

SANDWICHES

grilled to order

lettuce, tomato, onion, mayo, served with fries, homemade chips, steamed veggies, fresh fruit, cole slaw or onion rings

"gluten friendly" bun .99¢

Substitute Sweet Potato Fries or Bleu Cheese Chips.....\$1.19

add applewood smoked bacon or sautéed mushrooms.....\$ 1.39

BURGERS

* **LOOP BURGER** \$7.99

WITH CHEESE- cheddar, swiss or bleu \$8.59

* **GREAT AMERICAN CHEESEBURGER** \$8.59

* **BACON CHEDDAR** \$9.69

* **MUSHROOM SWISS** \$9.69

BBQ BACON CHEDDAR w/grilled onions \$9.69

* **CAJUN & JACK CHEESE** w/honey mustard \$8.69

CHICKEN

CHICKEN TENDER PLATTER
with honey Dijon three: \$7.49 five: \$9.99

GRILLED CHICKEN & JACK CHEESE \$8.29

or Cheddar, Swiss or Bleu

MUSHROOM SWISS \$9.69

BBQ BACON CHEDDAR w/grilled onions \$9.49

CAJUN & JACK CHEESE w/honey \$8.39

LITE TERIYAKI CHICKEN w/grilled pineapple \$8.39

PESTO CHICKEN CIABATTA \$8.89
oven baked w/tomato sauce, melted mozzarella & asiago cheese

FISH

LITE CAJUN FISH WRAP \$9.49

cajun whitefish fillet wrapped in a wheat tortilla w/lite honey dijon dressing

GRILLED FISH \$9.49
grilled whitefish fillet w/ lemon pepper and dill mayo

* **GRILLED SALMON** w/lemon dill mayo \$10.99

* **GRILLED AHI TUNA** w/lemon dill mayo \$10.49

VEGETARIAN

LITE BLACK BEAN BURGER \$7.99
spicy w/lettuce, tomato, onion & low fat ranch

VEGGIE MELT CIABATTA \$8.99
grilled zucchini, squash, red onions, roasted red peppers,
calamata olives & portabello mushrooms w/ melted mozzarella and goat

PORTABELLO MELT \$8.99
w/grilled onions, garlic mayonnaise & jack cheese

GRILLED VEGETABLE SANDWICH \$8.99
grilled portabello, roasted red pepper, grilled onion, zucchini &
herbed goat cheese w/ balsamic vinaigrette dressing

LITTLE LOOPS

{12 and under... drink included}.....\$4.99

PIZZA • CHICKEN TENDERS
MAC N CHEESE • CHEESEBURGER
GRILLED CHEESE • HOT DOG

SALADS

ADD

CHICKEN: grilled, cajun or crispy... \$3.49
AHI TUNA, SALMON or WHITEFISH: grilled or cajun... \$5.99
FRESHLY BAKED FOCACCIA.....\$2.19 w/ tomato sauce \$3.19

WALNUT GORGONZOLA \$8.39
mixed greens, grape & sundried tomatoes, onion, croutons, tossed in balsamic vinaigrette

ASIAN CHICKEN \$8.69
romaine, cabbage, carrots, crunchy walnuts & noodles, tossed in peanut honey lime

CRUNCHY BROCCOLI \$8.39

romaine, grape tomatoes, crunchy walnuts & noodles, tossed in sweet red wine

GOAT CHEESE \$8.39
romaine, walnuts, dried cranberries, oranges, onion tossed in shallot

CAESAR WITH CHICKEN \$8.69

FETA MEDITERRANEAN \$8.39
mixed greens, artichoke, calamata olives, tomatoes, onion, croutons, tossed in balsamic vinaigrette

CRISPY CHICKEN \$8.99
romaine, grape tomatoes, onion, cheddar, croutons w/choice of

GARDEN WITH CHICKEN \$8.69
mixed greens, grape tomatoes, carrots, broccoli, onion, croutons w/choice of

KALE \$8.39
kale, walnuts, dried cranberries, sunflower seeds, red onion, carrots, cabbage,
croutons tossed in golden vinaigrette dressing

CAJUN CHICKEN \$8.69
mixed greens, red onion, grape tomatoes, croutons tossed in honey dijon

GRILLED VEGETABLE WITH COUSCOUS \$8.49
mixed greens, grilled zucchini, squash, onion, calamata olives, roasted
red peppers, grape tomatoes, croutons & crumbled goat cheese in balsamic vinaigrette

