAR GUM (STABILIZERS)			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									
GARLIC PESTO SAUCE										
GARLIC SAUCE	LIQUID MARGARINE (SOYBEAN AND HYDROGENATED SOYBEAN OIL, WATER, SALT, MONO AND DIGLYCERIDES, SOY LECITHIN, SODIUM BENZOATE, NATURAL AND ARTIFICIAL FLAVOR, BETA CAROTENE FOR COLOR, VITAMIN A PALMITATE), WATER, SALT, GARLIC POWDER, NATURAL FLAVOR, XANTHAN GUM, CITRIC ACID, SODIUM BISULFITE						X			
PESTO	BASIL, CANOLA OIL, WATER, PARMESAN CHEESE (PASTEURIZED PART-SKIM COW'S 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 POWDER									
OREGANO	OREGANO									
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									

DURING THE TEST PERIOD, RECIPES AND/OR PORTIONS MAY CHANGE WITHOUT NOTICE, WHICH MAY AFFECT INGREDIENT LISTINGS AND/OR NUTRITION VALUES.

Nutritional values provided by a third party nutritionist. The information contained herein is accurate and correct to the best of our ability. Products may change without notice or be substituted by the supplier. 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?**

Some of our food items contain ingredients known to be common food allergens, all of our food items are prepared in a common kitchen and menu items may be cooked in the same oil as an item containing an allergen. Contact your health care professional if you have any questions relating to your specific circumstance.