

The Loop Pizza Grill Menu Analysis

Nutritional Analysis provided by Nutritional Information Services (NIS), a company specializing in the creation & maintenance of nutritional information databases for the foodservice industry.

Because Menu Items are prepared to order, actual nutrient values may vary slightly than those listed, due to individual preparations.

Variations may also occur, due to differences in supplier ingredients. All menu items are not available at all locations.

Soups	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Broccoli Cheese Soup, Bowl (1 bowl)	231	124	14	8	0	41	1200	18	1	9	10
Broccoli Cheese Soup, Cup (1 cup)	139	74	8	5	0	24	720	11	1	6	6
Chicken Enchilada Soup, Bowl (1 bowl)	325	169	19	8	0	63	1288	25	6	6	11
Chicken Enchilada Soup, Cup (1 cup)	195	101	11	5	0	38	773	15	4	4	7
Chicken Gumbo Soup, Bowl (1 bowl)	125	51	6	2	0	19	1278	14	1	3	4
Chicken Gumbo Soup, Cup (1 cup)	75	30	3	1	0	11	767	8	1	2	2
Chicken and Dumpling Soup, Bowl (1 bowl)	475	225	25	6	0	100	2650	48	3	10	18
Chicken and Dumpling Soup, Cup (1 cup)	285	135	15	4	0	60	1590	29	2	6	11
Chili, Bowl (1 bowl)	487	259	29	12	0	98	1343	21	7	4	33
Chili, Cup (1 cup)	278	145	16	6	0	55	785	13	4	3	19
Coastal Crab and Sweet Corn Chowder, Bowl (1 bowl)	475	225	25	15	0	88	2825	48	5	5	15
Coastal Crab and Sweet Corn Chowder, Cup (1 cup)	285	135	15	9	0	53	1695	29	3	3	9
Creamy French Onion Soup (1 bowl)	334	242	27	15	0	92	708	10	0	5	12

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Fire Roasted Vegetable Soup, Bowl (1 bowl)	175	45	5	0	0	0	2800	25	3	10	5
Fire Roasted Vegetable Soup, Cup (1 cup)	105	27	3	0	0	0	1680	15	2	6	3
Minestrone Soup, Bowl (1 bowl)	100	11	1	0	0	0	991	19	3	5	4
Minestrone Soup, Cup (1 cup)	60	7	1	0	0	0	594	11	2	3	2
Mushroom and Brie Bisque, Bowl (1 bowl)	275	146	16	10	1	50	1100	23	3	5	9
Mushroom and Brie Bisque, Cup (1 cup)	165	88	10	6	0	30	660	14	2	3	5
Southwest Style Chicken Chili, Bowl (1 bowl)	325	124	14	4	0	50	1413	30	6	4	20
Southwest Style Chicken Chili, Cup (1 cup)	195	74	8	2	0	30	848	18	4	2	12
Tomato Bisque Soup, Bowl (1 bowl)	494	119	13	3	0	13	2784	78	5	16	17
Tomato Bisque Soup, Cup (1 cup)	283	63	7	2	0	6	1647	46	3	10	10
Twice Stuffed Baked Potato Soup, Bowl (1 bowl)	300	180	20	8	0	38	1200	20	1	8	11
Twice Stuffed Baked Potato Soup, Cup (1 cup)	180	108	12	5	0	23	720	12	1	5	7

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Salads	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Asian Chicken Salad (1 salad)	334	139	15	3	0	58	780	18	6	6	28
Asian Chicken Salad (1 salad) with Peanut Honey Lime Dressing	567	298	33	5	0	58	1436	36	6	23	29
Caesar Salad, Large (1 salad)	631	549	61	13	0	36	1040	6	3	2	16
Caesar Salad, Large (1 salad) with Chicken	770	589	65	14	0	94	1548	7	3	2	39
Caesar Salad, Large (1 salad) with Croutons	704	593	66	14	0	36	1218	13	3	2	17
Caesar Salad, Large (1 salad) with Chicken, Croutons	844	634	70	15	0	94	1727	13	3	2	40
Cajun Chicken Salad (1 salad)	179	14	2	0	0	58	582	13	5	4	27
Crispy Chicken Salad (1 salad)	510	283	31	10	0	60	950	32	6	11	25
Crispy Chicken Salad (1 salad) with Croutons	622	351	39	11	0	60	1221	41	6	12	27
Crispy Chicken Salad (1 salad) with Honey Dijon Dressing	816	553	61	14	0	60	1183	40	7	19	26
Crispy Chicken Salad (1 salad) with Croutons, Honey Dijon Dressing	928	621	69	15	0	60	1453	49	7	19	27
Crunchy Broccoli Salad (1 salad)	386	245	27	3	0	0	247	18	7	5	10
Crunchy Broccoli Salad (1 salad) with Sweet Red Wine Vinaigrette	623	414	46	5	0	0	563	35	7	21	10
Dressing Choices for Salads (2 fluid ounces)	0	0	0	0	0	0	0	0	0	0	0
Dressing Choices for Salads (2 fluid ounces) with 1000 Island Dressing	220	198	22	4	0	30	440	8	0	6	0
Dressing Choices for Salads (2 fluid ounces) with Balsamic Vinaigrette	340	331	37	3	0	0	283	2	0	2	0
Dressing Choices for Salads (2 fluid ounces) with Bleu Cheese Dressing	217	202	22	5	0	10	300	2	0	0	3
Dressing Choices for Salads (2 fluid ounces) with Caesar Dressing	321	309	34	5	0	4	326	1	0	0	1
Dressing Choices for Salads (2 fluid ounces) with Fat Free Honey Dijon Dressing	90	0	0	0	0	0	560	20	0	12	2
Dressing Choices for Salads (2 fluid ounces) with Honey Dijon Dressing	306	270	30	4	0	0	232	8	1	7	1
Dressing Choices for Salads (2 fluid ounces) with Honey Lime Vinaigrette	222	151	17	2	0	0	684	19	0	18	1
Dressing Choices for Salads (2 fluid ounces) with Light Italian Dressing	80	36	4	0	0	0	700	10	0	8	0
Dressing Choices for Salads (2 fluid ounces) with Lite Ranch Dressing	200	180	20	3	0	20	580	2	0	2	2
Dressing Choices for Salads (2 fluid ounces) with Lite Raspberry Vinaigrette	160	126	14	2	0	0	250	6	0	4	0
Dressing Choices for Salads (2 fluid ounces) with Ranch Dressing	223	207	23	5	0	4	462	4	0	2	1
Dressing Choices for Salads (2 fluid ounces) with Shallot Vinaigrette	319	312	35	5	0	0	222	1	0	0	0
Dressing Choices for Salads (2 fluid ounces) with Sweet Red Wine Vinaigrette	237	168	19	1	0	0	316	16	0	16	0

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Feta Mediterranean Salad (1 salad)	187	74	8	3	0	15	959	18	6	5	10
Feta Mediterranean Salad (1 salad) with Balsamic Vinaigrette	357	240	27	5	0	15	1101	19	6	6	10
Feta Mediterranean Salad (1 salad) with Chicken	327	115	13	4	0	73	1468	18	6	5	33
Feta Mediterranean Salad (1 salad) with Croutons	261	119	13	4	0	15	1138	24	6	5	11
Feta Mediterranean Salad (1 salad) with Balsamic Vinaigrette, Chicken	497	280	31	6	0	73	1609	19	6	6	33
Feta Mediterranean Salad (1 salad) with Balsamic Vinaigrette, Croutons	430	284	32	5	0	15	1279	25	6	6	11
Feta Mediterranean Salad (1 salad) with Chicken, Croutons	400	159	18	4	0	73	1646	25	6	5	34
Feta Mediterranean Salad (1 salad) with Balsamic Vinaigrette, Chicken, Croutons	570	325	36	6	0	73	1788	26	6	6	34
Garden Salad (1 salad)	103	5	1	0	0	0	112	19	7	7	6
Garden Salad (1 salad) with Chicken	243	45	5	1	0	58	620	19	7	7	29
Garden Salad (1 salad) with Croutons	177	49	5	1	0	0	291	25	7	7	7
Garden Salad (1 salad) with Chicken, Croutons	317	90	10	2	0	58	799	26	7	7	30
Garden Salad, Side (1 salad)	47	2	0	0	0	0	42	9	3	3	3
Garden Salad, Side (1 salad) with Chicken	187	42	5	1	0	58	550	9	3	3	25
Garden Salad, Side (1 salad) with Croutons	103	36	4	1	0	0	177	14	3	4	3
Garden Salad, Side (1 salad) with Chicken, Croutons	243	76	8	1	0	58	685	14	3	4	26
Goat Cheese Salad (1 salad)	599	256	28	7	0	13	245	59	8	45	12
Goat Cheese Salad (1 salad) with Shallot Vinaigrette	918	568	63	12	0	13	467	60	8	45	12
Gorgonzola Walnut Salad (1 salad)	529	291	32	9	0	33	711	32	8	20	18
Gorgonzola Walnut Salad (1 salad) with Balsamic Vinaigrette	699	457	51	10	0	33	852	34	8	21	18
Gorgonzola Walnut Salad (1 salad) with Croutons	603	336	37	9	0	33	889	39	9	20	20
Gorgonzola Walnut Salad (1 salad) with Balsamic Vinaigrette, Croutons	773	501	56	11	0	33	1031	40	9	21	20
Side Caesar Salad (1 salad)	399	351	39	8	0	19	593	4	2	2	8
Side Caesar Salad (1 salad) with Chicken	539	391	43	9	0	76	1101	5	2	2	31
Side Caesar Salad (1 salad) with Croutons	473	395	44	8	0	19	771	11	2	2	9
Side Caesar Salad (1 salad) with Chicken, Croutons	613	436	48	9	0	76	1279	11	3	2	32
Spinach Salad (1 salad)	174	76	8	2	0	34	640	8	3	3	14
Spinach Salad (1 salad) with Sweet Red Wine Vinaigrette	589	371	41	4	0	34	1193	37	3	31	14