Dressing

CAESAR • BALSAMIC VINAIGRETTE • RANCH • BLEU CHEESE • HONEY DIJON
SHALLOT VINAIGRETTE • LITE ITALIAN • 1,000 ISLAND • FAT FREE RASPBERRY VINAIGRETTE
PEANUT HONEY LIME • SWEET RED WINE VINAIGRETTE • LOW FAT HONEY DIJON • LITE RANCH
GOLDEN VINAIGRETTE

SALAD WRAPS

an herb tortilla filled with our award-winning salads,
served with a cup of soup

\$8.49

ASIAN CHICKEN • CHICKEN CAESAR
CRISPY CHICKEN W/ RANCH • CHICKEN SALAD
CAJUN CHICKEN • MEDITERRANEAN CHICKEN

SOUPS

Cup \$3.99 Bowl \$4.99

ask about our
SOUP OF THE DAY

THE "ORIGINAL"
TOMATO BISQUE
WITH ASIAGO CROUTONS
contains bacon & cream

CROCK OF CREAMY FRENCH ONION
with melted swiss \$5.19

SIDES

BLEU CHEESE CHIPS \$4.59

ONION RINGS \$5.99

FRIES \$3.29

STEAMED VEGGIES \$2.99

SIDE CAESAR SALAD \$3.99

SIDE GARDEN SALAD \$3.99

HOMEMADE CHIPS \$2.99

FRESH FRUIT \$2.99

COLE SLAW \$2.99

SWEETS

HAND-DIPPED MALTS & SHAKES

\$4.69

Vanilla • Chocolate
Strawberry

Reese's • Butterfinger
Oreo • Mint Oreo

Fudge Brownie Sundae \$5.19

Cookie Sundae \$5.19

Chocolate Mousse Pie \$5.19

Ice Cream Loopwich \$5.19

Fresh Baked Cookies \$1.69

PIZZA PIES

TRADITIONAL

San Marzano Tomato Sauce

8 INCH : \$8.69

12 INCH: \$14.99

14 INCH : \$17.99

FIVE CHEESE
mozzarella, goat, parmesan, feta, bleu

MEAT MARKET
sausage, pepperoni, beef, smoked bacon

FARMERS MARKET
mushroom, green peppers, onions, black olives, artichoke

SPECIAL
sausage, pepperoni, onions, green pepper, mushroom

BUFFALO MOZZARELLA
with fresh basil

Build Your Own

8 INCH : \$ 5.69

12 INCH: \$10.89

14 INCH: \$12.99

Toppings:

8 INCH: 99¢ 12 INCH: \$1.59 14 INCH: \$1.99

ANCHOVY • ARTICHOKE • BEEF • BLACK OLIVES
CALAMATA OLIVES • CARAMELIZED ONION • CHICKEN

EXTRA CHEESE • GREEN PEPPER • HAM • JALAPEÑO

MUSHROOMS • ONIONS • PEPPERONI

PORTABELLO MUSHROOM

ROASTED GARLIC • PINEAPPLE • ROASTED RED PEPPER

SAUSAGE • SMOKED BACON • SAUTEED SPINACH

SUNDRIED TOMATOES • TOMATOES

PESTO BASED PIES

8 INCH : \$8.69

12 INCH: \$14.99

14 INCH : \$17.99

BBQ CHICKEN
roasted garlic, tomatoes, caramelized onions

ARTICHOKE & BACON
roasted garlic, calamata olives, portabello, tomatoes

SAUSAGE & GOAT CHEESE
sundried & roma tomatoes

SPICY CHICKEN CILANTRO
jalapeno, roasted garlic, caramelized onions, roasted red peppers, tomatoes

PORTABELLO & BACON
asiago, caramelized onions, tomatoes

MEDITERRANEAN
feta, fresh sautéed spinach, artichoke, calamata olives,

GRILLED VEGGIE
zucchini, squash, onion, portabello, calamata olives, roasted red pepper, tomatoes

BIANCO
pesto ricotta, sauteed spinach

LITE ARTICHOKE & RED PEPPER
with fresh Roma tomatoes and crushed red pepper flakes

LITE MARGHERITA
fresh marinated tomatoes and lots of basil

HOT DOGS

CHILI CHEESE DOG

All beef hot dog with red onions on a poppy seed bun \$6.69

CHICAGO DOG

All beef hot dog with relish, mustard, tomato, pickle,
sport pepper and celery salt on a poppy seed bun \$6.69