



LAROSA'S NUTRITION FACTS

(Updated February 9, 2010)

(AVAILABLE ONLINE AT www.larosas.com – click on FAQ's and then Nutrition Facts)

Menu Item	Serving Size (g)	Calories	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Protein (g)
TRADITIONAL CRUST PIZZAS (one slice – Large 1/12, Medium 1/8 and Small 1/4)									
Small Cheese	67	180	9	4	20	260	17	1	8
Medium Cheese	76	200	10	5	20	300	19	1	9
Large Cheese	80	210	10	5	20	310	20	1	9
Small Double Pepperoni	79	230	14	7	30	410	17	1	10
Medium Double Pepperoni	94	280	16	8	40	500	20	1	13
Large Double Pepperoni	97	290	17	9	40	520	20	1	13
Small Big 4 Pick 4	84	207	11	4	24	390	17	1	10
Medium Big 4 Pick 4	100	238	12	5	28	444	20	1	11
Large Big 4 Pick 4	108	260	13	6	31	502	21	1	12
Small Big 4 Meat	90	250	14	6	35	591	17	1	13
Medium Big 4 Meat	104	286	16	6	40	666	20	1	15
Large Big 4 Meat	112	311	18	7	44	739	21	1	16
Small Big 4 Veggie	89	169	7	3	15	286	18	1	8
Medium Big 4 Veggie	106	198	8	4	18	344	21	2	10
Large Big 4 Veggie	114	212	9	4	20	374	22	2	10

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HAND TOSSED PIZZAS (one slice – Large and Medium 1/8 or Small 1/4)									
Small Cheese	86	208	7	3	15	484	27	1	9
Medium Cheese	96	230	8	4	18	545	29	1	10
Large Cheese	155	376	13	6	29	885	47	2	17
Small Double Pepperoni	97	255	11	5	26	640	27	1	12
Medium Double Pepperoni	111	298	14	6	34	764	29	1	14
Large Double Pepperoni	176	467	21	9	50	1188	47	2	22
Small Big 4 Pick 4	105	251	10	4	24	561	28	1	12
Medium Big 4 Pick 4	119	278	11	5	28	621	30	2	13
Large Big 4 Pick 4	195	461	19	8	47	1047	49	3	22
Small Big 4 Meat	111	294	13	6	35	762	27	1	15
Medium Big 4 Meat	124	326	15	6	40	844	29	1	17
Large Big 4 Meat	202	536	25	11	66	1401	48	2	28
Small Big 4 Veggie	110	213	6	3	15	457	28	2	10
Medium Big 4 Veggie	126	238	7	4	18	521	30	2	12
Large Big 4 Veggie	204	389	12	6	30	855	49	3	19

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PAN CRUST PIZZAS (one slice – Large and Medium 1/8 or Small 1/4)									
Small Cheese	69	220	13	4	15	270	19	1	7
Medium Cheese	105	300	16	6	20	420	30	1	10
Large Cheese	168	480	24	9	35	670	49	2	17
Small Double Pepperoni	79	260	17	6	25	400	19	1	9
Medium Double Pepperoni	121	370	22	9	40	620	30	1	14
Large Double Pepperoni	194	590	34	14	60	980	49	2	22
Small Big 4 Pick 4	90	208	9	4	24	570	20	1	10
Medium Big 4 Pick 4	121	275	11	5	28	744	30	2	13
Large Big 4 Pick 4	196	451	18	8	47	1235	48	3	21
Small Big 4 Meat	96	251	13	6	35	771	19	1	13
Medium Big 4 Meat	126	323	15	6	40	966	29	1	16
Large Big 4 Meat	203	526	24	11	66	1589	47	2	27
Small Big 4 Veggie	95	170	6	3	15	466	20	1	9
Medium Big 4 Veggie	128	235	7	3	18	644	30	2	11
Large Big 4 Veggie	206	415	16	6	30	627	49	3	18
FOCACCIA STYLE PIZZA (one slice – Large and Medium 1/8 or Small 1/4)									
Small Florentine (1/6)	55	150	9	2.5	5	200	13	1	4
Medium Florentine (1/10)	94	240	13	3.5	10	360	24	1	7
Large Florentine (1/12)	130	330	17	5	15	500	33	2	10
Small Roma (1/6)	54	180	12	3.5	15	260	13	1	5
Medium Roma (1/10)	94	300	18	6	25	480	23	1	10
Large Roma (1/12)	127	400	24	8	35	640	31	1	13