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Salad Dressings	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
1000 Island Dressing (2 fluid ounces)	220	198	22	4	0	30	440	8	0	6	0
Balsamic Vinaigrette (2 fluid ounces)	340	331	37	3	0	0	283	2	0	2	0
Bleu Cheese Dressing (2 fluid ounces)	217	202	22	5	0	10	300	2	0	0	3
Caesar Dressing (2 fluid ounces)	321	309	34	5	0	4	326	1	0	0	1
Fat Free Honey Dijon Dressing (2 fluid ounces)	90	0	0	0	0	0	560	20	0	12	2
Honey Dijon Dressing (2 fluid ounces)	306	270	30	4	0	0	232	8	1	7	1
Honey Lime Vinaigrette (2 fluid ounces)	222	151	17	2	0	0	684	19	0	18	1
Lite Italian Dressing (2 fluid ounces)	80	36	4	0	0	0	700	10	0	8	0
Lite Ranch Dressing (2 fluid ounces)	200	180	20	3	0	20	580	2	0	2	2
Lite Raspberry Vinaigrette (2 fluid ounces)	160	126	14	2	0	0	250	6	0	4	0
Ranch Dressing (2 fluid ounces)	223	207	23	5	0	4	462	4	0	2	1
Shallot Vinaigrette (2 fluid ounces)	319	312	35	5	0	0	222	1	0	0	0
Sweet Red Wine Vinaigrette (2 fluid ounces)	237	168	19	1	0	0	316	16	0	16	0

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Entrees	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Cajun Chicken (1 serving)	169	18	2	1	0	82	1126	3	1	0	33
Cajun Salmon (1 serving)	321	194	22	4	0	84	1752	3	1	0	29
Cajun Tuna (1 serving)	221	52	6	1	0	77	837	2	1	0	40
Chicken Fingers (3 pieces)	499	293	33	6	0	45	1125	29	3	8	23
Chicken Fingers (6 pieces)	998	587	65	12	0	90	2250	57	6	15	45
Grilled Chicken (1 serving)	212	70	8	1	0	82	726	0	0	0	33
Grilled Tilapia Fillet (1 serving)	187	44	5	1	0	85	569	1	0	0	34
Salmon (1 serving)	307	192	21	4	0	84	717	0	0	0	28
Tuna (1 serving)	213	51	6	1	0	77	224	0	0	0	40

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Sandwiches and Burgers- (condiments not included)	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
BBQ Grilled Chicken Sandwich (1 sandwich)	447	154	17	8	0	125	1214	24	1	19	45
BBQ Grilled Chicken Sandwich (1 sandwich) with Hamburger Bun	617	176	20	9	0	125	1534	55	2	23	51
BBQ Grilled Chicken Sandwich (1 sandwich) with Mayonnaise	522	228	25	10	0	125	1266	25	1	19	45
BBQ Grilled Chicken Sandwich (1 sandwich) with Wheat Roll	677	199	22	9	0	125	1574	63	4	28	53
BBQ Grilled Chicken Sandwich (1 sandwich) with Hamburger Bun, M	692	250	28	10	0	125	1586	56	2	23	51
BBQ Grilled Chicken Sandwich (1 sandwich) with Hamburger Bun, W	847	221	25	10	0	125	1894	94	5	32	59
BBQ Grilled Chicken Sandwich (1 sandwich) with Mayonnaise, Whea	752	273	30	11	0	125	1626	64	4	28	53
BBQ Grilled Chicken Sandwich (1 sandwich) with Hamburger Bun, M	922	295	33	11	0	125	1946	95	5	32	59
Bacon Cheddar Burger (1 sandwich)	628	418	46	18	0	167	744	3	0	1	47
Bacon Cheddar Burger (1 sandwich) with Hamburger Bun	798	440	49	19	0	167	1064	34	1	5	53
Bacon Cheddar Burger (1 sandwich) with Wheat Roll	858	463	51	19	0	167	1104	42	3	10	55
Black Bean Burger (1 sandwich)	152	41	5	1	0	0	418	15	6	3	13
Black Bean Burger (1 sandwich) with Hamburger Bun	322	64	7	1	0	0	738	46	7	7	19
Black Bean Burger (1 sandwich) with Mayonnaise	227	116	13	2	0	0	471	16	6	3	13
Black Bean Burger (1 sandwich) with Wheat Roll	382	86	10	2	0	0	778	54	9	12	21
Black Bean Burger (1 sandwich) with Hamburger Bun, Mayonnaise	397	138	15	3	0	0	791	47	7	7	19
Black Bean Burger (1 sandwich) with Mayonnaise, Wheat Roll	457	161	18	3	0	0	831	55	9	12	21
Broiled Tilapia Sandwich (1 serving)	173	27	3	1	0	85	94	2	0	1	35
Broiled Tilapia Sandwich (1 serving) with Garlic Mayonnaise	488	336	37	7	0	85	312	5	1	1	35
Broiled Tilapia Sandwich (1 serving) with Hamburger Bun	343	49	5	1	0	85	414	33	1	5	41
Broiled Tilapia Sandwich (1 serving) with Wheat Roll	403	72	8	2	0	85	454	41	3	10	43
Broiled Tilapia Sandwich (1 serving) with Garlic Mayonnaise, Hambur	658	358	40	8	0	85	632	36	2	5	41
Broiled Tilapia Sandwich (1 serving) with Garlic Mayonnaise, Wheat	718	381	42	8	0	85	672	44	4	10	43
Cajun Burger (1 sandwich)	463	276	31	13	0	144	1272	5	1	1	41
Cajun Burger (1 sandwich) with Hamburger Bun	633	298	33	14	0	144	1592	36	2	5	47
Cajun Burger (1 sandwich) with Honey Dijon Sauce	769	546	61	17	0	144	1504	13	2	8	42
Cajun Burger (1 sandwich) with Mayonnaise	538	350	39	15	0	144	1324	6	1	1	41
Cajun Burger (1 sandwich) with Wheat Roll	693	321	36	14	0	144	1632	44	4	10	49

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Cajun Burger (1 sandwich) with Hamburger Bun, Honey Dijon Sauce	939	568	63	18	0	144	1824	44	3	12	48
Cajun Burger (1 sandwich) with Hamburger Bun, Mayonnaise	708	372	41	15	0	144	1644	37	2	5	47
Cajun Burger (1 sandwich) with Honey Dijon Sauce, Mayonnaise	844	620	69	19	0	144	1557	13	2	8	42
Cajun Burger (1 sandwich) with Honey Dijon Sauce, Wheat Roll	999	591	66	18	0	144	1864	52	5	17	50
Cajun Burger (1 sandwich) with Mayonnaise, Wheat Roll	768	395	44	16	0	144	1684	45	4	10	49
Cajun Burger (1 sandwich) with Hamburger Bun, Honey Dijon Sauce	1014	643	71	19	0	144	1877	44	3	12	48
Cajun Burger (1 sandwich) with Honey Dijon Sauce, Mayonnaise, W	1074	665	74	20	0	144	1917	52	5	17	50
Cajun Chicken Wrap (1 sandwich)	273	160	18	2	0	33	419	12	2	8	15
Cajun Chicken Wrap (1 sandwich) with Garlic Herb Wrap	593	232	26	5	0	33	1359	65	7	11	23
Cajun Chicken Wrap (1 sandwich) with Mayonnaise	348	235	26	4	0	33	471	13	2	8	15
Cajun Chicken Wrap (1 sandwich) with Garlic Herb Wrap, Mayonnaise	668	307	34	7	0	33	1411	66	7	11	23
Cajun Fish Wrap (1 sandwich)	165	42	5	1	0	35	1497	5	2	1	27
Cajun Fish Wrap (1 sandwich) with Garlic Herb Wrap	485	114	13	4	0	35	2437	58	7	4	35
Cajun Fish Wrap (1 sandwich) with Mayonnaise	240	117	13	2	0	35	1550	6	2	1	27
Cajun Fish Wrap (1 sandwich) with Garlic Herb Wrap, Mayonnaise	560	189	21	5	0	35	2490	59	7	4	35
Cajun Grilled Chicken Sandwich (1 sandwich)	251	73	8	5	0	102	1264	5	2	1	39
Cajun Grilled Chicken Sandwich (1 sandwich) with Hamburger Bun	421	95	11	5	0	102	1584	36	3	5	45
Cajun Grilled Chicken Sandwich (1 sandwich) with Honey Dijon Sauce	557	343	38	9	0	102	1497	13	2	8	39
Cajun Grilled Chicken Sandwich (1 sandwich) with Wheat Roll	481	118	13	6	0	102	1624	44	5	10	47
Cajun Grilled Chicken Sandwich (1 sandwich) with Hamburger Bun, Honey Dijon Sauce	727	366	41	9	0	102	1817	44	3	12	45
Cajun Grilled Chicken Sandwich (1 sandwich) with Honey Dijon Sauce, Wheat Roll	787	388	43	10	0	102	1857	52	5	17	47
Cajun Grilled Fish Sandwich (1 sandwich)	204	78	9	2	0	35	1659	5	2	1	27
Cajun Grilled Fish Sandwich (1 sandwich) with Hamburger Bun	374	101	11	2	0	35	1979	36	3	5	33
Cajun Grilled Fish Sandwich (1 sandwich) with Honey Dijon Sauce	510	349	39	5	0	35	1891	13	2	8	28
Cajun Grilled Fish Sandwich (1 sandwich) with Wheat Roll	434	123	14	3	0	35	2019	44	5	10	35
Cajun Grilled Fish Sandwich (1 sandwich) with Hamburger Bun, Honey Dijon Sauce	680	371	41	6	0	35	2211	44	3	12	34
Cajun Grilled Fish Sandwich (1 sandwich) with Honey Dijon Sauce, Wheat Roll	740	394	44	6	0	35	2251	52	5	17	36
Cajun Grilled Tuna Sandwich (1 sandwich)	199	18	2	0	0	77	1105	5	2	1	41
Cajun Grilled Tuna Sandwich (1 sandwich) with Hamburger Bun	369	40	4	1	0	77	1425	36	3	5	47
Cajun Grilled Tuna Sandwich (1 sandwich) with Honey Dijon Sauce	505	288	32	4	0	77	1338	13	2	8	41
Cajun Grilled Tuna Sandwich (1 sandwich) with Wheat Roll	429	63	7	1	0	77	1465	44	5	10	49

