

paninis

- **chipotle chicken** 9.99
grilled all-natural chicken breast with fresh mozzarella cheese, grilled onions and chipotle mayonnaise on focaccia 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 j.b. wich** 9.99
bavarian ham, wisconsin swiss cheese, romaine, tomatoes and honey mustard on country french bread
- **the train wreck** 10.99 (NEW)
bavarian ham, roast beef, smoked turkey breast, salami, provolone cheese, mayonnaise, lettuce and pickles on a hoagie roll
- **chicken cordon bleu** 10.99 (NEW)
grilled all-natural chicken breast, bavarian ham, swiss cheese, lemon aioli and crispy onions on a hoagie roll
- **hot horsy beef** 9.99
foodstuffs roast beef, giardiniera, crispy onions, wisconsin provolone cheese and horseradish cream sauce spread on our toasted hoagie roll

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
- **vegetable medley wrap** 9.99
baby spinach, cucumbers, carrots, marinated tomatoes, avocado, crispy onions, basil, hummus and roasted red pepper spread (contains nuts) 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

vegetarian paninis

- **adult grilled cheese** 9.99
wisconsin cheddar, provolone, pesto (nut free) and tomatoes grilled on sourdough bread
Add avocado for .99

Foodstuffs

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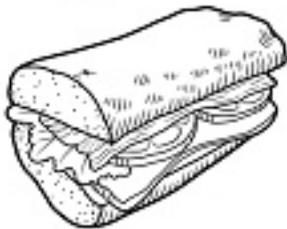
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*made with the finest and
bestest ingredients*

SANDWICHES

FOODSTUFFS GRILLED CHICKEN
& ROASTED TURKEY BREASTS ARE



HORMONE
& CAGE FREE

build-your-own - 10.99 vegetarian - 9.99

1 meats *choose one*

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

2 vegetables part 1 *choose one*

**for vegetarian sandwiches, please choose two*

roasted red peppers	marinated tomatoes
avocado	artichoke hearts
grilled onions	

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

romaine	arugula
baby spinach	carrots
fresh basil	cucumbers
tomatoes	onions
mushrooms	dill pickles

4 cheeses *choose one*

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

5 breads *choose one*

harvest grain bread	harvest grain ciabatta
sourdough	buttercrust
marble rye	black bread
flour/wheat/spinach tortilla	country french
gluten-free tortilla	ciabatta roll
croissant	herbed focaccia
baguette	panini
hoagie roll	

6 condiments *choose up to two*

grainy dijon mustard	hummus
honey mustard	pesto (nut free)
giardiniera	fat-free mayonnaise
dijon mayonnaise	blue cheese dressing
hecky's bbq sauce	artichoke & spinach spread
chipotle mayonnaise	buffalo sauce
ginger soy dressing	sun-dried tomato spread
balsamic vinaigrette	olive spread
cranberry chutney	mild salsa
red pepper spread (contains nuts)	

chicken CAGE & HORMONE FREE

- chicken sundance 9.99**
grilled all-natural chicken breast, baby spinach, sun-dried tomato spread and chive cream cheese generously stacked on your choice of bread with grainy dijon mustard
- chicken little 9.99**
terry's chicken salad with romaine and tomatoes on your choice of bread
- the skinny caprese 10.99**
grilled all-natural chicken breast, fresh mozzarella cheese, tomatoes, fresh basil, baby spinach, artichoke hearts and balsamic vinaigrette wrapped in a whole wheat tortilla
- mediterranean chicken 9.99**
grilled all-natural chicken breast, baby spinach, fresh mozzarella cheese, sun-dried tomato spread and olive spread on herbed focaccia
- chicken salad gyro 9.99 (NEW)**
terry's chicken salad, olive spread, pickled red onions, cucumber dill sauce, lettuce and tomatoes on naan bread
- southwest chicken wrap 10.99**
grilled all-natural chicken breast with mild salsa, pepperjack cheese, baby spinach, bacon, avocado and farmhouse ranch wrapped in a spinach tortilla
- buffalo chicken wrap 9.99**
grilled all-natural chicken breast, blue cheese dressing, buffalo sauce, crispy onions and romaine wrapped in a flour tortilla
- skinny philly cheese 'steak' 9.99 (NEW)**
warm chicken breast, merkt's cheddar and crispy onions wrapped in naan bread
- chicken caesar wrap 9.99**
a flour tortilla filled with grilled all-natural chicken breast, romaine, parmesan cheese and caesar dressing

turkey CAGE & HORMONE FREE

- the bulldog 10.99**
foodstuffs roasted turkey breast, cheddar cheese, havarti cheese, bacon, marinated tomatoes and honey mustard on your choice of bread
- 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 country french bread
- the soprano 10.99**
smoked turkey breast, 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 fat-free mayonnaise on a flaky croissant
- turkey hero sub 10.99 (NEW)**
foodstuffs roasted turkey breast, mayonnaise, yellow mustard, shredded romaine, pickled red onions, tomatoes, pepperoncini, red wine vinegar, olive oil and italian spices on a hoagie roll

ham HORMONE FREE

- the frenchie 9.99**
bavarian ham, brie cheese, dijon mustard on our demi baguette

roast beef MIDWEST RAISED & HORMONE FREE

- foodstuffs stampede 9.99**
roast beef with grainy dijon mustard and herbs, topped with wisconsin cheddar cheese, romaine and tomatoes on harvest grain bread

substitutions will be an additional charge

seafood

- loco's tuna wrap 10.99**
courtney's tuna salad with corn, avocado, wisconsin cheddar cheese, tortilla strips and giardiniera 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

- sandwich extras -
add an additional portion of:

grilled chicken breast, courtney's tuna salad or chicken salad	2.99
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



join our sandwich club

buy 12 homemade sandwiches and get the 13th free!
10.99 or less