Menu Item	Serving Size (g)	Calories	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Protein (g)
PASTA DINNERS (values do not include garlic bread, soup, salad or dressing)									
Spaghetti or Ziti w/Traditional Sauce	546	640	12	1	0	1278	113	10	20
Spaghetti or Ziti w/Meat Sauce	546	698	18	5	30	692	104	10	26
Spaghetti or Ziti w/Alfredo Sauce	546	976	50	28	129	1546	104	4	24
Spaghetti & Meatballs	640	870	28	7	85	1988	119	11	35
Lasagna w/ Meat Sauce	599	735	38	18	128	2301	61	7	40
Meat Ravioli	496	621	22	6	110	1276	102	8	30
Cheese Ravioli	496	661	26	10	120	1656	80	6	30
Ziti Sausage Pelucci	624	766	20	4	28	1599	115	11	30
Ziti Chicken Alfredo	596	982	42	23	173	1871	102	4	44
Add Link Sausage w/Traditional Sauce	283	416	26	7	63	1594	21	5	25
Add Chicken Strips w/Traditional Sauce	283	284	10	1	80	1584	21	4	29
Add Meatballs (3) w/Traditional Sauce	264	381	23	7	85	1574	25	4	19
Tossed Salad – no dressing	205	163	9	4	20	457	10	3	9
Minestrone Soup	336	130	2	0.5	5	1470	22	3	5

Menu Item	Serving Size (g)	Calories	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Protein (g)
JUST RIGHT COMBO MEALS									
<i>(hoagy values do not include dressing, kitchen chips or pickle - pastas do not include garlic bread, soup, salad or dressing)</i>									
1/2 Original Steak Hoagy	161	364	18	8	43	508	33	2	20
1/2 Baked Buddy	124	333	14	7	48	996	31	1	20
1/2 Lasagna	300	368	19	9	64	1151	31	4	20
1/2 Ziti Chicken Alfredo	298	491	21	12	87	936	51	2	22
Sm Spag + 1 meatball	227	437	12	3	26	876	67	6	17
Small Salad-no dressing	163	155	9	4	20	457	10	3	9

Menu Item	Serving Size (g)	Calories	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Protein (g)
CALZONES <i>(whole calzone - values do not include dipping sauce)</i>									
Cheese	364	840	34	15	65	1520	101	5	34
Cheese & Pepperoni	375	960	45	21	100	1970	101	5	39
3 Meat & 3 Cheese	441	1080	55	24	120	2330	102	5	46
3 Veggie & 3 Cheese	438	860	34	15	65	1550	105	6	35
Sausage Pelucci Calzone	425	1042	52	20	128	2502	92	5	50
Philly Cheesesteak Calzone	348	872	39	15	111	1703	90	3	38
Philly Chicken Calzone	341	745	24	10	95	1845	90	3	40
Pizza Sauce Dipping Cup	57	50	2	0	0	250	7	1	1
Ranch Dipping Cup	42	230	24	4	10	420	2	0	1

Menu Item	Serving Size (g)	Calories	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Protein (g)
HOAGYS (values for recipes listed on our menu - do not include dressing, condiments, kitchen chips or pickle)									
Original Steak Hoagy	321	727	35	15	85	1015	65	3	39
Baked Buddy Hoagy	248	665	28	13	96	1992	62	2	39
Philly Steak Hoagy	263	621	25	8	95	1068	64	2	34
Philly Chicken Hoagy	264	451	4	0.5	80	1346	64	2	40
Meatball Hoagy	334	689	26	9	113	1839	77	4	36
Fillet of Haddock Hoagy	302	630	15	4	73	836	81	2	38
Link Sausage Hoagy	273	621	24	8	63	1210	64	3	36
Baked Royal Hoagy	254	601	22	10	79	1766	62	2	37
Chicken Italiano Hoagy	427	778	28	15	180	3769	65	3	68
Tuna Hoagy	273	588	20	4	112	1115	66	2	36
Turkey Hoagy	306	418	2	1	40	1586	66	3	15
INGREDIENTS AND DRESSINGS FOR HOAGYS									
Kitchen Chips	28	150	9	1	0	110	15	2	2
Provolone	28	103	7	4	23	261	1	0	7
Sharp White Cheddar	26	92	8	5	31	428	1	0	5
Tomato Slices	51	11	.2	0	0	5	2	.5	.5
Pickle Chips	39	5	0	0	0	330	1	0	0
Red Onion Slices	14	6	0	0	0	0	1	.25	0
Pizza Sauce	57	50	2	0	0	250	7	1	1
Italian Dressing	57	320	34	5	0	700	3	0	0
Mushroom Sauce	60	20	0	0	0	250	4	0	0
Mayonnaise	57	400	11	2	70	0	0	0	0
Tartar Sauce	57	260	24	3.5	15	380	11	0	1
Pesto Mayonnaise	74	290	26	4	15	500	15	1	2

Menu Item	Serving Size (g)	Calories	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Protein (g)
FRESH SALADS AND SOUP (values do not include garlic bread or dressing)									
Tossed Salad	205	163	9	4	20	457	10	3	9
JoJo's BLT Salad (w/dressing)	257	505	35	12	116	1891	9	2	39
Grilled Chicken Salad	318	296	12	4	100	1177	11	3	35
Antipasto for One	271	317	21	10	68	1285	12	3	19
Tuna Salad Plate	336	433	28	7	131	1053	16	3	31
Minestrone Soup	336	130	2	0.5	5	1470	22	3	5
Baked Onion Soup	272	304	16	5	17	3252	28	0.5	13