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Cajun Grilled Tuna Sandwich (1 sandwich) with Hamburger Bun, Hor	675	310	34	5	0	77	1658	44	3	12	47
Cajun Grilled Tuna Sandwich (1 sandwich) with Honey Dijon Sauce,	735	333	37	5	0	77	1698	52	5	17	49
Chicago Style Hot Dog (1 sandwich)	277	204	23	9	1	45	1249	9	1	1	9
Chicago Style Hot Dog (1 sandwich) with Bun	437	240	27	10	1	45	1529	35	2	4	15
Chicken Caesar Wrap (1 sandwich)	310	218	24	6	0	49	717	3	1	1	20
Chicken Caesar Wrap (1 sandwich) with Garlic Herb Wrap	630	290	32	9	0	49	1657	56	6	4	28
Chicken Salad Wrap (1 sandwich)	382	257	29	5	0	65	768	5	1	1	26
Chicken Salad Wrap (1 sandwich) with Garlic Herb Wrap	702	329	37	8	0	65	1708	58	6	4	34
Great American Cheeseburger (1 sandwich)	594	401	45	19	0	154	836	3	0	1	44
Great American Cheeseburger (1 sandwich) with Hamburger Bun	764	423	47	19	0	154	1156	34	1	5	50
Great American Cheeseburger (1 sandwich) with Wheat Roll	824	446	50	20	0	154	1196	42	3	10	52
Grilled Chicken Sandwich (1 sandwich)	294	124	14	5	0	102	864	3	1	1	38
Grilled Chicken Sandwich (1 sandwich) with Hamburger Bun	464	147	16	6	0	102	1184	34	2	5	44
Grilled Chicken Sandwich (1 sandwich) with Mayonnaise	369	199	22	7	0	102	916	3	1	1	38
Grilled Chicken Sandwich (1 sandwich) with Wheat Roll	524	169	19	6	0	102	1224	42	4	10	46
Grilled Chicken Sandwich (1 sandwich) with Hamburger Bun, Mayo	539	221	25	7	0	102	1236	34	2	5	44
Grilled Chicken Sandwich (1 sandwich) with Mayonnaise, Wheat Roll	599	244	27	8	0	102	1276	42	4	10	46
Grilled Chicken Sandwich with Mushrooms and Swiss Cheese (1 sar	390	197	22	6	0	103	441	5	1	3	40
Grilled Chicken Sandwich with Mushrooms and Swiss Cheese (1 sar	560	220	24	7	0	103	761	36	2	7	46
Grilled Chicken Sandwich with Mushrooms and Swiss Cheese (1 sar	620	242	27	7	0	103	801	44	4	12	48
Grilled Fish Sandwich (1 sandwich)	215	77	9	1	0	35	634	9	4	2	28
Grilled Fish Sandwich (1 sandwich) with Hamburger Bun	385	100	11	2	0	35	954	40	5	6	34
Grilled Fish Sandwich (1 sandwich) with Mayonnaise	290	152	17	3	0	35	686	10	4	2	28
Grilled Fish Sandwich (1 sandwich) with Wheat Roll	445	122	14	2	0	35	994	48	7	11	36
Grilled Fish Sandwich (1 sandwich) with Hamburger Bun, Mayonnais	460	174	19	3	0	35	1006	41	5	6	34
Grilled Fish Sandwich (1 sandwich) with Mayonnaise, Wheat Roll	520	197	22	4	0	35	1046	49	7	11	36
Grilled Teriyaki Chicken Sandwich (1 sandwich)	247	17	2	0	0	85	105	21	1	18	34
Grilled Teriyaki Chicken Sandwich (1 sandwich) with Hamburger Bun	417	40	4	1	0	85	425	52	2	22	40

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Grilled Teriyaki Chicken Sandwich (1 sandwich) with Mayonnaise	322	91	10	2	0	85	157	22	1	18	34
Grilled Teriyaki Chicken Sandwich (1 sandwich) with Wheat Roll	477	62	7	1	0	85	465	60	4	27	42
Grilled Teriyaki Chicken Sandwich (1 sandwich) with Hamburger Bun	492	114	13	2	0	85	477	53	2	22	40
Grilled Teriyaki Chicken Sandwich (1 sandwich) with Mayonnaise, W	552	136	15	3	0	85	517	61	4	27	42
Grilled Tuna Sandwich (1 sandwich)	225	51	6	1	0	77	232	2	1	1	40
Grilled Tuna Sandwich (1 sandwich) with Hamburger Bun	395	74	8	1	0	77	552	33	2	5	46
Grilled Tuna Sandwich (1 sandwich) with Mayonnaise	300	126	14	2	0	77	285	3	1	1	40
Grilled Tuna Sandwich (1 sandwich) with Wheat Roll	455	96	11	2	0	77	592	41	4	10	48
Grilled Tuna Sandwich (1 sandwich) with Hamburger Bun, Mayonnaise	470	148	16	3	0	77	605	34	2	5	46
Grilled Tuna Sandwich (1 sandwich) with Mayonnaise, Wheat Roll	530	171	19	3	0	77	645	42	4	10	48
Grilled Veggie Ciabatta (1 sandwich)	419	148	16	7	0	30	1364	47	3	4	16
Grilled Veggie Ciabatta (1 sandwich) with French Fries	824	329	37	10	3	30	1421	101	9	4	22
Grilled Veggie Ciabatta (1 sandwich) with Mayonnaise	494	222	25	8	0	30	1416	48	3	4	16
Grilled Veggie Ciabatta (1 sandwich) with French Fries, Mayonnaise	899	403	45	12	3	30	1473	102	9	4	22
Hot Dog with Chili and Cheese (1 sandwich)	431	318	35	16	1	88	1150	7	2	1	20
Hot Dog with Chili and Cheese (1 sandwich) with Bun	591	354	39	17	1	88	1430	33	3	4	26
Loop Burger (1 sandwich)	381	219	24	9	0	124	110	2	1	1	36
Loop Burger (1 sandwich) with Bacon	471	282	31	12	0	144	550	2	1	1	42
Loop Burger (1 sandwich) with Bleu Cheese	481	291	32	14	0	149	370	2	1	1	43
Loop Burger (1 sandwich) with Cheddar Cheese	465	281	31	14	0	147	255	2	1	1	41
Loop Burger (1 sandwich) with Hamburger Bun	551	242	27	10	0	124	430	33	2	5	42
Loop Burger (1 sandwich) with Mayonnaise	456	294	33	11	0	124	163	3	1	1	36
Loop Burger (1 sandwich) with Swiss Cheese	451	264	29	12	0	144	150	2	1	1	41
Loop Burger (1 sandwich) with Wheat Roll	611	264	29	10	0	124	470	41	4	10	44
Loop Burger (1 sandwich) with Bacon, Bleu Cheese	571	354	39	17	0	169	810	2	1	1	49
Loop Burger (1 sandwich) with Bacon, Cheddar Cheese	555	344	38	17	0	167	694	2	1	1	47
Loop Burger (1 sandwich) with Bacon, Mayonnaise	546	357	40	14	0	144	602	3	1	1	42
Loop Burger (1 sandwich) with Bacon, Swiss Cheese	541	327	36	15	0	164	590	2	1	1	47
Loop Burger (1 sandwich) with Bleu Cheese, Hamburger Bun	651	314	35	15	0	149	690	33	2	5	49
Loop Burger (1 sandwich) with Bleu Cheese, Mayonnaise	556	366	41	16	0	149	423	3	1	1	43
Loop Burger (1 sandwich) with Bleu Cheese, Wheat Roll	711	336	37	15	0	149	730	41	4	10	51
Loop Burger (1 sandwich) with Cheddar Cheese, Hamburger Bun	635	303	34	14	0	147	575	33	2	5	47

