



The Loop Pizza Grill Nutritional Analysis

Nutritional Analysis provided by Nutritional Information Services (NIS), a company specializing in the creation and maintenance of nutritional information databases for the foodservice industry. Because all menu items at The Loop are prepared to order, actual nutrient values may vary slightly from those listed due to individual preparations. Variations may also occur due to differences in suppliers, ingredient substitutions, recipe revisions, product assembly at the restaurant, and/or the season of the year. Certain menu items may not be available at all locations.

Side Items	CALORIES	FAT (g)	SAT. FAT (g)	TRANS FAT(g)	CHOLESTERO L (mg)	SODIUM (mg)	CARBS (g)	FIBER (g)	SUGARS (g)	PROTEIN (g)
Bleu Cheese Chips	669.04	52.27	18.69	0	60.39	1911.28	30.76	2.57	0.52	19.16
Focaccia with Marinara (Serving Size: 1 slice)	95.5	3.44	1.03	0	4.17	230.56	13.1	1.3	1.45	3.49
French Fries (Side)	449.94	22.33	3.59	3.17	0	63.42	60.25	6.35	0	6.35
French Fries (with Sandwich)	236.81	11.75	1.89	1.67	0	33.38	31.71	3.34	0	3.34
Fruit Salad	70.94	0	0	0	0	16.55	18.92	1.18	17.73	0
Onion Rings (side)	541.32	11.49	2.03	0	0	1782.27	96.86	7.09	18.41	9.59
Onion Rings (with Sandwich)	362.68	7.7	1.36	0	0	1194.12	64.9	4.75	12.33	6.43
Steamed Broccoli	83.59	5.07	0.73	0	0	318.44	6.07	2.3	1.52	3.41
Steamed Veggies	55.36	3.1	0.46	0	0	302.74	4.9	1.94	1.16	1.97
Soups	CALORIES	FAT (g)	SAT. FAT (g)	TRANS FAT(g)	CHOLESTERO L (mg)	SODIUM (mg)	CARBS (g)	FIBER (g)	SUGARS (g)	PROTEIN (g)
Beef Pot Roast Soup, Bowl (Serving Size: 1 bowl)	200	6.25	3.13	0	37.5	1637.5	23.75	1.25	2.5	12.5
Beef Pot Roast Soup, Cup (Serving Size: 1 cups)	120	3.75	1.88	0	22.5	982.5	14.25	0.75	1.5	7.5
Black Bean Soup, Bowl (Serving Size: 1 bowl)	187.5	3.13	0	0	0	1128.13	32.5	11.25	3.75	8.75
Black Bean Soup, Cup (Serving Size: 1 cups)	112.5	1.88	0	0	0	676.88	19.5	6.75	2.25	5.25
Boston Clam Chowder, Bowl (Serving Size: 1 bowl)	262.5	11.25	7.5	0	56.25	1225	25	0	8.75	13.75
Boston Clam Chowder, Cup (Serving Size: 1 cups)	157.5	6.75	4.5	0	33.75	735	15	0	5.25	8.25
Broccoli Cheese Soup, Bowl (Serving Size: 1 bowl)	268.75	16.25	9.38	0	53.13	1450	17.5	0	9.38	10
Broccoli Cheese Soup, Cup (Serving Size: 1 cups)	161.25	9.75	5.63	0	31.88	870	10.5	0	5.63	6
Chicken and Dumpling Soup, Bowl (Serving Size: 1 bowl)	400	33.75	8.75	0	93.75	1012.5	17.5	2.5	2.5	7.5
Chicken and Dumpling Soup, Cup (Serving Size: 1 cups)	240	20.25	5.25	0	56.25	607.5	10.5	1.5	1.5	4.5
Chicken Enchilada Soup, Bowl (Serving Size: 1 bowl)	325	18.75	7.5	0	68.75	1562.5	23.75	5	7.5	16.25
Chicken Enchilada Soup, Cup (Serving Size: 1 cups)	195	11.25	4.5	0	41.25	937.5	14.25	3	4.5	9.75

SOUPS	CALORIES	FAT (g)	SAT. FAT (g)	TRANS FAT(g)	CHOLESTERO L (mg)	SODIUM (mg)	CARBS (g)	FIBER (g)	SUGARS (g)	PROTEIN (g)
Chicken Gumbo Soup, Bowl (Serving Size: 1 bowl)	125	5.63	1.88	0	25	1278.13	13.75	1.25	2.5	5
Chicken Gumbo Soup, Cup (Serving Size: 1 cups)	75	3.38	1.13	0	15	766.88	8.25	0.75	1.5	3
Chicken Noodle Soup, Bowl (Serving Size: 1 bowl)	150	4.38	1.25	0	75	1112.5	17.5	0	0	8.75
