



A true hybrid, Mann's RomaCrunch® lettuce combines the best of romaine and iceberg. Its leaves are green like romaine, but the head is tight and compact like iceberg. An extra crisp texture and sweet flavor makes for an unbeatable taste experience.

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

servings per container
Serving size about 5 leaves (85g)

Amount per serving
Calories 15

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 10mg 0%

Total Carbohydrate 3g 1%

Dietary Fiber 1g 4%

Total Sugars 1g

Includes 0g Added Sugars 0%

Protein 1g

Vitamin D 1mg 6%

Calcium 19mg 2%

Iron 1mg 6%

Potassium 207mg 4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

PRODUCT SPECIFICATIONS

ITEM	PACK SIZE	MANN'S CODE NO.	CARTON SIZE (L x W x H)	CUBE	TIE/HIGH	CARTONS PALLET	NET WT.
RomaCrunch® Lettuce	48 ct, liner	00199	19.625 x 13.25 x 11.0	1.655	7/8	56	28 lbs
RomaCrunch® Lettuce	24 ct, liner	00202	19.875 x 13.25 x 8	1.219	10/7	70	14 lbs

HANDLING INFORMATION

- Refrigerate upon delivery
- Store at 34° F
- Keep dry
- Rotate first in, first out
- Shelf Life 16 days

FOODSERVICE RECIPES AVAILABLE

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