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Loop Burger (1 sandwich) with Cheddar Cheese, Mayonnaise	540	355	39	15	0	147	307	3	1	1	41
Loop Burger (1 sandwich) with Cheddar Cheese, Wheat Roll	695	326	36	15	0	147	615	41	4	10	49
Loop Burger (1 sandwich) with Hamburger Bun, Mayonnaise	626	316	35	11	0	124	483	34	2	5	42
Loop Burger (1 sandwich) with Hamburger Bun, Swiss Cheese	621	287	32	13	0	144	470	33	2	5	47
Loop Burger (1 sandwich) with Mayonnaise, Swiss Cheese	526	339	38	14	0	144	203	3	1	1	41
Loop Burger (1 sandwich) with Mayonnaise, Wheat Roll	686	339	38	12	0	124	523	42	4	10	44
Loop Burger (1 sandwich) with Swiss Cheese, Wheat Roll	681	309	34	13	0	144	510	41	4	10	49
Loop Burger (1 sandwich) with Bacon, Bleu Cheese, Mayonnaise	646	429	48	19	0	169	862	3	1	1	49
Loop Burger (1 sandwich) with Bacon, Cheddar Cheese, Mayonnaise	630	418	46	18	0	167	746	3	1	1	47
Loop Burger (1 sandwich) with Bacon, Mayonnaise, Swiss Cheese	616	402	45	17	0	164	642	3	1	1	47
Loop Burger (1 sandwich) with Bleu Cheese, Hamburger Bun, Mayo	726	388	43	16	0	149	743	34	2	5	49
Loop Burger (1 sandwich) with Bleu Cheese, Mayonnaise, Wheat Ro	786	411	46	17	0	149	783	42	4	10	51
Loop Burger (1 sandwich) with Cheddar Cheese, Hamburger Bun, M	710	378	42	16	0	147	627	34	2	5	47
Loop Burger (1 sandwich) with Cheddar Cheese, Mayonnaise, Whea	770	400	44	16	0	147	667	42	4	10	49
Loop Burger (1 sandwich) with Hamburger Bun, Mayonnaise, Swiss C	696	361	40	14	0	144	523	34	2	5	47
Loop Burger (1 sandwich) with Mayonnaise, Swiss Cheese, Wheat R	756	384	43	15	0	144	563	42	4	10	49
Mediterranean Chicken Wrap (1 sandwich)	346	225	25	4	0	40	778	11	3	4	18
Mediterranean Chicken Wrap (1 sandwich) with Garlic Herb Wrap	666	297	33	7	0	40	1718	64	8	7	26
Mediterranean Chicken Wrap (1 sandwich) with Mayonnaise	421	300	33	5	0	40	830	12	3	4	18
Mediterranean Chicken Wrap (1 sandwich) with Garlic Herb Wrap, M	741	372	41	8	0	40	1770	65	8	7	26
Pesto Chicken Ciabatta (1 sandwich)	656	289	32	13	0	112	1826	44	3	3	44
Pesto Chicken Ciabatta (1 sandwich) with Mayonnaise	731	363	40	14	0	112	1878	45	3	3	44
Plain Hot Dog (1 sandwich)	240	198	22	9	1	45	740	2	0	0	8
Plain Hot Dog (1 sandwich) with Bun	400	234	26	10	1	45	1020	28	1	3	14
Portobello Mushroom Sandwich (1 sandwich)	118	51	6	1	0	0	2012	13	4	4	4
Portobello Mushroom Sandwich (1 sandwich) with Hamburger Bun	288	74	8	1	0	0	2332	44	5	8	10
Portobello Mushroom Sandwich (1 sandwich) with Mayonnaise	193	126	14	2	0	0	2065	14	4	4	4
Portobello Mushroom Sandwich (1 sandwich) with Wheat Roll	348	96	11	2	0	0	2372	52	7	13	12
Portobello Mushroom Sandwich (1 sandwich) with Hamburger Bun, M	363	148	16	3	0	0	2385	45	5	8	10
Portobello Mushroom Sandwich (1 sandwich) with Mayonnaise, Whe	423	171	19	3	0	0	2425	53	7	13	12
Sauteed Mushrooms for Sandwiches (1 serving)	12	6	1	0	0	0	190	1	0	0	1

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Sides for Sandwiches (1 serving)	0	0	0	0	0	0	0	0	0	0	0
Sides for Sandwiches (1 serving) with Bleu Cheese Chips	199	119	13	6	1	28	801	12	1	0	9
Sides for Sandwiches (1 serving) with Onion Rings	325	62	7	1	0	0	1069	58	4	11	6
Sides for Sandwiches (1 serving) with Onion Rings with Dipping Sauce	697	409	45	9	0	3	1570	65	5	14	7
Sides for Sandwiches (1 serving) with Seasoned Chips	98	43	5	1	1	0	590	13	2	0	1
Sides for Sandwiches (1 serving) with Steak Fries	237	106	12	2	2	0	33	32	3	0	3
Sides for Sandwiches (1 serving) with Steamed Broccoli	84	46	5	1	0	0	318	6	2	2	3

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Soup Choices for Wraps (1 bowl)	0	0	0	0	0	0	0	0	0	0	0
Soup Choices for Wraps (1 bowl) with Broccoli Cheese Soup	231	124	14	8	0	41	1200	18	1	9	10
Soup Choices for Wraps (1 bowl) with Chicken Enchilada Soup	325	169	19	8	0	63	1288	25	6	6	11
Soup Choices for Wraps (1 bowl) with Chicken Gumbo Soup	125	51	6	2	0	19	1278	14	1	3	4
Soup Choices for Wraps (1 bowl) with Chicken and Dumpling Soup	475	225	25	6	0	100	2650	48	3	10	18
Soup Choices for Wraps (1 bowl) with Chili	487	259	29	12	0	98	1343	21	7	4	33
Soup Choices for Wraps (1 bowl) with Coastal Crab and Sweet Corn	475	225	25	15	0	88	2825	48	5	5	15
Soup Choices for Wraps (1 bowl) with Creamy French Onion Soup	334	242	27	15	0	92	708	10	0	5	12
Soup Choices for Wraps (1 bowl) with Fire Roasted Vegetable Soup	175	45	5	0	0	0	2800	25	3	10	5
Soup Choices for Wraps (1 bowl) with Minestrone Soup	100	11	1	0	0	0	991	19	3	5	4
Soup Choices for Wraps (1 bowl) with Mushroom and Brie Bisque	275	146	16	10	1	50	1100	23	3	5	9
Soup Choices for Wraps (1 bowl) with Southwest Style Chicken Chili	325	124	14	4	0	50	1413	30	6	4	20
Soup Choices for Wraps (1 bowl) with Tomato Bisque Soup	494	119	13	3	0	13	2784	78	5	16	17
Soup Choices for Wraps (1 bowl) with Twice Baked Stuffed Potato S	300	180	20	8	0	38	1200	20	1	8	11
Veggie Melt Focaccia (1 sandwich)	542	208	23	12	0	59	1203	58	3	4	25
Veggie Melt Focaccia (1 sandwich) with Mayonnaise	617	283	31	14	0	59	1256	59	3	4	25

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Side Items	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Bleu Cheese Chips (1 serving)	349	208	23	11	1	50	1405	20	3	0	16
Bleu Cheese Chips (1 serving) with Blue Cheese Dressing	636	472	52	15	1	86	1854	23	3	1	19
Focaccia (1 serving)	525	164	18	6	0	25	1009	72	4	5	20
Focaccia (1 serving) with Marinara Sauce	568	184	20	6	0	25	1383	78	6	9	21
French Fries (1 serving)	237	106	12	2	2	0	33	32	3	0	3
Fruit Salad (1 serving)	75	0	0	0	0	0	18	20	1	19	0
Loop Chips (1 serving)	171	74	8	1	1	0	1032	23	3	0	3
Onion Rings (1 serving)	541	103	11	2	0	0	1782	97	7	18	10
Steamed Broccoli (1 serving)	84	46	5	1	0	0	318	6	2	2	3
Steamed Veggies (1 serving)	55	28	3	0	0	0	303	5	2	1	2

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Specialty Pizzas	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Artichoke and Roasted Red Pepper Specialty Pizza, 12 inch (1 slice)	110	25	3	1	0	8	563	16	1	2	5
Artichoke and Roasted Red Pepper Specialty Pizza, 14 inch (1 slice)	168	40	4	2	0	13	743	24	2	2	9
Artichoke and Roasted Red Pepper Specialty Pizza, 8 inch (1 slice)	74	17	2	1	0	5	296	11	1	1	4
Artichoke and Smoked Bacon Specialty Pizza, 12 inch (1 slice)	201	89	10	4	0	26	814	18	1	1	10
Artichoke and Smoked Bacon Specialty Pizza, 14 inch (1 slice)	306	133	15	6	0	38	1070	27	2	2	16
Artichoke and Smoked Bacon Specialty Pizza, 8 inch (1 slice)	129	56	6	3	0	17	430	12	1	1	7
BBQ Chicken Specialty Pizza, 12 inch (1 slice)	205	75	8	4	0	25	806	22	1	6	10
BBQ Chicken Specialty Pizza, 14 inch (1 slice)	292	100	11	5	0	33	1126	34	2	9	14
BBQ Chicken Specialty Pizza, 8 inch (1 slice)	137	50	6	3	0	17	461	15	1	4	7
Bianco Specialty Pizza, 12 inch (1 slice)	190	85	9	5	0	29	689	16	1	1	10
Bianco Specialty Pizza, 14 inch (1 slice)	294	132	15	8	0	44	948	26	2	2	15
Bianco Specialty Pizza, 8 inch (1 slice)	141	66	7	4	0	20	437	12	1	1	7
Buffalo Mozzarella Specialty Pizza, 12 inch (1 slice)	177	78	9	5	0	28	486	15	1	1	10
Buffalo Mozzarella Specialty Pizza, 8 inch (1 slice)	120	54	6	4	0	20	320	9	0	1	7
California Specialty Pizza, 12 inch (1 slice)	156	65	7	4	0	21	566	15	1	1	8
California Specialty Pizza, 14 inch (1 slice)	218	86	10	5	0	27	691	23	1	1	11

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California Specialty Pizza, 8 inch (1 slice)	104	43	5	3	0	14	298	10	1	1	5
Farmers Market Specialty Pizza, 12 inch (1 slice)	169	68	8	4	0	21	632	17	1	1	8
Farmers Market Specialty Pizza, 14 inch (1 slice)	244	93	10	5	0	29	973	26	2	2	12
Farmers Market Specialty Pizza, 8 inch (1 slice)	108	43	5	3	0	14	400	10	1	1	5
Grilled Mushroom Specialty Pizza, 12 inch (1 slice)	208	93	10	5	0	30	875	18	1	2	11
Grilled Mushroom Specialty Pizza, 14 inch (1 slice)	303	131	15	7	0	42	1233	28	2	3	16
Grilled Mushroom Specialty Pizza, 8 inch (1 slice)	132	57	6	3	0	19	475	12	1	1	7
Grilled Veggie Specialty Pizza, 12 inch (1 slice)	182	83	9	4	0	21	755	17	1	1	8
Grilled Veggie Specialty Pizza, 14 inch (1 slice)	254	111	12	5	0	27	942	25	2	2	12
Grilled Veggie Specialty Pizza, 8 inch (1 slice)	118	53	6	3	0	14	395	11	1	1	6
Margherita Specialty Pizza, 12 inch (1 slice)	171	73	8	4	0	21	682	17	1	2	8
Margherita Specialty Pizza, 14 inch (1 slice)	242	99	11	5	0	27	866	25	2	2	12
Margherita Specialty Pizza, 8 inch (1 slice)	110	46	5	3	0	14	353	11	1	1	6
Meat Market Specialty Pizza, 12 inch (1 slice)	199	95	11	5	0	34	688	15	1	1	11
Meat Market Specialty Pizza, 14 inch (1 slice)	310	149	17	8	0	53	1183	23	1	1	18
Meat Market Specialty Pizza, 8 inch (1 slice)	134	66	7	4	0	23	452	9	0	1	7
Mediterranean Specialty Pizza, 12 inch (1 slice)	177	71	8	4	0	24	748	17	2	1	10
Mediterranean Specialty Pizza, 14 inch (1 slice)	245	93	10	6	0	31	934	25	2	2	13