Chicken Noodle Soup, Cup (Serving Size: 1 cups)	90	2.63	0.75	0	45	667.5	10.5	0	0	5.25
Chili, Bowl (Serving Size: 1 bowl)	527.48	34.2	14.61	0	85.35	1326.7	27.28	6.73	8.31	26.25
Chili, Cup (Serving Size: 1 cups)	303.72	19.58	8.16	0	48.23	778.3	16.03	4	4.84	15.01
Creamy French Onion (Serving Size: 1 bowl)	330	30	18	1	105	1109	15	0	9	3
Creamy French Onion (Serving Size: 1 cup)	198	18	11	1	63	666	9	0	5	2
French Onion Soup, Bowl (Serving Size: 1 bowl)	100	4.38	0.63	0	0	1703.13	12.5	2.5	7.5	3.75
French Onion Soup, Cup (Serving Size: 1 cups)	60	2.63	0.38	0	0	1021.88	7.5	1.5	4.5	2.25
Italian Style Wedding Soup, Bowl (Serving Size: 1 bowl)	275	6.25	2.5	0	12.5	1478.13	43.75	2.5	0	11.25
Italian Style Wedding Soup, Cup (Serving Size: 1 cups)	165	3.75	1.5	0	7.5	886.88	26.25	1.5	0	6.75
Italian Sausage and Lentil, Bowl (Serving size 1 bowl)	210	9	3	0	30	660	21	6	6	12
Italian Sausage and Lentil, Cup (Serving size 1 cup)	126	5	2	0	18	396	13	4	4	7
Minestrone Soup, Bowl (Serving Size: 1 bowl)	100	1.25	0	0	0	1178.13	18.75	3.75	3.75	3.75
Minestrone Soup, Cup (Serving Size: 1 cups)	60	0.75	0	0	0	706.88	11.25	2.25	2.25	2.25
Mushroom and Brie Bisque, Bowl (Serving Size: 1 bowl)	262.5	17.5	11.25	0	56.25	1012.5	20	1.25	2.5	7.5
Mushroom and Brie Bisque, Cup (Serving Size: 1 cups)	157.5	10.5	6.75	0	33.75	607.5	12	0.75	1.5	4.5
Potato with Bacon Soup, Bowl (Serving Size: 1 bowl)	256.25	11.25	5	0	28.13	1425	30	1.25	9.38	10
Potato with Bacon Soup, Cup (Serving Size: 1 cups)	153.75	6.75	3	0	16.88	855	18	0.75	5.63	6
Shrimp and Black Bean Soup, Bowl (Serving Size: 1 bowl)	175	3.75	0.63	0	56.25	962.5	23.75	5	6.25	13.75
Shrimp and Black Bean Soup, Cup (Serving Size: 1 cups)	105	2.25	0.38	0	33.75	577.5	14.25	3	3.75	8.25
Tomato Bisque Soup, Bowl (Serving Size: 1 bowl)	356.78	11.98	3.18	0	12.5	2884.4	50.5	2.8	16.24	12.28
Tomato Bisque Soup, Cup (Serving Size: 1 cups)	200.89	6.24	1.59	0	6.25	1707.2	29.5	1.65	9.62	6.89
Twice Stuffed Baked Potato Soup, Bowl (Serving Size: 1 bowl)	412.5	25	13.75	0.63	68.75	1287.5	32.5	1.25	6.25	16.25
Twice Stuffed Baked Potato Soup, Cup (Serving Size: 1 cups)	247.5	15	8.25	0.38	41.25	772.5	19.5	0.75	3.75	9.75
Vegetarian Vegetable Soup, Bowl (Serving Size: 1 bowl)	100	0.63	0	0	0	1065.63	22.5	5	5	2.5
Vegetarian Vegetable Soup, Cup (Serving Size: 1 cups)	60	0.38	0	0	0	639.38	13.5	3	3	1.5

Salads, without Croutons or Dressing	CALORIES	FAT (g)	SAT. FAT (g)	TRANS FAT(g)	CHOLESTERO L (mg)	SODIUM (mg)	TOTAL CARBS (g)	FIBER (g)	SUGARS (g)	PROTEIN (g)
Asian Chicken Salad, Large, <u>without dressing</u>	325	15	2	0	58	771	15	5	5	27
Caesar Salad with Chicken, Large, <u>without Croutons or Dressing</u>	289.47	13.93	6.85	0	87.6	1060.17	4.93	3.1	1.69	36.73
Caesar Salad, Large, <u>without Croutons or Dressing</u>	149.4	9.42	6.06	0	30	552.07	4.65	3.02	1.69	13.75
Caesar Salad, Side, <u>without Croutons or Dressing</u>	80.58	4.8	3.04	0	15	278.45	3.25	2.11	1.18	7.23
Cajun Chicken Salad, <u>without Croutons or Dressing</u>	202.74	4.85	0.85	0	57.6	575.52	11.79	4.15	3.95	26.32