Menu Item	Serving Size (g)	Calories	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Protein (g)
SALAD DRESSING (one packet – 1.5oz)									
LaRosa's Italian	43	230	26	4	0	530	2	0	0
LaRosa's Creamy Garlic	43	250	26	4	5	390	3	0	1
Ranch	43	210	22	4	10	370	2	0	1
Blue Cheese	43	220	24	4	40	440	2	0	2
Caesar	29	160	17	3	30	240	1	0	1
Honey French	43	210	18	2.5	0	300	14	0	0
Fat Free Ranch	43	40	0	0	0	560	10	1	0
Fat Free Italian	43	20	0	0	0	600	4	0	0
Fat Free Honey Dijon	43	70	0	0	0	230	16	1	0
Thousand Island	43	220	21	3	30	360	7	0	0

Menu Item	Serving Size (g)	Calories	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Protein (g)
APPETIZERS (values do not include dipping sauces)									
Four Taste Sampler	669	1569	99	26	323	3975	82	3	83
Hot Wings (1 piece)	45	104	7	2	47	401	2	<1	8
Medium Wings (1 piece)	46	105	7	2	47	404	2	<1	8
Barbecue Wings (1 piece)	46	105	6	2	47	358	4	<1	9
Boneless Wings-Hot (1 piece)	40	78	5	1	7	304	6	<1	4
Boneless Wings-Med (1 piece)	41	80	5	1	7	308	5	<1	4
Boneless Wings-BBQ (1 piece)	40	75	3	1	7	312	8	<1	4
Cheesy Flatbread (1/4 total)	104	354	22	8	24	675	26	1	13
Chicken Tenders	243	541	31	6	75	1000	30	0	35
Mozzarella Cheese Sticks	181	636	43	17	60	1320	36	0	18
French Fry Basket	295	533	32	6	0	933	70	7	7
French Fry Basket w/ Prov	385	862	56	20	75	1773	73	7	31
Onion Twists (Regular)	207	462	27	5	0	415	48	2	7
Onion Twists (Large)	419	932	54	9	0	841	98	5	14
Seasoned Kitchen Chips (Reg)	170	433	26	7	0	479	47	6	4
Seasoned Kitchen Chips (Lg)	333	848	51	13	0	954	92	11	7
Pizza Sauce Dipping Cup	57	50	2	0	0	250	7	1	1
Garlic Sauce Dipping Sauce	51	360	40	11	0	460	0	0	0
Blue Cheese Dipping Cup	42	230	24	4	40	440	2	0	2
Ranch Dipping Cup	42	230	24	4	10	420	2	0	1
Diablo Sauce (2 oz cup)	64	206	15	3	19	694	17	0	0
Honey Mustard Dipping Sauce (2 oz cup)	60	280	26	4	20	320	12	0	0

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FRESH BAKED BREADS (values do not include dipping sauces)									
Breadsticks (5)	309	998	13	3	0	2826	190	5	35
Breadsticks w/Provolone (5)	389	1293	35	15	67	3576	193	5	56
Garlic Bread (2)	66	240	9	1.5	0	370	35	1	5
Garlic Bread w/Provolone (2)	104	390	21	9	35	630	35	1	16
Pizza Sauce Dipping Cup	57	50	2	0	0	250	7	1	1
Garlic Sauce Dipping Sauce	51	360	40	11	0	460	0	0	0
DESSERTS									
Italian Crème Cake	257	998	57	30	215	571	112	3	11
Hot Fudge Brownie (1/2 portion)	223	758	40	18	129	385	99	1	9
Pizza Frite (1/2 portion)	122	342	6	4	1	347	64	2	8
Graeter's Big Scoop cup	210	600	42	22	120	90	56	2	6
Fudge Brownie Dessert Mini	40	150	7	1.5	30	120	22	0	2
Blonde Brownie Dessert Mini	36	159	9	4	35	67	19	1	2
Raspberry Swirl Dessert Mini	62	185	13	8	54	123	15	<1	3
KID'S MEALS (values include all components of kid's meal)									
Smiley Pizza – Cheese	382	726	30	13	68	1363	79	4	32
Smiley Pizza – Pepperoni	396	796	36	16	85	1598	79	4	35
Spaghetti and Meatball	311	515	10	2	28	671	86	6	18
Chicken Tenders & Potatoes	299	492	26	7	30	792	49	3	16
Mac 'n Cheese	310	378	12	4	20	612	58	3	11
Cheese Sticks & Potatoes	286	536	28	12	30	1053	55	3	11

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.

The following information may be used to plan a balanced diet. Your individual nutritional requirements may be higher or lower depending on your calorie collected by computer U.S. Department of suppliers - Nutrition registered dietician and is ability – substitutions by franchisees may alter the item. If you have any food, please contact our Corporate Office at (513) 347-5660.

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

needs: Nutrition data is analysis of data from the Agriculture and our analysis is provided by a accurate to the best of our suppliers and/or nutritional values of any questions about LaRosa's