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Mediterranean Specialty Pizza, 8 inch (1 slice)	118	47	5	3	0	16	421	11	1	1	7
Portobello Mushroom Specialty Pizza, 12 inch (1 slice)	208	94	10	5	0	30	919	18	1	2	11
Portobello Mushroom Specialty Pizza, 14 inch (1 slice)	325	137	15	7	0	42	1571	31	2	5	16
Portobello Mushroom Specialty Pizza, 8 inch (1 slice)	132	58	6	3	0	19	496	12	1	1	7
Sausage and Goat Cheese Specialty Pizza, 12 inch (1 slice)	204	95	11	5	0	29	689	16	1	1	10
Sausage and Goat Cheese Specialty Pizza, 14 inch (1 slice)	293	132	15	7	0	39	878	24	2	2	15
Sausage and Goat Cheese Specialty Pizza, 8 inch (1 slice)	137	63	7	4	0	19	380	11	1	1	7
Special Specialty Pizza, 12 inch (1 slice)	185	84	9	5	0	28	609	16	1	1	10
Special Specialty Pizza, 14 inch (1 slice)	270	120	13	7	0	39	961	24	2	2	14
Special Specialty Pizza, 8 inch (1 slice)	128	61	7	3	0	20	422	10	1	1	7
Spicy Cilantro Chicken Specialty Pizza, 12 inch (1 slice)	200	77	9	4	0	25	883	20	2	2	10
Spicy Cilantro Chicken Specialty Pizza, 14 inch (1 slice)	268	100	11	5	0	33	1037	28	2	3	14
Spicy Cilantro Chicken Specialty Pizza, 8 inch (1 slice)	126	50	6	3	0	17	420	12	1	1	7
Tomato Bisque Specialty Pizza, 12 inch (1 slice)	199	82	9	5	0	28	769	19	1	1	11
Tomato Bisque Specialty Pizza, 14 inch (1 slice)	276	108	12	6	0	37	968	28	1	2	15
Tomato Bisque Specialty Pizza, 8 inch (1 slice)	134	54	6	3	0	18	441	13	1	1	7

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Build Your Own Pizzas	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturat ed Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodi um (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Build Your Own Pizza, 12 inch, 1-3 Toppings (1 slice)	141	55	6	4	0	20	438	14	1	1	8
Build Your Own Pizza, 12 inch, 1-3 Toppings (1 slice) with Anchovies	148	60	7	4	0	23	636	14	1	1	8
Build Your Own Pizza, 12 inch, 1-3 Toppings (1 slice) with Artichokes	147	55	6	4	0	20	523	15	1	1	8
Build Your Own Pizza, 12 inch, 1-3 Toppings (1 slice) with Asiago Cheese	178	83	9	5	0	28	548	15	1	1	10
Build Your Own Pizza, 12 inch, 1-3 Toppings (1 slice) with Bacon	168	72	8	4	0	27	566	14	1	1	10
Build Your Own Pizza, 12 inch, 1-3 Toppings (1 slice) with Black Olive	152	63	7	4	0	20	504	14	1	1	8
Build Your Own Pizza, 12 inch, 1-3 Toppings (1 slice) with Caramelized Onions	169	61	7	4	0	20	795	19	1	3	8
Build Your Own Pizza, 12 inch, 1-3 Toppings (1 slice) with Chicken	151	58	6	4	0	24	474	14	1	1	9
Build Your Own Pizza, 12 inch, 1-3 Toppings (1 slice) with Extra Cheese	171	77	9	5	0	28	494	14	1	1	10
Build Your Own Pizza, 12 inch, 1-3 Toppings (1 slice) with Goat Cheese	154	63	7	4	0	21	455	14	1	1	8
Build Your Own Pizza, 12 inch, 1-3 Toppings (1 slice) with Grilled Vegetables	174	80	9	4	0	20	677	16	1	1	8
Build Your Own Pizza, 12 inch, 1-3 Toppings (1 slice) with Ground Beef	143	57	6	4	0	20	498	14	1	1	8
Build Your Own Pizza, 12 inch, 1-3 Toppings (1 slice) with Ham	154	59	7	4	0	26	575	14	1	1	10
Build Your Own Pizza, 12 inch, 1-3 Toppings (1 slice) with Italian Sausage	176	81	9	4	0	27	560	15	1	1	9
Build Your Own Pizza, 12 inch, 1-3 Toppings (1 slice) with Jalapenos	141	55	6	4	0	20	438	14	1	1	8
Build Your Own Pizza, 12 inch, 1-3 Toppings (1 slice) with Kalamata Olives	156	67	7	4	0	20	528	15	1	1	8
Build Your Own Pizza, 12 inch, 1-3 Toppings (1 slice) with Marinara Sauce	143	56	6	4	0	20	459	15	1	1	8
Build Your Own Pizza, 12 inch, 1-3 Toppings (1 slice) with Marinated Artichokes	159	67	7	4	0	20	529	16	1	1	8
Build Your Own Pizza, 12 inch, 1-3 Toppings (1 slice) with Pepperoni	167	78	9	5	0	26	527	14	1	1	9
Build Your Own Pizza, 12 inch, 1-3 Toppings (1 slice) with Portobello Mushrooms	144	57	6	4	0	20	497	14	1	1	8
Build Your Own Pizza, 12 inch, 1-3 Toppings (1 slice) with Ricotta Cheese	174	77	9	5	0	31	518	15	1	1	10
Build Your Own Pizza, 12 inch, 1-3 Toppings (1 slice) with Roasted Garlic	141	55	6	4	0	20	438	14	1	1	8
Build Your Own Pizza, 12 inch, 1-3 Toppings (1 slice) with Roasted Red Peppers	143	55	6	4	0	20	463	15	1	1	8
Build Your Own Pizza, 12 inch, 1-3 Toppings (1 slice) with Roma Tomatoes	145	56	6	4	0	20	439	15	1	1	8
Build Your Own Pizza, 12 inch, 1-3 Toppings (1 slice) with Sautéed Garlic	150	60	7	4	0	20	537	15	1	1	8
Build Your Own Pizza, 12 inch, 1-3 Toppings (1 slice) with Sautéed Nuts	145	58	6	4	0	20	512	14	1	1	8
Build Your Own Pizza, 12 inch, 1-3 Toppings (1 slice) with Sautéed Onions	171	59	7	4	0	20	600	20	2	3	8
Build Your Own Pizza, 12 inch, 1-3 Toppings (1 slice) with Sautéed Spinach	169	73	8	4	0	20	551	16	1	1	8
Build Your Own Pizza, 12 inch, 1-3 Toppings (1 slice) with Sun Dried Tomatoes	144	55	6	4	0	20	445	15	1	1	8
Build Your Own Pizza, 12 inch, 4 or More Toppings (1 slice)	141	55	6	4	0	20	438	14	1	1	8
Build Your Own Pizza, 12 inch, 4 or More Toppings (1 slice) with Anchovies	148	60	7	4	0	23	636	14	1	1	8