Crispy Chicken Salad, <u>without Croutons or Dressing</u>	499.52	31.49	9.88	0	59.79	946.96	29.71	5.12	10.33	24.26
Crunchy Broccoli Salad, <u>without Dressing</u>	376.61	26.55	2.73	0	0	249.73	17.96	7.22	4.86	9.72
Gorgonzola Walnut Salad, <u>without Croutons or Dressing</u>	477.12	32.53	9.99	0	33	614.6	21.13	8.72	7.31	17.71
Greek Salad, Large, <u>without Croutons or Dressing</u>	195.25	9.73	3.89	0	19.8	1093.07	17	4.58	3.99	10.11
House Salad with Chicken, <u>without Croutons or Dressing</u>	197.89	4.92	0.86	0	57.6	532.87	11.57	3.62	5.63	25.47
House Salad, Large, <u>without Croutons or Dressing</u>	60.42	0.43	0.07	0	0	26.78	11.76	3.76	5.86	2.64
House Salad, Side, <u>without Croutons or Dressing</u>	40.15	0.24	0.04	0	0	13.66	8.08	2.22	3.91	1.55
Walnut, Cranberry and Goat Cheese Salad, <u>without Dressing</u>	531.54	28.45	6.64	0	13.2	153.22	43.73	7.22	31	11.24
Salad Dressings	CALORIES	FAT (g)	SAT. FAT (g)	TRANS FAT(g)	CHOLESTERO L (mg)	SODIUM (mg)	CARBS (g)	FIBER (g)	SUGARS (g)	PROTEIN (g)
1000 Island (Serving Size: 2 fl oz)	220	22	4	0	30	440	8	0	6	0
Balsamic Vinaigrette (Serving Size: 2 fl oz)	339.94	36.83	3.4	0.28	0	283.29	2.27	0	1.7	0
Bleu Cheese (Serving Size: 2 fl oz)	217.31	22.41	5.4	0	9.72	299.55	2.46	0.04	0.5	2.72
Caesar (Serving Size: 2 fl oz)	319.62	34.17	4.8	0	4.97	341	1.21	0.07	0.37	1.18
Honey Dijon (Serving Size: 2 fl oz)	305.95	30.03	3.97	0.28	0	232.29	7.93	0.57	7.37	0.57
Honey Dijon, Fat Free (Serving Size: 2 fl oz)	90	0	0	0	0	560	20	0	12	2
Honey Lime Vinaigrette (Serving Size; 2 fl. oz.)	210	16	2	0	0	646	18	0	17	1
Light Italian (Serving Size: 2 fl oz)	80	4	0	0	0	700	10	0	8	0
Lite Ranch (Serving Size: 2 fl oz)	200	20	3	0	20	580	2	0	2	2
Lite Raspberry Vinaigrette (Serving Size: 2 fl oz)	160	14	2	0	0	250	6	0	4	0
Ranch (Serving Size: 3 fl oz)	333.96	34.52	6.95	0	6.57	693.33	6.03	0.17	2.27	2.06
Ranch (Serving Size: 2 fl oz)	222.64	23.01	4.63	0	4.38	462.22	4.02	0.11	1.51	1.37
Shallot Vinaigrette (Serving Size: 2 fl oz)	318.99	34.66	4.93	0	0	221.77	0.68	0.13	0.05	0.25
Sweet Red Wine Vinaigrette (Serving Size: 2 fl oz)	236.99	18.67	1.33	0	0	315.73	16.36	0.06	16	0.16

Entrees (Sides are not included)	CALORIES	FAT (g)	SAT. FAT (g)	TRANS FAT(g)	CHOLESTERO L (mg)	SODIUM (mg)	CARBS (g)	FIBER (g)	SUGARS (g)	PROTEIN (g)
Cajun Chicken	170.25	1.97	0.51	0	82.29	1003.77	3.19	1.06	0	33.33
Cajun Salmon	329.05	21.51	3.97	0	83.64	1628.86	3.64	1.23	0	28.87
Cajun Tuna	237.1	5.84	1.02	0	76.55	1135.82	3.51	1.15	0.06	40.4
Chicken Fingers	831.41	54.33	9.61	0	75	1875	47.5	5	12.5	37.5
Grilled Chicken	209.25	7.67	1.31	0	82.29	92.22	0	0	0	32.76
Salmon	314.86	21.3	3.93	0	83.64	717.31	0.45	0.17	0	28.3
Tuna	222.91	5.63	0.98	0	76.55	224.27	0.32	0.09	0.06	39.83
Sandwiches (Without any condiments such as mayonnaise, tartar sauce, etc.)	CALORIES	FAT (g)	SAT. FAT (g)	TRANS FAT(g)	CHOLESTERO L (mg)	SODIUM (mg)	CARBS (g)	FIBER (g)	SUGARS (g)	PROTEIN (g)
BBQ Grilled Chicken Sandwich (Serving Size: 1 sandwich)	683.35	22.26	8.69	0	122.29	1541.86	63.28	3.46	17.72	52
BBQ Grilled Chicken Sandwich, Without Bun (Serving Size: 1 sandwich)	463.35	17.26	7.69	0	122.29	1181.86	27.28	1.46	12.72	45
