

vegetarian paninis

- **via's panini** 9.99
sun-dried tomato spread, roasted tomatoes, baby spinach, artichoke hearts, pesto (nut free) and fresh mozzarella cheese on country french bread
- **adult grilled cheese** 9.99
wisconsin cheddar, provolone, pesto (nut free) and tomatoes grilled on sourdough bread
Add avocado for .99

vegetarian

- **pomodori alla mozzarella** 9.99
fresh mozzarella cheese stacked with sliced tomatoes on a demi baguette with fresh basil, pesto (nut free) and cracked black pepper
Add avocado for .99
- **the vegetarian** 9.99
your choice of vegetables, avocado, hummus, roasted red pepper spread, and fresh basil on your choice of bread
- **avocado toast** 10.99
avocado, red pepper flakes, lemon pepper, crumbled feta, sunflower seeds and arugula on toasted open-face harvest grain ciabatta

- sandwich extras -	
<i>add an additional portion of:</i>	
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

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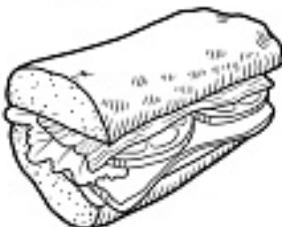
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SANDWICHES

made with the finest and freshest ingredients



FOODSTUFFS GRILLED CHICKEN & ROASTED TURKEY BREASTS ARE



HORMONE & CAGE FREE

build-your-own - 10.99 vegetarian - 9.99

1 meats *choose one*

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

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*

- | | |
|------------------------------|------------------------|
| harvest grain bread | buttercrust |
| country french | harvest grain ciabatta |
| black bread | focaccia |
| flour/wheat/spinach tortilla | baguette |
| gluten free tortilla | croissant |
| panini | |

6 condiments *choose up to two*

- | | |
|-----------------------------|----------------------------|
| grainy dijon mustard | giardiniera |
| cholesterol-free mayonnaise | pesto (nut free) |
| 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 |
| horeseradish cream sauce | spicy hummus |
| olive spread | |

chicken CAGE & HORMONE FREE

- **chicken club** 10.99 (NEW)
grilled all-natural chicken breast, bacon, avocado, romaine, tomatoes and ranch dressing on harvest grain ciabatta
- **chicken little** 9.99
terry's chicken salad with romaine and tomatoes on your choice of bread
- **buffalo chicken wrap** 9.99
grilled all-natural chicken breast, blue cheese dressing, romaine and buffalo sauce wrapped in a flour tortilla
- **chicken caesar wrap** 9.99
a flour tortilla filled with grilled all-natural chicken breast, romaine, parmesan cheese and caesar dressing
- **skinny caprese** 10.99 (NEW)
grilled all-natural chicken breast, fresh mozzarella cheese, tomato, basil, baby spinach, artichoke hearts & balsamic vinaigrette wrapped in a whole wheat tortilla

roast beef MIDWEST RAISED & HORMONE FREE

- **the black angus** 9.99
roast beef with cream cheese & chives, tomatoes and arugula on black bread
- **foodstuffs stampede** 9.99
roast beef with grainy dijon mustard and arugula, topped with wisconsin cheddar cheese, romaine and tomatoes on harvest grain bread
- **the horsy beef** 9.99
roast beef, horseradish cream sauce, cheddar cheese, grilled onions, arugula and tomatoes on country french bread

turkey CAGE & HORMONE FREE

- **the californian** 10.99
foodstuffs roasted turkey breast and havarti cheese with dijon mayonnaise, avocado, romaine and tomatoes on harvest grain bread

- **mr. bill** 9.99
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** 9.99
your choice of foodstuffs roasted or smoked turkey breast with wisconsin brie cheese, grainy dijon mustard and arugula on black bread
- **the soprano** 10.99
smoked turkey breast, foodstuffs marinated tomatoes, fresh mozzarella cheese, fresh basil and our artichoke spinach spread on country french bread
- **turkey croissant** 10.99
foodstuffs roasted turkey breast with avocado, bacon, romaine, tomatoes and mayonnaise on a flaky croissant

ham HORMONE FREE

- **the j.b. wich** 9.99
bavarian ham, wisconsin swiss cheese, romaine, tomatoes, and honey mustard on country french bread

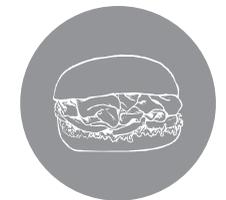
seafood

- **loco's tuna wrap** 10.99
courtney's tuna salad with corn, avocado, wisconsin cheddar cheese, tortilla strips and giardiniera peppers rolled into your choice of tortilla
- **the sorry charlie** 9.99
courtney's tuna salad with romaine, tomatoes and cucumbers on harvest grain bread
Add avocado for .99

paninis

- **the tammy** 10.99 (NEW)
smoked turkey breast, pickles, bacon, chipotle mayonnaise, swiss, cheddar and avocado on a baguette
- **chipotle chicken** 9.99
grilled all natural chicken breast with fresh mozzarella cheese, grilled onions and chipotle mayonnaise on focaccia bread
- **someone's favorite panini** 9.99
smoked turkey breast, brie cheese, cranberry chutney and romaine on country french bread
- **tuna melt** 9.99
courtney's tuna salad with tomatoes and wisconsin cheddar cheese, grilled on harvest grain bread
Add avocado for .99
- **the v.p. panini** 10.99 (NEW)
smoked turkey breast with marinated mushrooms, grilled onions, brie cheese and pesto (nut free) on country french bread

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buy 12 homemade sandwiches and get the 13th free!

10.99 or less

substitutions will be an additional charge