

# 2025 LAROSA'S FISH FRY

## (Limited Time Offer)

### 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
Fried 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 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)
Add for - Dining Room Cup - LaRosa's Italian	58	320	36	5	0	0	740	2	0	2	0
Add for - Dining Room Cup - LaRosa's Creamy Garlic	58	320	34	5	0	0	360	2	0	2	0
Add for - Dining Room Cup - Blue Cheese	56	260	28	5	0	20	420	2	0	2	2
Add for - Dining Room Cup - Honey French	64	280	26	4	0	0	460	14	0	14	0
Add for - Dining Room Cup - Dijon Honey Mustard	62	260	24	4	0	30	340	14	0	12	0
Add for - Dining Room Cup - Ranch	58	200	22	3	0	20	500	2	0	2	0
Add for - Dining Room Cup - Thousand Island	58	240	22	4	0	10	440	8	0	8	0
Add for - To-Go Packet - LaRosa's Italian	43	200	21	3	0	0	530	2	0	2	0
Add for - To-Go Packet - LaRosa's Creamy Garlic	43	240	26	4	0	5	270	2	0	1	1
Add for - To-Go Packet - Blue Cheese	43	200	21	4	0	15	320	2	0	1	1
Add for - To-Go Packet - Country French	43	190	15	3	0	0	300	13	0	12	0
Add for - To-Go Packet - Ranch	43	190	20	3	0	15	270	2	0	0	1
Add for - To-Go Packet - Ranch Lite	43	130	11	2	0	10	410	8	0	2	1
Add for - To-Go Packet - Thousand Island	43	190	18	3	0	20	350	6	0	6	0

INGREDIENT	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	SOYBEAN OIL, WATER, BLUE CHEESE ((CULTURED PASTEURIZED MILK, SALT, ENZYMES, PENICILLIUM ROQUEFORTI), NATAMYCN [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 PACKET	SOYBEAN OIL, WATER, BLUE CHEESE ((CULTURED PASTEURIZED MILK, SALT, ENZYMES, PENICILLIUM ROQUEFORTI), NATAMYCN [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						
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, MONO- DIGLYCERIDES, POTASSIUM IODATE, ASCORBIC ACID, L-CYSTEINE, CALCIUM PEROXIDE, ENZYMES								X	
COUNTRY FRENCH DRESSING	SOYBEAN OIL, SUGAR, WATER, DISTILLED VINEGAR, APPLE CIDER VINEGAR, TOMATO PASTE, HONEY, CONTAINS LESS THAN 2% OF SALT, PAPRIKA, MUSTARD FLOUR, XANTHAN GUM, ONION,* GARLIC,* BEETROOT JUICE CONCENTRATE, NATURAL FLAVOR *DRIED.									
COUNTRY FRENCH DRESSING PACKET	SOYBEAN OIL, SUGAR, WATER, DISTILLED VINEGAR, APPLE CIDER VINEGAR, HONEY, TOMATO PASTE, CONTAINS LESS THAN 2% OF SALT, PAPRIKA, MUSTARD FLOUR, XANTHAN GUM, ONION,* GARLIC,* BEETROOT JUICE POWDER (COLOR), NATURAL FLAVOR, CALCIUM DISODIUM EDTA (TO PROTECT FLAVOR) *DRIED.									
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						
CREAMY GARLIC DRESSING CUPS	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						
CROUTONS	ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), CANOLA AND/OR SUNFLOWER OIL, DEHYDRATED GARLIC, SALT, YEAST, WATER, NATURAL BUTTER FLAVOR (A MILK INGREDIENT), MALTED BARLEY FLOUR, CITRIC ACID AND/OR TOCOPHEROLS ADDED TO MAINTAIN FRESHNESS			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, 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	
HONEY DIJON MUSTARD DRESSING / DIPPING SAUCE	SOYBEAN OIL, HIGH FRUCTOSE CORN SYRUP, DISTILLED VINEGAR, WATER, DJON 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), SUGAR, DISTILLED VINEGAR, SALT, ONION POWDER, SPICES & NATURAL FLAVOR									
KETCHUP PACKET	TOMATO CONCENTRATE (MADE FROM RED RIPE TOMATOES), SUGAR, DISTILLED VINEGAR, SALT, ONION POWDER, SPICES & NATURAL FLAVOR									
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 LETTUCES									
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								
MINESTRONE 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 LNO SINATE / 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						
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						
RANCH DRESSING PACKET	SOYBEAN OIL, WATER, DISTILLED VINEGAR, EGG YOLK, BUTTERMILK SOLIDS, CONTAINS LESS THAN 2% OF SALT, SUGAR, LEMON JUICE CONCENTRATE, GARLIC * ONION,* XANTHAN GUM, SORBIC ACID (PRESERVATIVE), NATURAL FLAVOR, CREAM, SPICE, MALTODEXTRIN, WHEY, VINEGAR POWDER, BUTTERMILK, AUTOLYZED YEAST EXTRACT, MILK, SOUR CREAM POWDER, LACTIC ACID, CALCIUM DISODIUM EDTA (TO PROTECT FLAVOR), CITRIC ACID	X		X						