Black Bean Burger (Serving Size: 1 sandwich)	385.76	9.61	1.52	0	0	778	54.41	8.06	9.39	19.87
Black Bean Burger, Without Bun (Serving Size: 1 sandwich)	165.76	4.61	0.52	0	0	418	18.41	6.06	4.39	12.87
Cajun Chicken Wrap (Serving Size: 1 sandwich)	587.95	25.78	5.46	0.14	32.92	1356.14	64.27	7.13	10.13	22.67
Cajun Chicken Wrap, Without Wrap (Serving Size: 1 sandwich)	267.95	17.78	2.46	0.14	32.92	416.14	11.27	2.13	7.13	14.67
Cajun Fish Wrap (Yield: 1 sandwich)	382.83	9.27	2.45	0	35	1978.55	40.32	23.65	3.6	36.14
Cajun Fish Wrap, Without Wrap(Serving Size: 1 sandwich)	192.83	4.77	0.95	0	35	1378.55	11.32	2.65	3.6	28.14
Cajun Grilled Chicken Sandwich (Serving Size: 1 sandwich)	526.01	16.08	6.53	0	112.29	1551.77	44.6	4.12	7.39	48.2
Cajun Grilled Chicken Sandwich, Without Bun (Serving Size: 1 sandwich)	306.01	11.08	5.53	0	112.29	1191.77	8.6	2.12	2.39	41.2
Cajun Grilled Fish Sandwich (Serving Size: 1 sandwich)	439.13	13.71	2.51	0	35	1895.88	44.92	4.21	7.45	34.74
Cajun Grilled Fish Sandwich, Without Bun (Serving Size: 1 sandwich)	219.13	8.71	1.51	0	35	1535.88	8.92	2.21	2.45	27.74
Cajun Grilled Tuna Sandwich (Serving Size: 1 sandwich)	443.68	6.94	1.47	0	76.55	1342.49	44.6	4.12	7.39	48.21
Cajun Grilled Tuna Sandwich, Without Bun (Serving Size: 1 sandwich)	223.68	1.94	0.47	0	76.55	982.49	8.6	2.12	2.39	41.21
Cheddar Bacon Burger (Serving Size: 1 sandwich)	794.86	43.38	17.24	1.69	163.94	1045.15	41.41	3.06	7.39	53.94
Cheddar Bacon Burger, Without Bun (Serving Size: 1 sandwich)	574.86	38.38	16.24	1.69	163.94	685.15	5.41	1.06	2.39	46.94
Chicken Caesar Wrap (Serving Size: 1 sandwich)	631.61	32.33	8.87	0	50.4	1675.68	55.62	6.3	3.86	28.42
Chicken Caesar Wrap, Without Wrap (Serving Size: 1 sandwich)	311.61	24.33	5.87	0	50.4	735.68	2.62	1.3	0.86	20.42

Sandwiches (Without any condiments such as mayonnaise, tartar sauce, etc.)	CALORIES	FAT (g)	SAT. FAT (g)	TRANS FAT(g)	CHOLESTERO L (mg)	SODIUM (mg)	CARBS (g)	FIBER (g)	SUGARS (g)	PROTEIN (g)
Chicken Salad Wrap (Serving Size: 1 sandwich)	574.6	26.96	6.41	0	43.2	1452.27	56.26	5.59	3.62	25.61
Chicken Salad Wrap, Without Wrap (Serving Size: 1 sandwich)	254.6	18.96	3.41	0	43.2	512.27	3.26	0.59	0.62	17.61
Grilled Chicken Sandwich (Serving Size: 1 sandwich)	567.32	21.8	7.33	0	112.29	1273.89	41.86	3.23	7.39	47.72
Grilled Chicken Sandwich, Without Bun (Serving Size: 1 sandwich)	347.32	16.8	6.33	0	112.29	913.89	5.86	1.23	2.39	40.72
Grilled Fish Sandwich (Serving Size: 1 sandwich)	449.39	13.64	2.49	0	35	993.91	48.22	6.28	8.1	35.04
Grilled Fish Sandwich, Without Bun (Serving Size: 1 sandwich)	229.39	8.64	1.49	0	35	633.91	12.22	4.28	3.1	28.04
Grilled Teriyaki Chicken Sandwich (Serving Size: 1 sandwich)	475.13	6.87	1.49	0	82.29	462.17	59.81	3.46	24.19	40.63
Grilled Teriyaki Chicken Sandwich, Without Bun (Serving Size: 1 sandwich)	255.13	1.87	0.49	0	82.29	102.17	23.81	1.46	19.19	33.63
Grilled Tuna Sandwich (Serving Size: 1 sandwich)	468.67	10.74	2	0	76.55	592.27	41.73	3.15	7.45	47.69
Grilled Tuna Sandwich, Without Bun (Serving Size: 1 sandwich)	248.67	5.74	1	0	76.55	232.27	5.73	1.15	2.45	40.69