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Build Your Own Pizza, 12 inch, 4 or More Toppings (1 slice) with Artichokes	147	55	6	4	0	20	523	15	1	1	8
Build Your Own Pizza, 12 inch, 4 or More Toppings (1 slice) with Asiago Cheese	178	83	9	5	0	28	548	15	1	1	10
Build Your Own Pizza, 12 inch, 4 or More Toppings (1 slice) with Bacon	168	72	8	4	0	27	566	14	1	1	10
Build Your Own Pizza, 12 inch, 4 or More Toppings (1 slice) with Black Olive	149	61	7	4	0	20	487	14	1	1	8
Build Your Own Pizza, 12 inch, 4 or More Toppings (1 slice) with Canadian Bacon	169	61	7	4	0	20	795	19	1	3	8
Build Your Own Pizza, 12 inch, 4 or More Toppings (1 slice) with Chicken	151	58	6	4	0	24	474	14	1	1	9
Build Your Own Pizza, 12 inch, 4 or More Toppings (1 slice) with Extra Cheese	161	69	8	5	0	25	475	14	1	1	9
Build Your Own Pizza, 12 inch, 4 or More Toppings (1 slice) with Goat Cheese	154	63	7	4	0	21	455	14	1	1	8
Build Your Own Pizza, 12 inch, 4 or More Toppings (1 slice) with Grilled Chicken	166	74	8	4	0	20	618	16	1	1	8
Build Your Own Pizza, 12 inch, 4 or More Toppings (1 slice) with Grilled Chicken and Bacon	142	56	6	4	0	20	477	14	1	1	8
Build Your Own Pizza, 12 inch, 4 or More Toppings (1 slice) with Ham	150	58	6	4	0	24	537	14	1	1	9
Build Your Own Pizza, 12 inch, 4 or More Toppings (1 slice) with Italian Sausage	176	81	9	4	0	27	560	15	1	1	9
Build Your Own Pizza, 12 inch, 4 or More Toppings (1 slice) with Jalapeno	141	55	6	4	0	20	438	14	1	1	8
Build Your Own Pizza, 12 inch, 4 or More Toppings (1 slice) with Kale	148	61	7	4	0	20	482	14	1	1	8
Build Your Own Pizza, 12 inch, 4 or More Toppings (1 slice) with Marjoram	143	56	6	4	0	20	459	15	1	1	8
Build Your Own Pizza, 12 inch, 4 or More Toppings (1 slice) with Marjoram and Bacon	154	64	7	4	0	20	506	15	1	1	8
Build Your Own Pizza, 12 inch, 4 or More Toppings (1 slice) with Pepperoni	160	71	8	4	0	25	502	14	1	1	8
Build Your Own Pizza, 12 inch, 4 or More Toppings (1 slice) with Portobello	144	57	6	4	0	20	497	14	1	1	8
Build Your Own Pizza, 12 inch, 4 or More Toppings (1 slice) with Ricotta	174	77	9	5	0	31	518	15	1	1	10
Build Your Own Pizza, 12 inch, 4 or More Toppings (1 slice) with Roasted Red Peppers	141	55	6	4	0	20	438	14	1	1	8
Build Your Own Pizza, 12 inch, 4 or More Toppings (1 slice) with Roasted Red Peppers and Bacon	143	55	6	4	0	20	463	15	1	1	8
Build Your Own Pizza, 12 inch, 4 or More Toppings (1 slice) with Roma Tomato	145	56	6	4	0	20	439	15	1	1	8
Build Your Own Pizza, 12 inch, 4 or More Toppings (1 slice) with Sausage	147	58	6	4	0	20	503	15	1	1	8
Build Your Own Pizza, 12 inch, 4 or More Toppings (1 slice) with Sausage and Bacon	144	58	6	4	0	20	497	14	1	1	8
Build Your Own Pizza, 12 inch, 4 or More Toppings (1 slice) with Sausage and Peppers	161	58	6	4	0	20	544	18	1	2	8
Build Your Own Pizza, 12 inch, 4 or More Toppings (1 slice) with Sausage and Spinach	169	73	8	4	0	20	551	16	1	1	8
Build Your Own Pizza, 12 inch, 4 or More Toppings (1 slice) with Sun-Dried Tomatoes	144	55	6	4	0	20	445	15	1	1	8
Build Your Own Pizza, 14 inch, 1-3 Toppings (1 slice)	199	74	8	5	0	26	693	22	1	1	10
Build Your Own Pizza, 14 inch, 1-3 Toppings (1 slice) with Anchovies	206	78	9	5	0	29	891	22	1	1	11
Build Your Own Pizza, 14 inch, 1-3 Toppings (1 slice) with Artichokes	205	74	8	5	0	26	789	23	2	1	11
Build Your Own Pizza, 14 inch, 1-3 Toppings (1 slice) with Asiago Cheese	236	101	11	6	0	34	803	22	1	2	13
Build Your Own Pizza, 14 inch, 1-3 Toppings (1 slice) with Bacon	239	98	11	5	0	37	884	22	1	1	14
Build Your Own Pizza, 14 inch, 1-3 Toppings (1 slice) with Black Olive	218	87	10	5	0	26	805	22	1	1	10
Build Your Own Pizza, 14 inch, 1-3 Toppings (1 slice) with Caramelized Onions	241	82	9	5	0	26	1235	29	2	4	11
Build Your Own Pizza, 14 inch, 1-3 Toppings (1 slice) with Chicken	221	80	9	5	0	35	774	22	1	1	14

The Loop Pizza Grill Menu Analysis

Build Your Own Pizza, 14 inch, 1-3 Toppings (1 slice) with Extra Che	229	95	11	6	0	34	750	22	1	1	12
Build Your Own Pizza, 14 inch, 1-3 Toppings (1 slice) with Goat Chee	219	85	9	6	0	28	719	22	1	1	11
Build Your Own Pizza, 14 inch, 1-3 Toppings (1 slice) with Grilled Ve	248	110	12	5	0	26	1054	24	2	2	11
Build Your Own Pizza, 14 inch, 1-3 Toppings (1 slice) with Ground Be	201	75	8	5	0	26	761	22	1	1	11
Build Your Own Pizza, 14 inch, 1-3 Toppings (1 slice) with Ham	215	79	9	5	0	34	864	22	1	1	13
Build Your Own Pizza, 14 inch, 1-3 Toppings (1 slice) with Italian Sau	251	112	12	6	0	37	875	22	1	1	13
Build Your Own Pizza, 14 inch, 1-3 Toppings (1 slice) with Jalapenos	200	74	8	5	0	26	693	22	1	1	11
Build Your Own Pizza, 14 inch, 1-3 Toppings (1 slice) with Kalamata	216	87	10	5	0	26	794	22	1	1	10
Build Your Own Pizza, 14 inch, 1-3 Toppings (1 slice) with Marinara S	202	76	8	5	0	26	724	22	1	1	11
Build Your Own Pizza, 14 inch, 1-3 Toppings (1 slice) with Marinated	222	89	10	5	0	26	813	23	2	2	11
Build Your Own Pizza, 14 inch, 1-3 Toppings (1 slice) with Pepperoni	232	102	11	6	0	34	804	22	1	1	12
Build Your Own Pizza, 14 inch, 1-3 Toppings (1 slice) with Portobello	204	77	9	5	0	26	784	22	1	1	11
Build Your Own Pizza, 14 inch, 1-3 Toppings (1 slice) with Ricotta Ch	249	105	12	7	0	43	813	23	1	2	13
Build Your Own Pizza, 14 inch, 1-3 Toppings (1 slice) with Roasted G	199	74	8	5	0	26	693	22	1	1	10
Build Your Own Pizza, 14 inch, 1-3 Toppings (1 slice) with Roasted R	202	74	8	5	0	26	732	22	1	1	11
Build Your Own Pizza, 14 inch, 1-3 Toppings (1 slice) with Roma Ton	206	75	8	5	0	26	695	23	2	2	11
Build Your Own Pizza, 14 inch, 1-3 Toppings (1 slice) with Sauteed G	209	79	9	5	0	26	804	23	2	2	11
Build Your Own Pizza, 14 inch, 1-3 Toppings (1 slice) with Sauteed N	207	79	9	5	0	26	827	22	1	1	11
Build Your Own Pizza, 14 inch, 1-3 Toppings (1 slice) with Sauteed C	233	78	9	5	0	26	875	28	2	4	11
Build Your Own Pizza, 14 inch, 1-3 Toppings (1 slice) with Sauteed S	230	94	10	5	0	26	819	23	2	1	11
Build Your Own Pizza, 14 inch, 1-3 Toppings (1 slice) with Sun Dried	208	74	8	5	0	26	714	23	2	2	11
Build Your Own Pizza, 14 inch, 4 or More Toppings (1 slice)	199	74	8	5	0	26	693	22	1	1	10
Build Your Own Pizza, 14 inch, 4 or More Toppings (1 slice) with Anc	206	78	9	5	0	29	891	22	1	1	11
Build Your Own Pizza, 14 inch, 4 or More Toppings (1 slice) with Artic	205	74	8	5	0	26	789	23	2	1	11
Build Your Own Pizza, 14 inch, 4 or More Toppings (1 slice) with Asia	236	101	11	6	0	34	803	22	1	2	13
Build Your Own Pizza, 14 inch, 4 or More Toppings (1 slice) with Bac	239	98	11	5	0	37	884	22	1	1	14
Build Your Own Pizza, 14 inch, 4 or More Toppings (1 slice) with Blac	211	83	9	5	0	26	768	22	1	1	10
Build Your Own Pizza, 14 inch, 4 or More Toppings (1 slice) with Car	241	82	9	5	0	26	1235	29	2	4	11
Build Your Own Pizza, 14 inch, 4 or More Toppings (1 slice) with Chic	221	80	9	5	0	35	774	22	1	1	14
Build Your Own Pizza, 14 inch, 4 or More Toppings (1 slice) with Extr	229	95	11	6	0	34	750	22	1	1	12
Build Your Own Pizza, 14 inch, 4 or More Toppings (1 slice) with Goa	219	85	9	6	0	28	719	22	1	1	11
Build Your Own Pizza, 14 inch, 4 or More Toppings (1 slice) with Grill	236	101	11	5	0	26	964	24	2	1	11
Build Your Own Pizza, 14 inch, 4 or More Toppings (1 slice) with Gro	201	75	8	5	0	26	754	22	1	1	11
Build Your Own Pizza, 14 inch, 4 or More Toppings (1 slice) with Har	211	78	9	5	0	32	819	22	1	1	12
Build Your Own Pizza, 14 inch, 4 or More Toppings (1 slice) with Itali	238	103	11	6	0	34	830	22	1	1	13

