

vegetarian paninis

- **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 ultimate vegan sandwich** 9.99
baby spinach, baby kale, carrots, beets, cucumbers, hummus, marinated tomatoes, avocado, olive tapenade and sunflower seeds wrapped in a spinach tortilla
- **avocado toast** 10.99
avocado, red pepper flakes, lemon pepper, crumbled feta, sunflower seeds and arugula on toasted open-face harvest grain ciabatta
- **"thai" one on (vegan)** 10.99 (NEW)
vegan spicy tofu, carrots, romaine, cucumbers, red bell peppers, edamame and ginger soy dressing in a whole wheat tortilla

- 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
balsamic marinated mushrooms	.99
roasted red peppers	.99
brie & mozzarella cheese	.99
cheese (except brie & mozzarella)	.50
dressings/sauces	.50

Foodstuffs

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FOODSTUFFS.COM

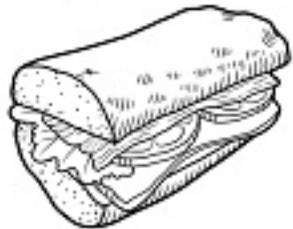
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SANDWICHES
made with the finest and
freshest ingredients



MEAT

FOODSTUFFS GRILLED CHICKEN & ROASTED TURKEY BREASTS ARE



HORMONE & CAGE FREE

build-your-own - 10.99 vegetarian - 9.99

1 meats *choose one*

smoked turkey breast	terry's chicken salad
bavarian ham	bacon
genoa salami	courtney's tuna salad
roasted turkey breast	caliente salami
grilled all-natural chicken breast	

2 vegetables part 1 *choose one*

***for vegetarian sandwiches, please choose two**

marinated tomatoes	roasted red peppers
avocado	artichoke hearts
balsamic marinated mushrooms	

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

romaine	baby spinach
arugula	baby kale
onions	cucumbers
carrots	fresh basil
tomatoes	kalamata olives
pickled onions	

4 cheeses *choose one*

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

5 breads *choose one*

harvest grain bread	buttercrust
sourdough	harvest grain ciabatta
marble rye	flour/wheat/spinach tortilla
country french	gluten-free tortilla
ciabatta roll	croissant
demi baguette	

6 condiments *choose up to two*

yellow mustard	grainy mustard
dijon mustard	honey mustard
ginger soy dressing	fat-free mayonnaise
chipotle mayonnaise	buffalo sauce
caesar dressing	pesto (nut free)
blue cheese dressing	hummus
gardeniera	sun-dried tomato spread
hecky's bbq sauce	artichoke & spinach spread
olive tapenade	cranberry chutney
ranch dressing	red pepper spread (contains nuts)

chicken CAGE & HORMONE FREE

- **the skinny caprese** 10.99
grilled all-natural chicken breast, fresh mozzarella cheese, tomatoes, fresh basil, baby spinach, artichoke hearts and balsamic vinaigrette in a whole wheat tortilla
- **don't mess with texas** 10.99 (NEW)
grilled all-natural chicken breast, barbecue sauce, romaine, smoked gouda cheese, pickled red onions, tomatoes and gardeniera on sourdough bread
- **chicken club** 10.99
grilled all-natural chicken breast, bacon, avocado, romaine, tomatoes and ranch dressing on harvest grain ciabatta
- **it's all greek to me** 10.99 (NEW)
grilled all-natural chicken breast, hummus, chopped olive tapenade, cucumbers, tomatoes, feta and pepperoncini peppers wrapped in a spinach tortilla

ham HORMONE FREE

- **hot diggity ham** 10.99 (NEW)
bavarian ham, brie cheese, honey mustard, grilled onions, arugula and marinated tomatoes on ciabatta

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 (contains nuts) on crusty bread
- **turkey twist** 10.99
foodstuffs roasted turkey breast, hummus, avocado, brie, baby spinach and tomatoes on crusty bread

- **the soprano** 10.99
smoked turkey breast, foodstuffs marinated tomatoes, fresh mozzarella cheese, fresh basil and our artichoke spinach spread on a ciabatta roll
- **turkey croissant** 10.99
foodstuffs roasted turkey breast with avocado, bacon, romaine, tomatoes and fat-free mayonnaise on a flaky croissant
- **turkey cobbler** 9.99
foodstuffs roasted turkey breast with romaine, tomatoes, wisconsin cheddar cheese, fat-free mayonnaise and cranberry chutney on harvest grain bread

seafood

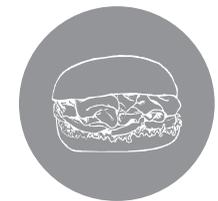
- **loco's tuna wrap** 10.99
courtney's tuna salad with corn, avocado, wisconsin cheddar cheese, tortilla strips and gardeniera peppers rolled into a whole wheat tortilla
- **the sorry charlie** 9.99
courtney's tuna salad with romaine, tomatoes and cucumbers on harvest grain bread
Add avocado for .99
- **niki's tuna sandwich** 9.99
courtney's tuna salad with sun-dried tomato spread, whole grain mustard, romaine and marinated tomatoes on your choice of bread

paninis

- **chipotle chicken** 9.99
grilled all-natural chicken breast with fresh mozzarella cheese, grilled onions and chipotle mayonnaise on a ciabatta roll
- **the tammy** 10.99
smoked turkey breast, pickles, bacon, chipotle mayonnaise, swiss, cheddar and avocado on demi baguette

- **al capone panini** 10.99
bavarian ham, caliente salami, olive tapenade, arugula, fresh mozzarella cheese, basil and black pepper grilled on a demi baguette
- **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 a ciabatta roll
- **the janine** 9.99 (NEW)
grilled all-natural chicken breast with grilled onions, romaine, tomatoes and honey mustard on a demi baguette

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SANDWICH CLUB



buy 12 homemade sandwiches
and get the 13th free!

10.99 or less

substitutions will be an additional charge