Grilled Veggie Ciabatta (Serving Size: 1 sandwich)	399	42	6	0	22	1252	46	3	3	18
Hot Dog, Chicago (Serving Size: 1 sandwich)	429.55	26.5	10.04	1	45	1495.41	34.08	0.88	4.27	12.91
Hot Dog, Chicago, Without Bun (Serving Size: 1 sandwich)	279.55	22.5	9.04	1	45	1235.41	10.08	0.88	1.27	8.91
Hot Dog, Chili Cheese (Serving Size: 1 sandwich)	591.02	40.37	17.7	1	85.9	1406.59	32.65	1.47	5.17	22.99
Hot Dog, Chili Cheese, Without Bun (Serving Size: 1 sandwich)	441.02	36.37	16.7	1	85.9	1146.59	8.65	1.47	2.17	18.99
Hot Dog, Plain (Serving Size: 1 sandwich)	390	26	10	1	45	1000	26	0	3	12
Hot Dog, Plain, Without Bun (Serving Size: 1 sandwich)	240	22	9	1	45	740	2	0	0	8
Loop Burger (Serving Size: 1 sandwich)	614.86	29.38	10.24	1.69	123.94	470.15	41.41	3.06	7.39	42.94
Loop Burger, Without Bun (Serving Size: 1 sandwich)	394.86	24.38	9.24	1.69	123.94	110.15	5.41	1.06	2.39	35.94
Loop N Bleu Burger (Serving Size: 1 sandwich)	714.86	37.38	15.24	1.69	148.94	730.15	41.41	3.06	7.39	49.94
Loop N Bleu Burger, Without Bun (Serving Size: 1 sandwich)	494.86	32.38	14.24	1.69	148.94	370.15	5.41	1.06	2.39	42.94
Loop N Cheese Burger (Serving Size: 1 sandwich)	704.86	36.38	14.24	1.69	143.94	605.15	41.41	3.06	7.39	47.94
Loop N Cheese Burger, Without Bun (Serving Size: 1 sandwich)	484.86	31.38	13.24	1.69	143.94	245.15	5.41	1.06	2.39	40.94
Loop N Swiss Burger (Serving Size: 1 sandwich)	697.57	36.15	14	1.69	146.5	567.89	41.41	3.06	7.39	48.96
Loop N Swiss Burger, Without Bun (Serving Size: 1 sandwich)	477.57	31.15	13	1.69	146.5	207.89	5.41	1.06	2.39	41.96
Pesto Chicken Ciabatta (Serving Size: 1 sandwich)	570	22	11	0	95	1701	45	2	3	46
Portobello Mushroom Sandwich (Serving Size: 1 sandwich)	337.01	10.64	1.81	0	0	2372.32	48.79	5.63	9.18	10.83
Portobello Mushroom Sandwich, Without Bun (Serving Size: 1 sandwich)	117.01	5.64	0.81	0	0	2012.32	12.79	3.63	4.18	3.83
Sauteed Mushrooms, for Sandwiches (Serving Size: 1 serving)	46.09	2.88	0.42	0	0	734.89	2.79	0.82	1.26	2.26
Veggie Melt Focaccia (Serving Size: 1 sandwich)	633.41	29.89	12.7	0	59.59	1799.95	67.45	4.21	4.61	27.17

Specialty Pizzas	CALORIES	FAT (g)	SAT. FAT (g)	TRANS FAT(g)	CHOLESTERO L (mg)	SODIUM (mg)	CARBS (g)	FIBER (g)	SUGARS (g)	PROTEIN (g)
Pizza, Specialty, Artichoke, Medium (Serving Size: 1 slice)	275.79	13.18	5.28	0.01	27.07	1028.68	23.86	1.91	1.97	15.7
Pizza, Specialty, Barbeque, Medium (Serving Size: 1 slice)	284.16	11.19	4.83	0.01	25.07	1107.59	31.06	2.05	5.27	15.47
Pizza, Specialty, Bianco, Medium (Serving Size: 1 slice)	237.68	11.36	6.05	0	31.1	816.11	19.98	1.41	1.5	14.44
Pizza, Specialty, California, Medium (Serving Size: 1 slice)	194.01	8.31	4.41	0.01	19.57	652.95	18.55	1.23	1.42	12.08
Pizza, Specialty, Cilantro, Medium (Serving Size: 1 slice)	275.15	11.2	4.83	0.01	25.07	1106.63	28.45	2.21	4.17	15.61
Pizza, Specialty, Giardino, Medium (Serving Size: 1 slice)	230.53	9.99	4.48	0	19.41	1074.85	21.89	2.04	3.04	13.04
Pizza, Specialty, Grilled Mushroom, Medium (Serving Size: 1 slice)	269.87	13.02	6.09	0.01	32.58	1191.54	22.28	1.72	3.21	16.66
