

2024 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):

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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