The Loop Pizza Grill Menu Analysis

Build Your Own Pizza, 14 inch, 4 or More Toppings (1 slice) with Jalapeno	200	74	8	5	0	26	693	22	1	1	11
Build Your Own Pizza, 14 inch, 4 or More Toppings (1 slice) with Kale	210	83	9	5	0	26	760	22	1	1	10
Build Your Own Pizza, 14 inch, 4 or More Toppings (1 slice) with Marjoram	202	76	8	5	0	26	724	22	1	1	11
Build Your Own Pizza, 14 inch, 4 or More Toppings (1 slice) with Marjoram	219	87	10	5	0	26	796	23	2	2	11
Build Your Own Pizza, 14 inch, 4 or More Toppings (1 slice) with Pepperoni	223	94	10	6	0	32	775	22	1	1	11
Build Your Own Pizza, 14 inch, 4 or More Toppings (1 slice) with Portobello	204	77	9	5	0	26	784	22	1	1	11
Build Your Own Pizza, 14 inch, 4 or More Toppings (1 slice) with Ricotta	249	105	12	7	0	43	813	23	1	2	13
Build Your Own Pizza, 14 inch, 4 or More Toppings (1 slice) with Roasted	199	74	8	5	0	26	693	22	1	1	10
Build Your Own Pizza, 14 inch, 4 or More Toppings (1 slice) with Roasted	202	74	8	5	0	26	732	22	1	1	11
Build Your Own Pizza, 14 inch, 4 or More Toppings (1 slice) with Roma	205	74	8	5	0	26	694	23	1	2	11
Build Your Own Pizza, 14 inch, 4 or More Toppings (1 slice) with Sausage	208	79	9	5	0	26	792	23	2	1	11
Build Your Own Pizza, 14 inch, 4 or More Toppings (1 slice) with Sausage	204	77	9	5	0	26	782	22	1	1	11
Build Your Own Pizza, 14 inch, 4 or More Toppings (1 slice) with Sausage	229	78	9	5	0	26	855	28	2	4	11
Build Your Own Pizza, 14 inch, 4 or More Toppings (1 slice) with Sausage	230	94	10	5	0	26	819	23	2	1	11
Build Your Own Pizza, 14 inch, 4 or More Toppings (1 slice) with Sun-dried	205	74	8	5	0	26	707	23	2	2	11
Build Your Own Pizza, 8 inch, 1-3 Toppings (1 slice)	98	39	4	3	0	14	303	9	0	1	5
Build Your Own Pizza, 8 inch, 1-3 Toppings (1 slice) with Anchovies	101	41	5	3	0	15	376	9	0	1	6
Build Your Own Pizza, 8 inch, 1-3 Toppings (1 slice) with Artichokes	101	39	4	3	0	14	345	10	1	1	5
Build Your Own Pizza, 8 inch, 1-3 Toppings (1 slice) with Asiago Cheese	108	46	5	3	0	16	331	10	0	1	6
Build Your Own Pizza, 8 inch, 1-3 Toppings (1 slice) with Bacon	109	45	5	3	0	17	351	9	0	1	6
Build Your Own Pizza, 8 inch, 1-3 Toppings (1 slice) with Black Olive	103	42	5	3	0	14	328	9	0	1	5
Build Your Own Pizza, 8 inch, 1-3 Toppings (1 slice) with Caramelized	113	42	5	3	0	14	487	12	1	2	5
Build Your Own Pizza, 8 inch, 1-3 Toppings (1 slice) with Chicken	103	40	4	3	0	16	320	9	0	1	6
Build Your Own Pizza, 8 inch, 1-3 Toppings (1 slice) with Extra Cheese	129	60	7	4	0	22	360	9	0	1	7
Build Your Own Pizza, 8 inch, 1-3 Toppings (1 slice) with Goat Cheese	105	43	5	3	0	15	312	9	0	1	6
Build Your Own Pizza, 8 inch, 1-3 Toppings (1 slice) with Grilled Veg	115	51	6	3	0	14	424	10	1	1	5
Build Your Own Pizza, 8 inch, 1-3 Toppings (1 slice) with Ground Beef	99	40	4	3	0	14	333	9	0	1	5
Build Your Own Pizza, 8 inch, 1-3 Toppings (1 slice) with Ham	104	41	5	3	0	17	356	9	0	1	6
Build Your Own Pizza, 8 inch, 1-3 Toppings (1 slice) with Italian Saus	116	52	6	3	0	18	363	10	0	1	6
Build Your Own Pizza, 8 inch, 1-3 Toppings (1 slice) with Jalapenos	99	39	4	3	0	14	303	9	0	1	5
Build Your Own Pizza, 8 inch, 1-3 Toppings (1 slice) with Kalamata C	102	42	5	3	0	14	326	10	0	1	5
Build Your Own Pizza, 8 inch, 1-3 Toppings (1 slice) with Marinara Sa	101	40	4	3	0	14	324	10	0	1	5
Build Your Own Pizza, 8 inch, 1-3 Toppings (1 slice) with Marinated T	110	47	5	3	0	14	364	10	1	1	5
Build Your Own Pizza, 8 inch, 1-3 Toppings (1 slice) with Pepperoni	109	48	5	3	0	17	338	9	0	1	6
Build Your Own Pizza, 8 inch, 1-3 Toppings (1 slice) with Portobello M	100	40	4	3	0	14	326	9	0	1	5

The Loop Pizza Grill Menu Analysis

Build Your Own Pizza, 8 inch, 1-3 Toppings (1 slice) with Ricotta Che	115	49	5	3	0	20	342	10	0	1	6
Build Your Own Pizza, 8 inch, 1-3 Toppings (1 slice) with Roasted Ga	98	39	4	3	0	14	303	9	0	1	5
Build Your Own Pizza, 8 inch, 1-3 Toppings (1 slice) with Roasted Re	99	39	4	3	0	14	309	9	0	1	5
Build Your Own Pizza, 8 inch, 1-3 Toppings (1 slice) with Roma Tom	101	39	4	3	0	14	303	10	1	1	5
Build Your Own Pizza, 8 inch, 1-3 Toppings (1 slice) with Sauteed Gr	101	40	4	3	0	14	328	10	0	1	5
Build Your Own Pizza, 8 inch, 1-3 Toppings (1 slice) with Sauteed Mu	101	40	4	3	0	14	342	9	0	1	5
Build Your Own Pizza, 8 inch, 1-3 Toppings (1 slice) with Sauteed Or	113	41	5	3	0	14	383	12	1	2	6
Build Your Own Pizza, 8 inch, 1-3 Toppings (1 slice) with Sauteed Sp	117	51	6	3	0	14	377	10	1	1	6
Build Your Own Pizza, 8 inch, 1-3 Toppings (1 slice) with Sun Dried T	100	39	4	3	0	14	306	10	1	1	5
Build Your Own Pizza, 8 inch, 4 or More Toppings (1 slice)	98	39	4	3	0	14	303	9	0	1	5
Build Your Own Pizza, 8 inch, 4 or More Toppings (1 slice) with Anch	101	41	5	3	0	15	376	9	0	1	6
Build Your Own Pizza, 8 inch, 4 or More Toppings (1 slice) with Artich	100	39	4	3	0	14	324	10	1	1	5
Build Your Own Pizza, 8 inch, 4 or More Toppings (1 slice) with Asiag	108	46	5	3	0	16	331	10	0	1	6
Build Your Own Pizza, 8 inch, 4 or More Toppings (1 slice) with Baco	109	45	5	3	0	17	351	9	0	1	6
Build Your Own Pizza, 8 inch, 4 or More Toppings (1 slice) with Black	103	42	5	3	0	14	328	9	0	1	5
Build Your Own Pizza, 8 inch, 4 or More Toppings (1 slice) with Cara	113	42	5	3	0	14	487	12	1	2	5
Build Your Own Pizza, 8 inch, 4 or More Toppings (1 slice) with Chick	103	40	4	3	0	16	320	9	0	1	6
Build Your Own Pizza, 8 inch, 4 or More Toppings (1 slice) with Extra	113	49	5	3	0	18	331	9	0	1	6
Build Your Own Pizza, 8 inch, 4 or More Toppings (1 slice) with Goat	105	43	5	3	0	15	312	9	0	1	6
Build Your Own Pizza, 8 inch, 4 or More Toppings (1 slice) with Grille	107	45	5	3	0	14	362	10	1	1	5
Build Your Own Pizza, 8 inch, 4 or More Toppings (1 slice) with Grou	99	40	4	3	0	14	333	9	0	1	5
Build Your Own Pizza, 8 inch, 4 or More Toppings (1 slice) with Ham	102	40	4	3	0	16	341	9	0	1	6
Build Your Own Pizza, 8 inch, 4 or More Toppings (1 slice) with Italia	107	46	5	3	0	16	334	9	0	1	6
Build Your Own Pizza, 8 inch, 4 or More Toppings (1 slice) with Jalap	99	39	4	3	0	14	303	9	0	1	5
Build Your Own Pizza, 8 inch, 4 or More Toppings (1 slice) with Kalar	102	42	5	3	0	14	326	10	0	1	5
Build Your Own Pizza, 8 inch, 4 or More Toppings (1 slice) with Marir	101	40	4	3	0	14	324	10	0	1	5
Build Your Own Pizza, 8 inch, 4 or More Toppings (1 slice) with Marir	107	45	5	3	0	14	349	10	1	1	5
Build Your Own Pizza, 8 inch, 4 or More Toppings (1 slice) with Pepp	106	45	5	3	0	16	327	9	0	1	6
Build Your Own Pizza, 8 inch, 4 or More Toppings (1 slice) with Portc	100	40	4	3	0	14	326	9	0	1	5
Build Your Own Pizza, 8 inch, 4 or More Toppings (1 slice) with Ricot	115	49	5	3	0	20	342	10	0	1	6
Build Your Own Pizza, 8 inch, 4 or More Toppings (1 slice) with Roas	98	39	4	3	0	14	303	9	0	1	5
Build Your Own Pizza, 8 inch, 4 or More Toppings (1 slice) with Roas	99	39	4	3	0	14	309	9	0	1	5
Build Your Own Pizza, 8 inch, 4 or More Toppings (1 slice) with Rom	100	39	4	3	0	14	303	10	0	1	5
Build Your Own Pizza, 8 inch, 4 or More Toppings (1 slice) with Saut	101	40	4	3	0	14	328	10	0	1	5
Build Your Own Pizza, 8 inch, 4 or More Toppings (1 slice) with Saut	100	40	4	3	0	14	332	9	0	1	5

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Build Your Own Pizza, 8 inch, 4 or More Toppings (1 slice) with Saut	106	40	4	3	0	14	344	11	1	1	5
Build Your Own Pizza, 8 inch, 4 or More Toppings (1 slice) with Saut	112	48	5	3	0	14	358	10	1	1	6
Build Your Own Pizza, 8 inch, 4 or More Toppings (1 slice) with Sun	100	39	4	3	0	14	306	10	1	1	5