Pizza, Specialty, Margherita, Medium (Serving Size: 1 slice)	212.81	9.54	4.62	0	19.41	807.86	20.19	1.74	2.48	12.39
Pizza, Specialty, Mediterranean, Medium (Serving Size: 1 slice)	239.99	11.07	5.48	0	24.42	949.18	21.12	1.95	1.64	14.5
Pizza, Specialty, Rustica, Medium (Serving Size: 1 slice)	273.79	14.65	6.96	0	42.82	966.61	18.34	1.09	1.11	17.44
Pizza, Specialty, Sausage and Goat Cheese, Medium (Serving Size: 1 slice)	255.8	12.48	6.41	0.01	30.43	797.4	19.47	1.48	1.76	15.09
Pizza, Specialty, Veggie, Medium (Serving Size: 1 slice)	233.63	10.82	4.76	0.01	19.57	923.09	21.85	2.08	2.63	12.78
Thick Crust Pizza, Medium (Serving Size: 1 slice)										
Thick Crust, Medium, 1 slice cheese pizza	385.48	14.02	5.81	0	25.68	967.98	48.57	0.36	2.48	19.53
with Anchovies add:	7.1	0.36	0	0	3.55	217.54	0	0	0	0.71
with Artichokes add	2.99	0	0	0	0	43.51	0.51	0.26	0.17	0.17
with Asiago Cheese add:	36.85	3.02	1.68	0	8.38	110.55	0.67	0	0.67	2.35
with Bacon add:	40.2	2.68	0.67	0	11.39	190.95	0	0	0	3.35
with Black Olives add:	16.75	1.34	0	0	0	100.5	0	0	0	0
with Carmelized Onions add:	28.09	0.63	0.08	0	0	356.41	5.16	0.55	2.03	0.43
with Extra Cheese add	29.31	1.93	1.26	0	5.65	67	0.34	0	0.12	2.56
with Chicken add:	20.02	0.64	0.11	0	8.23	72.59	0.05	0.02	0	3.29
with Goat Cheese add:	20	1.26	0.88	0	2.5	26.26	0	0	0	0.76
with Sausage add:	47.51	3.75	1.25	0	11.25	152.51	0.51	0	0	2.75
with Green Peppers add:	12.66	0.69	0.11	0	0	132.01	1.37	0.5	0.69	0.25
with Ground Beef add:	51.97	4.38	1.79	0	12.51	89.04	0.03	0	0	3.04
with Ham add:	12.86	0.43	0.32	0	6.43	137.14	0.21	0	0.21	1.93
with Jalapenos add:	0.2	0	0	0	0	0.01	0.04	0.02	0.02	0.01
with Kalamata Olives add	15.08	1.34	0.17	0	0	90.45	0.67	0	0	0
with Extra Pizza Sauce add:	2.37	0.12	0	0	0	20.82	0.33	0.09	0.19	0.05
with Marinated Tomatoes add:	26.86	1.85	0.27	0	0	137.46	2.06	0.63	1.31	0.48
with Pepperoni add:	26.26	2.44	1.13	0	6.56	88.13	0	0	0	0.94
with Portobello Mushrooms add:	4.96	0.27	0.05	0	0	90.86	0.44	0.15	0.11	0.18
with Ricotta Cheese add:	44.5	3.12	2.01	0	15.58	106.8	1.34	0	0.89	2.67
with Roasted Garlic Cloves add:	27.24	1.41	0.2	0	0	1.56	3.05	0.2	0.09	0.59
with Roasted Red Peppers add:	5.4	0	0	0	0	55.83	0.91	0.19	0.72	0.19
with Sliced Roma Tomatoes add	4.64	0.04	0.01	0	0	1.07	0.87	0.25	0.58	0.2
with Sauteed Mushrooms add:	22.33	1.43	0.2	0	0	362.04	1.24	0.37	0.59	1.11
with Sauteed Spinach add:	27.57	1.97	0.28	0	0	112.1	1.55	0.53	0.11	0.71
with Sun Dried Tomatoes add:	8.8	0	0	0	0	19.81	1.53	0.66	0.87	0.45
with Grilled Vegetables add:	54.23	3.67	0.53	0	0	364.3	4.36	1.35	1.22	0.95
with Sauteed Onions add:	40.55	0.61	0.07	0	0	213.62	8.05	0.91	3.42	0.71

Thin Crust Pizza, Medium (Serving Size: 1 slice)										
Thin Crust, Medium, 1 Slice cheese pizza	176.93	7.06	4.27	0	624.21	17.45	0.9	0.73	11.74	
with Anchovies add:	7.1	0.36	0	0	3.55	217.54	0	0	0	0.71
with Artichokes add	2.99	0	0	0	0	43.51	0.51	0.26	0.17	0.17
with Asiago Cheese add:	36.85	3.02	1.68	0	8.38	110.55	0.67	0	0.67	2.35
with Bacon add:	40.2	2.68	0.67	0	11.39	190.95	0	0	0	3.35
with Black Olives add:	11	0.88	0	0	0	66	0	0	0	0
