

vegetarian paninis

- **via's panini** 8.99
sun-dried tomato spread, roasted tomatoes, baby spinach, artichoke hearts, pesto and fresh mozzarella cheese on country french bread
- **adult grilled cheese** 8.99
wisconsin cheddar, provolone, pesto and tomatoes grilled on sourdough bread
Add avocado for .99

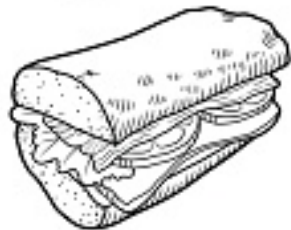
vegetarian

- **pomodori alla mozzarella** 8.99
fresh mozzarella cheese stacked with sliced tomatoes on a demi baguette with fresh basil, pesto and cracked black pepper
Add avocado for .99
- **the vegetarian** 8.99
your choice of vegetables, avocado, hummus, roasted red pepper spread, and fresh basil on your choice of bread
- **avocado toast** 8.99
avocado, red pepper flakes, lemon pepper, crumbled feta, sunflower seeds and arugula on toasted open-face harvest grain ciabatta

- sandwich extras - *add an additional portion of:*

grilled chicken breast, courtney's tuna	2.99
salad or chicken salad	
meats	1.99
bacon	.99
avocado	.99
marinated tomatoes	.99
roasted red peppers	.99
brie & mozzarella cheese	.99
cheese (except brie & mozzarella)	.50
dressings/sauces	.50

FOODSTUFFS GRILLED CHICKEN
& ROASTED TURKEY BREASTS ARE



HORMONE
& CAGE FREE

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SANDWICHES

MEATS

build-your-own - 9.99 vegetarian - 8.99

1 meats *choose one*

grilled all-natural chicken breast	roasted turkey breast
courtney's tuna salad	bavarian ham
smoked turkey breast	foodstuffs roast beef
terry's chicken salad	bacon

2 vegetables part 1 *choose one*

**for vegetarian sandwiches, please choose two*

marinated tomatoes	roasted red peppers
avocado	grilled onions/mushrooms
artichoke hearts	tofu

3 vegetables part 2 *choose as many as you like*

romaine	arugula
baby spinach	baby greens
corn	cucumbers
tomatoes	onions
carrots	bell peppers
fresh basil	edamame
hearts of palm	

4 cheeses *choose one*

wisconsin cheddar	cream cheese & chives
feta	wisconsin provolone
wisconsin swiss	fresh mozzarella
havarti	wisconsin blue cheese
brie	goat cheese

5 breads *choose one*

whole wheat grain	buttercrust
sourdough	harvest grain ciabatta
black bread	focaccia
flour/wheat/spinach tortilla	baguette
gluten free tortilla	ciabatta roll
croissant	panini
country french	

6 condiments *choose up to two*

grainy dijon mustard	giardiniera
cholesterol-free mayonnaise	pesto
dijon mayonnaise	hecky's bbq sauce
chipotle mayonnaise	buffalo sauce
ginger soy dressing	red pepper spread
balsamic vinaigrette	blue cheese dressing
caesar dressing	honey mustard
sun-dried tomato spread	artichoke & spinach spread
hummus	cranberry chutney
horsesradish cream sauce	spicy hummus
olive spread	

chicken CAGE & HORMONE FREE

- **chicken sundance** 8.99
grilled all-natural chicken breast, baby spinach, sun-dried tomato spread and cream cheese & chives on black bread with grainy dijon mustard
- **chicken little** 8.99
terry's chicken salad with romaine and tomatoes on your choice of bread
- **buffalo chicken wrap** 8.99
grilled all-natural chicken breast, blue cheese dressing, romaine and buffalo sauce wrapped in a flour tortilla
- **chicken caesar wrap** 8.99
a flour tortilla filled with grilled all-natural chicken breast, romaine, parmesan cheese and caesar dressing

roast beef MIDWEST RAISED & HORMONE FREE

- **the black angus** 8.99
foodstuffs roast beef with cream cheese & chives, tomatoes and arugula on black bread
- **foodstuffs stampede** 8.99
foodstuffs roast beef with grainy dijon mustard and arugula, topped with wisconsin cheddar cheese, romaine and tomatoes on whole wheat grain bread
- **the horsy beef** 8.99
foodstuffs roast beef, horseradish cream sauce, cheddar cheese, grilled onions, arugula and tomatoes on country french bread

turkey CAGE & HORMONE FREE

- **the californian** 9.99
foodstuffs roasted turkey breast and havarti cheese with dijon mayonnaise, avocado, romaine and tomatoes on whole wheat grain bread
- **mr. bill** 8.99
your choice of foodstuffs roasted or smoked turkey breast with wisconsin swiss cheese, romaine, tomatoes, red onions, honey mustard and our roasted red pepper spread on country french bread

- **the napoleon** 8.99
your choice of foodstuffs roasted or smoked turkey breast with wisconsin brie cheese, grainy dijon mustard and arugula on black bread
- **the soprano** 9.99
smoked turkey breast, foodstuffs marinated tomatoes, fresh mozzarella cheese, fresh basil and our artichoke spinach spread on country french bread
- **turkey croissant** 9.99
foodstuffs roasted turkey breast with avocado, bacon, romaine, tomatoes and mayonnaise on a flaky croissant
- **big apple wrap** 9.99 **NEW!**
foodstuffs roasted turkey breast with apples, baby greens, goat cheese and balsamic glaze wrapped in a whole wheat tortilla

ham HORMONE FREE

- **the j.b. wich** 8.99
bavarian ham, wisconsin swiss cheese, romaine, tomatoes, and honey mustard on country french bread

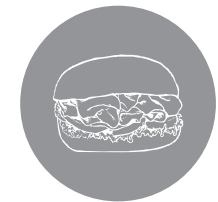
seafood

- **loco's tuna wrap** 9.99
courtney's tuna salad with corn, avocado, wisconsin cheddar cheese, tortilla strips and giardiniera peppers rolled into your choice of tortilla
- **the sorry charlie** 8.99
courtney's tuna salad with romaine, tomatoes and cucumbers on whole wheat grain bread
Add avocado for .99

paninis

- **chipotle chicken** 8.99
grilled all natural chicken breast with fresh mozzarella cheese, grilled onions and chipotle mayonnaise on focaccia bread
- **someone's favorite panini** 8.99
smoked turkey breast, brie cheese, cranberry chutney and romaine on country french bread
- **tuna melt** 8.99
courtney's tuna salad with tomatoes and wisconsin cheddar cheese, grilled on whole wheat grain bread
Add avocado for .99
- **mangia** 8.99 **NEW!**
foodstuffs roasted turkey breast with baby spinach, tomatoes, wisconsin provolone cheese, olive spread on toasted panini bread
- **breakfast for lunch** 8.99 **NEW!**
bavarian ham with bacon, sliced hard boiled eggs, honey mustard, havarti cheese on toasted panini bread

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