The Loop Pizza Grill Menu Analysis

Kids Menu Items	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Kids Burger (1 serving)	442	180	20	8	0	61	743	40	3	9	25
Kids Chicken Fingers (1 serving)	503	294	33	6	0	45	1132	29	3	8	23
Kids Fries (1 serving)	189	85	9	2	1	0	27	25	3	0	3
Kids Grilled Cheese (1 serving)	473	167	19	9	0	30	1341	62	2	2	18
Kids Hot Dog (1 serving)	240	198	22	9	1	45	740	2	0	0	8
Kids Hot Dog (1 serving) with Bun	400	234	26	10	1	45	1020	28	1	3	14
Kids Mac and Cheese (1 serving)	340	99	11	3	0	25	830	48	2	11	12
Kids Pizza (1 slice)	98	39	4	3	0	14	303	9	0	1	5
Kids Pizza (1 slice) with Anchovies	101	41	5	3	0	15	376	9	0	1	6
Kids Pizza (1 slice) with Artichokes	101	39	4	3	0	14	345	10	1	1	5
Kids Pizza (1 slice) with Asiago Cheese	108	46	5	3	0	16	331	10	0	1	6
Kids Pizza (1 slice) with Bacon	109	45	5	3	0	17	351	9	0	1	6
Kids Pizza (1 slice) with Black Olives	103	42	5	3	0	14	328	9	0	1	5
Kids Pizza (1 slice) with Carmelized Onions	113	42	5	3	0	14	487	12	1	2	5
Kids Pizza (1 slice) with Chicken	103	40	4	3	0	16	320	9	0	1	6
Kids Pizza (1 slice) with Extra Cheese	129	60	7	4	0	22	360	9	0	1	7
Kids Pizza (1 slice) with Goat Cheese Crumbles	105	43	5	3	0	15	312	9	0	1	6
Kids Pizza (1 slice) with Grilled Vegetable Medley	115	51	6	3	0	14	424	10	1	1	5
Kids Pizza (1 slice) with Ground Beef Topping	99	40	4	3	0	14	333	9	0	1	5
Kids Pizza (1 slice) with Ham	104	41	5	3	0	17	356	9	0	1	6
Kids Pizza (1 slice) with Italian Sausage	116	52	6	3	0	18	363	10	0	1	6
Kids Pizza (1 slice) with Jalapenos	99	39	4	3	0	14	303	9	0	1	5
Kids Pizza (1 slice) with Kalamata Olives	102	42	5	3	0	14	326	10	0	1	5
Kids Pizza (1 slice) with Marinara Sauce	101	40	4	3	0	14	324	10	0	1	5
Kids Pizza (1 slice) with Marinated Tomatoes	110	47	5	3	0	14	364	10	1	1	5
Kids Pizza (1 slice) with Pepperoni	109	48	5	3	0	17	338	9	0	1	6

The Loop Pizza Grill Menu Analysis

Kids Pizza (1 slice) with Portobello Mushrooms	100	40	4	3	0	14	326	9	0	1	5
Kids Pizza (1 slice) with Ricotta Cheese	115	49	5	3	0	20	342	10	0	1	6
Kids Pizza (1 slice) with Roasted Garlic	98	39	4	3	0	14	303	9	0	1	5
Kids Pizza (1 slice) with Roasted Red Peppers	99	39	4	3	0	14	309	9	0	1	5
Kids Pizza (1 slice) with Roma Tomatoes	101	39	4	3	0	14	303	10	1	1	5
Kids Pizza (1 slice) with Sauteed Green Peppers	101	40	4	3	0	14	328	10	0	1	5
Kids Pizza (1 slice) with Sauteed Mushrooms	101	40	4	3	0	14	342	9	0	1	5
Kids Pizza (1 slice) with Sauteed Onions	113	41	5	3	0	14	383	12	1	2	6
Kids Pizza (1 slice) with Sauteed Spinach	117	51	6	3	0	14	377	10	1	1	6
Kids Pizza (1 slice) with Sun Dried Tomatoes	100	39	4	3	0	14	306	10	1	1	5
Kids Seasoned Chips (1 serving)	49	21	2	0	0	0	295	7	1	0	1
Kids Steamed Broccoli (1 serving)	84	46	5	1	0	0	318	6	2	2	3

The Loop Pizza Grill Menu Analysis

Desserts	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Brownie (1 brownie)	400	153	17	7	0	65	220	59	2	36	4
Carrot Cake (1 slice)	980	603	67	24	1	160	960	87	3	61	8
Cheesecake (1 slice)	520	333	37	20	1	145	410	39	0	25	8
Chocolate Cake (1 slice)	830	414	46	22	0	95	580	93	6	59	11
Chocolate Chip Cookie (1 cookie)	370	153	17	5	5	20	290	51	2	30	5
Chocolate Chunk Cookie (1 cookie)	370	162	18	5	5	20	290	49	2	29	5
Crepe Brulee Cheesecake (1 slice)	630	414	46	26	2	295	330	45	0	32	8
Key Lime Pie (1 slice)	524	309	34	12	0	167	265	47	1	33	7
Marble Cheesecake (1 slice)	670	423	47	28	0	155	480	51	2	37	10
Oatmeal Raisin Cookie (1 cookie)	220	72	8	2	3	15	180	33	2	18	4
Peanut Butter Cookie (1 cookie)	405	216	24	4	5	23	315	42	2	23	8
Tiramisu (1 slice)	490	279	31	17	1	145	85	47	1	30	6
White Chocolate Macadamia Nut Cookie (1 cookie)	390	180	20	5	4	20	280	48	1	30	5

The Loop Pizza Grill Menu Analysis

Beverages	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturat ed Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodi um (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Barqs Root Beer (9.6 fluid ounces)	133	0	0	0	0	0	29	36	0	36	0
Barqs Root Beer (14.4 fluid ounces)	200	0	0	0	0	0	43	54	0	54	0
Coke (9.6 fluid ounces)	119	0	0	0	0	0	7	32	0	32	0
Coke (14.4 fluid ounces)	178	0	0	0	0	0	11	49	0	49	0
Diet Coke (9.6 fluid ounces)	0	0	0	0	0	0	12	0	0	0	0
Diet Coke (14.4 fluid ounces)	0	0	0	0	0	0	18	0	0	0	0
Hi-C Pink Lemonade (9.6 fluid ounces)	115	0	0	0	0	0	49	29	0	29	0
Hi-C Pink Lemonade (14.4 fluid ounces)	173	0	0	0	0	0	74	43	0	43	0
Minute Maid Light Lemonade (9.6 fluid ounces)	6	0	0	0	0	0	6	1	0	0	0
Minute Maid Light Lemonade (14.4 fluid ounces)	9	0	0	0	0	0	9	2	0	0	0
Sprite (9.6 fluid ounces)	116	0	0	0	0	0	26	31	0	31	0
Sprite (14.4 fluid ounces)	175	0	0	0	0	0	40	47	0	47	0

The Loop Pizza Grill Menu Analysis

Condiments	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
A-1 Steak Sauce (1 fluid ounce)	30	0	0	0	0	0	560	6	0	4	0
Asiago Croutons (1 crouton)	66	43	5	2	0	6	117	4	0	1	2
Cholula Hot Sauce (1 fluid ounce)	7	3	0	0	0	0	510	1	0	0	0
Dipping Sauce for Onion Rings (1 fluid ounce)	144	135	15	3	0	1	193	3	0	1	0
Garlic Mayonnaise (1 fluid ounce)	161	158	18	3	0	0	112	2	0	0	0
Grey Poupon Mustard (1 fluid ounce)	44	23	3	0	0	0	715	3	1	1	2
Heinz 57 Steak Sauce (1 fluid ounce)	40	0	0	0	0	0	380	8	0	8	0
Honey Dijon Sauce (1 fluid ounce)	153	135	15	2	0	0	116	4	0	4	0
Ketchup (1 fluid ounce)	42	1	0	0	0	0	320	10	0	8	0
Lemon Dill Mayonnaise (1 fluid ounce)	186	183	20	4	0	0	130	2	0	0	0
Louisiana Hot Sauce (1 fluid ounce)	8	0	0	0	0	0	1384	2	0	1	0
Mayonnaise (1 fluid ounce)	200	198	22	4	0	0	140	2	0	0	0
Melba Snacks (1 package)	20	2	0	0	0	0	32	4	0	0	1
Mustard (1 fluid ounce)	20	11	1	0	0	0	330	1	1	0	1
Oyster Crackers (1 package)	60	18	2	0	0	0	140	10	0	0	1
Premium Gold Crackers (1 package)	30	12	1	0	0	0	50	4	0	0	0

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Ranch Dressing (1 fluid ounce)	116	108	12	2	0	2	241	2	0	1	1
Sesame Bread Wafers (1 package)	45	23	3	0	0	0	80	5	0	0	1
Sesame Breadsticks (1 package)	35	14	2	0	0	0	40	5	0	0	1
Tartar Sauce (1 fluid ounce)	150	140	16	3	0	0	235	3	0	0	0

The Loop Pizza Grill Menu Analysis

Milkshakes	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturat ed Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodi um (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Butterfinger Milk Shake (1 serving)	1297	579	64	40	0	148	624	174	0	121	19
Butterfinger Milk Shake (1 serving) with Malted	1327	585	65	41	0	150	658	179	0	124	20
Chocolate Milk Shake (1 serving)	1002	397	44	29	0	148	407	141	0	105	15
Chocolate Milk Shake (1 serving) with Malted	1032	403	45	30	0	150	440	146	0	108	15
Oreo Milk Shake (1 serving)	1345	499	55	31	0	148	977	197	2	127	19
Oreo Milk Shake (1 serving) with Malted	1375	505	56	31	0	150	1010	202	2	130	20
Strawberry Milk Shake (1 serving)	877	397	44	29	0	148	377	112	2	84	15
Strawberry Milk Shake (1 serving) with Malted	907	403	45	30	0	150	410	117	2	87	15
Vanilla Milk Shake (1 serving)	802	397	44	29	0	148	377	93	0	67	15
Vanilla Milk Shake (1 serving) with Malted	832	403	45	30	0	150	410	98	0	70	15