with Carmelized Onions add:	28.09	0.63	0.08	0	0	356.41	5.16	0.55	2.03	0.43
with Extra Cheese add	29.31	1.93	1.26	0	5.65	67	0.34	0	0.12	2.56
with Chicken add:	20.02	0.64	0.11	0	8.23	72.59	0.05	0.02	0	3.29
with Goat Cheese add:	20	1.26	0.88	0	2.5	26.26	0	0	0	0.76
with Sausage add:	42.28	3.34	1.11	0	10.01	135.73	0.45	0	0	2.45
with Green Peppers add:	9.53	0.52	0.08	0	0	99.38	1.03	0.38	0.52	0.19
with Ground Beef add:	39.12	3.3	1.35	0	9.42	67.03	0.02	0	0	2.29
with Ham add:	9.29	0.31	0.23	0	4.64	99.06	0.15	0	0.15	1.39
with Jalapenos add:	0.2	0	0	0	0	0.01	0.04	0.02	0.02	0.01
with Kalamata Olives add	9.9	0.88	0.11	0	0	59.4	0.44	0	0	0
with Extra Pizza Sauce add:	2.37	0.12	0	0	0	20.82	0.33	0.09	0.19	0.05
with Marinated Tomatoes add:	17.86	1.23	0.18	0	0	91.41	1.37	0.42	0.87	0.32
with Pepperoni add:	18.97	1.76	0.82	0	4.74	63.66	0	0	0	0.68
with Portobello Mushrooms add:	4.96	0.27	0.05	0	0	90.86	0.44	0.15	0.11	0.18
with Ricotta Cheese add:	44.5	3.12	2.01	0	15.58	106.8	1.34	0	0.89	2.67
with Roasted Garlic Cloves add:	27.24	1.41	0.2	0	0	1.56	3.05	0.2	0.09	0.59
with Roasted Red Peppers add:	5.4	0	0	0	0	55.83	0.91	0.19	0.72	0.19
with Sliced Roma Tomatoes add	3.87	0.03	0.01	0	0	0.89	0.73	0.21	0.48	0.17
with Sauteed Mushrooms add:	19.87	1.27	0.18	0	0	322.22	1.1	0.33	0.53	0.99
with Sauteed Spinach add:	27.57	1.97	0.28	0	0	112.1	1.55	0.53	0.11	0.71
with Sun Dried Tomatoes add:	6.6	0	0	0	0	14.86	1.15	0.5	0.65	0.34
with Grilled Vegetables add:	36.06	2.44	0.35	0	0	242.26	2.9	0.9	0.81	0.63
with Sauteed Onions add:	30.53	0.46	0.05	0	0	160.82	6.06	0.69	2.57	0.53

Kids Menu (Does not include side items)	CALORIES	FAT (g)	SAT. FAT (g)	TRANS FAT(g)	CHOLESTERO L (mg)	SODIUM (mg)	CARBS (g)	FIBER (g)	SUGARS (g)	PROTEIN (g)
Kids Burger (Serving Size: 1 sandwich)	411.64	18.59	6.95	0.63	58.72	660.09	36.67	2.3	5.19	22.91
Kids Chicken Fingers (Serving Size: 1 serving)	502.85	32.64	5.78	0	45	1132	29.17	3.3	7.69	22.83
Kids Fries (Serving Size: 1 serving)	189.45	9.4	1.51	1.34	0	26.71	25.37	2.67	0	2.67
Kids Grilled Cheese (Serving Size: 1 sandwich)	433.33	15.67	5	0	25	1175	62	2	2	15
Kids Mac N Cheese (Serving Size: 1 serving)	340	11	3	0	25	830	48	2	11	12
Kids Hot Dog (Serving Size: 1 sandwich)	390	26	10	1	45	1000	26	0	3	12
Beverages	CALORIES	FAT (g)	SAT. FAT (g)	TRANS FAT(g)	CHOLESTERO L (mg)	SODIUM (mg)	CARBS (g)	Y FIBER	SUGARS (g)	PROTEIN (g)
Coke (Serving Size: 14.40 fl oz)	176.4	0	0	0	0	115.2	46.8	0	46.8	0
Diet Coke (Serving Size: 14.40 fl oz)	0	0	0	0	0	18	0	0	0	0
Light Lemonade (Serving Size: 14.40 fl oz)	9	0	0	0	0	9	1.8	0	0	0
Pink Lemonade (Serving Size: 14.40 fl oz)	172.8	0	0	0	0	73.8	43.2	0	43.2	0
Root Beer (Serving Size: 14.40 fl oz)	199.8	0	0	0	0	43.2	54	0	54	0
Sprite (Serving Size: 14.40 fl oz)	174.6	0	0	0	0	39.6	46.8	0	46.8	0

Condiments	CALORIES	FAT (g)	SAT. FAT (g)	TRANS FAT(g)	CHOLESTERO L (mg)	SODIUM (mg)	CARBS (g)	Y FIBER	SUGARS (g)	PROTEIN (g)
Asiago Croutons (1 crouton)	65.89	1.59	0	6.25	117.2	4	0.15	0.62	2.39	
A-1 Steak Sauce (Serving Size: 1 tbsp)	15	0	0	0	0	280	3	0	2	0
Cholula Hot Sauce (Serving Size: 1 tsps)	0	0	0	0	0	19.99	0	0	0	0
