

vegetarian paninis

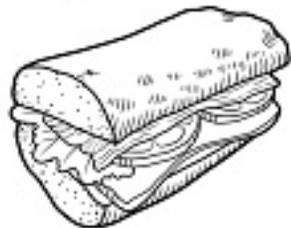
- **via's panini** 8.99
sun-dried tomato spread, roasted tomatoes, baby spinach, artichoke hearts, homemade pesto and fresh mozzarella on country french bread
- **adult grilled cheese** 8.99
wisconsin cheddar, provolone, homemade pesto and tomatoes grilled on sourdough bread
Add avocado for .99

vegetarian

- **pomodori alla mozzarella** 8.99
fresh mozzarella cheese stacked with sliced tomatoes on a baguette with fresh basil, homemade 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 - <i>add an additional portion of:</i>	
grilled chicken breast, tuna or chicken salad meats	2.99 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

Foodstuffs

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SANDWICHES
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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	

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

romaine	arugula
baby spinach	fresh basil
corn	cucumbers
tomatoes	onions
carrots	bell peppers

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
ciabatta roll	croissant
seeded sour	panini
country french	

6 condiments *choose up to two*

grainy dijon mustard	giardiniera
cholesterol-free mayonnaise	foodstuffs 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

chicken CAGE & HORMONE FREE

- **chicken sundance** 8.99
grilled 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 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 CORN FED

- **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, 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

ham HORMONE FREE

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

seafood

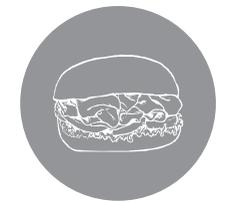
- **loco's tuna wrap** 9.99
courtney's tuna salad with corn, avocado, wisconsin cheddar cheese, tortilla strips and giardiniera peppers rolled into your choice of tortilla
- **the sorry charlie** 8.99
courtney's tuna salad with romaine, tomatoes and cucumbers on whole wheat grain bread
Add avocado for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

paninis

- **chipotle chicken** 8.99
cage & hormone-free grilled chicken breast with fresh mozzarella cheese, grilled onions and chipotle mayonnaise on focaccia bread

- **bbq chicken melt** 8.99
cage & hormone-free grilled chicken breast with wisconsin swiss, bacon, romaine and tomatoes smothered with hecky's bbq sauce on whole wheat grain bread
- **someone's favorite panini** 8.99
smoked turkey breast, brie cheese, cranberry chutney and romaine on country french bread
- **the v.p. panini** 9.99
smoked turkey breast with grilled mushrooms, onions, brie cheese and foodstuffs homemade pesto 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

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