



# RomaCrunch™



SEASHORE FRUIT & PRODUCE CO.

Customer Service 609-345-3229

[www.SEASHOREEAST.com](http://www.SEASHOREEAST.com)



A true hybrid, **Mann's RomaCrunch™** lettuce combines the best of romaine and iceberg. Its leaves are green like romaine, with similar nutritional value, but the head is tight and compact like iceberg. An extra crisp texture and sweet flavor makes for an unbeatable taste experience. In addition to salad applications, it stands up well to heat and can be grilled or added to soups. Its whole leaves are a unique canoe-like shape and offer a perfect vessel for protein salads, grains, or even desserts.



*RomaCrunch Wedge*



### Features & Benefits

- More crunch in body of leaf than romaine lettuce; more green than iceberg
- Boat-shaped whole leaves offer unique size when used as cups
- Heat tolerant – perfect for lettuce cups, burgers and other hot sandwiches
- Crunchy sweet texture and flavor
- Year-round availability and menu planning

### Yield & Application

- Excellent alternative to romaine hearts
- Matches well with blue cheese, garlic, lemon, anchovies or parmesan
- Cut in half lengthwise, grill, then drizzle with vinaigrette
- Sweet flavor lends itself to the dessert plate – fill with mousse or pudding and top with fresh fruit for a unique presentation

| Nutrition Facts   |                           |
|---|---------------------------|
| Serving Size About 5 Leaves (85g)   |                           |
| Servings Per Container  |                           |
| Amount Per Serving  | As Served                 |
| <b>Calories 15</b>  | Calories From Fat 0       |
| % Daily Value   |                           |
| <b>Total Fat 0g</b>   | <b>0%</b>                 |
| Saturated Fat 0g  | 0%                        |
| Trans Fat 0g  |                           |
| <b>Cholesterol 0mg</b>  | <b>0%</b>                 |
| <b>Sodium 10mg</b>  | <b>0%</b>                 |
| <b>Total Carbohydrate 3g</b>  | <b>1%</b>                 |
| Dietary Fiber 2g  | 8%                        |
| Sugars 2g   |                           |
| <b>Protein 1g</b>   |                           |
| Vitamin A 4%  | Vitamin C 2%              |
| Calcium 2%  | Iron 4%                   |
| * Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: |                           |
| Calories: 2,000 2,500   |                           |
| Total Fat   | Less than 65g 80g         |
| Sat Fat   | Less than 20g 25g         |
| Cholesterol   | Less than 300mg 300mg     |
| Sodium  | Less than 2,400mg 2,400mg |
| Potassium   | 3,500mg 3,500mg           |
| Total Carbohydrate  | 300g 375g                 |
| Dietary Fiber   | 25g 30g                   |
| Calories per gram:  |                           |
| Fat 9 • Carbohydrate 4 • Protein 4  |                           |



Grilled RomaCrunch with Blue Cheese and Bacon



RomaCrunch Cup with Quinoa, Pomegranates and Orange



RomaCrunch with Lemon Pudding and Blackberries

### Pack Specifications

| ITEM                | PACK SIZE    | MANN'S CODE NO. | CARTON (L x W x H)    | CUBE  | TIE/HIGH | CARTONS/PALLET | NET WT. |
|---------------------|--------------|-----------------|-----------------------|-------|----------|----------------|---------|
| RomaCrunch™ Lettuce | 48 ct, liner | 00199           | 19.75 x 15.75 x 9.875 | 1.778 | 6/9      | 54             | 24 lbs  |

### Handling Information

- Refrigerate immediately upon delivery
- Store 34° F
- Keep dry
- Rotate first in, first out

### Recipes

Foodservice recipes available from Mann Packing Company, Inc. Marketing Department  
 1333 Schilling Place  
 Salinas, CA 93901-4552  
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