Crackers, Melba Snacks (Serving Size: 1 pack)	20	0.17	0	0	0	31.67	4	0	0	0.67
Crackers, Premium Gold (Serving Size: 1 pack)	30	1.33	0.33	0	0	50	4	0	0.33	0.33
Crackers, Sesame Bread Wafers (Serving Size: 1 pack)	45	2.5	0	0	0	80	5	0	0	1
Crackers, Sesame Breadsticks (Serving Size: 1 pack)	35	1.5	0	0	0	40	5	0	0	1
Croutons (Serving Size: 0.50 cups)	111.83	7.52	1	0	0	270.3	9.78	0.42	0.37	1.75
Croutons (Serving Size: 0.33 cups)	73.81	4.96	0.66	0	0	178.4	6.45	0.28	0.24	1.16
Dipping Sauce for Onion Rings(Serving Size: 3 fl oz)	431.94	45.12	8.57	0	3.83	585.79	7.87	0.24	2.83	1.44
Garlic Mayonnaise (Serving Size: 2 fl oz)	320.86	32.05	5.72	0	0	189.79	8.75	0.44	0.18	1.17
Grey Poupon Mustard (Serving Size: 1 tsps)	7.3	0.42	0.02	0	0	119.09	0.42	0.18	0.11	0.38
Heinz 57 Steak Sauce (Serving Size: 1 tbsp)	20	0	0	0	0	190	4	0	4	0
Ketchup (Serving Size: 2 fl oz)	68.72	0.07	0.01	0	0	760.31	16.01	1.16	16	1.02
Lemon Dill Mayonnaise (Serving Size: 1.50 fl oz)	278.75	30.47	5.54	0	0	195.36	3.13	0.03	0.04	0.05
Louisiana Hot Sauce (Serving Size: 1 tsps)	1.3	0.01	0	0	0	230.63	0.26	0.03	0.15	0.04
Mayonnaise (Serving Size: 1 tbsp)	100	11	2	0	0	70	1	0	0	0
Mustard (Serving Size: 1 tsps)	3.45	0.15	0.01	0	0	53.17	0.32	0.15	0.03	0.2
Oyster Crackers (Serving Size: 1 package)	60	2	0	0	0	140	10	0	0	1
Tartar Sauce (Serving Size: 2 fl oz)	215.94	22.35	4.02	0	0	338.15	4.62	0.31	0.22	0.39

Desserts	CALORIES	FAT (g)	SAT. FAT (g)	TRANS FAT(g)	CHOLESTEROL (mg)	SODIUM (mg)	TOTAL CARBS (g)	DIETARY FIBER (g)	SUGARS (g)	PROTEIN (g)
Brownie (Serving Size: 1 brownie)	400	17	7	0	65	220	59	2	36	4
Carrot Cake (Serving Size: 1 piece)	980	67	24	1	160	960	87	3	61	8
Cheesecake (Serving Size: 1 piece)	520	37	20	1	145	410	39	0	25	8
Chocolate Cake (Serving Size: 1 piece)	830	46	22	0	95	580	93	6	59	11
Cookie, Chocolate Chip (Serving Size: 1 cookie)	370	17	4.5	4.5	20	290	51	2	30	5
Cookie, Chocolate Chunk (Serving Size: 1 cookie)	370	18	5	4.5	20	290	49	2	29	5
Cookie, Chocolate Chunk, Large (Serving Size: 1 cookie)	630	29	14	3.5	25	550	86	3	49	7
Cookie, Oatmeal Raisin (Serving Size: 1 cookie)	220	8	1.5	2.5	15	180	33	2	18	4
Cookie, Peanut Butter (Serving Size: 1 cookie)	405	24	3.75	5.25	22.5	315	42	1.5	22.5	7.5
Cookie, White Chocolate Macadamia Nut (Serving Size: 1 cookie)	390	20	5	4	20	280	48	1	30	5
Creme Brulee Cheesecake (Serving Size: 1 slice)	630	46	26	1.5	295	330	45	0	32	8
Key Lime Pie (Serving Size: 1 slice)	580	37	18	0.5	210	230	53	1	41	8
Marble Cheesecake (Serving Size: 1 slice)	670	47	28	1	155	480	51	2	37	10
Tiramisu (Serving Size: 1 slice)	490	31	17	0.5	145	85	47	1	30	6
Milkshakes	CALORIES	FAT (g)	SAT. FAT (g)	TRANS FAT(g)	CHOLESTEROL (mg)	SODIUM (mg)	TOTAL CARBS (g)	DIETARY FIBER (g)	SUGARS (g)	PROTEIN (g)
Butterfinger	1295.34	64.47	40.87	0	148.46	621.81	174.37	0	120.67	18.98
Chocolate	1000.34	44.22	29.62	0	148.46	404.31	141.37	0	104.67	14.48
Oreo	1300.34	56.72	33.37	0	148.46	769.31	187.37	0.5	131.17	17.48
Strawberry	875.34	44.22	29.62	0	148.46	374.31	112.37	1.5	84.17	14.48
Vanilla	819.09	45.22	30.25	0	152.84	389.31	94.87	0	68.05	15.48