

vegetarian paninis

- **adult grilled cheese** 9.99
wisconsin cheddar, provolone, pesto (nut free) and tomatoes grilled on sourdough bread
Add avocado for .99
- **hot blonde panini** 9.99
goat cheese, basil, marinated tomatoes, artichokes and pesto (nut free) on ciabatta bread

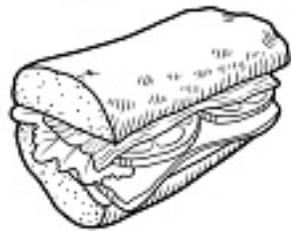
- sandwich extras - *add an additional portion of:*

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

vegetarian

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

FOODSTUFFS GRILLED CHICKEN
& ROASTED TURKEY BREASTS ARE



HORMONE
& CAGE FREE

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SANDWICHES
*made with the finest and
prehest ingredients*

A detailed line drawing of a sandwich, similar to the one in the previous block, showing layers of meat, cheese, and vegetables on a crusty roll.

MENU

build-your-own - 10.99 vegetarian - 9.99

1 meats *choose one*

roast beef	smoked turkey breast
bavarian ham	caliente salami
courtney's tuna salad	bacon
roasted turkey breast	terry's chicken salad
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
tofu	marinated mushrooms

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

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

4 cheeses *choose one*

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

5 breads *choose one*

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

6 condiments *choose up to two*

yellow mustard	grainy mustard
dijon mustard	honey mustard
ginger soy dressing	fat-free mayonnaise
dijon mayonnaise	chipotle mayonnaise
balsamic vinaigrette	artichoke & spinach spread
bbq sauce	buffalo sauce
pesto (nut free)	sun-dried tomato spread
giardiniera	blue cheese dressing
hummus	red pepper spread
cranberry chutney	caesar dressing
italian dressing	olive spread

chicken CAGE & HORMONE FREE

- **thai cobb wrap** 10.99
grilled all-natural chicken breast, romaine, tomatoes, carrots, avocado and ginger soy dressing wrapped in a flour tortilla
- **bbq chicken wrap** 9.99
grilled all-natural chicken breast with onions, romaine, wisconsin provolone cheese and bbq sauce wrapped in a flour tortilla
- **the skinny caprese** 10.99
grilled all-natural chicken breast, fresh mozzarella cheese, tomato, basil, baby spinach, artichoke hearts & balsamic vinaigrette wrapped in a whole wheat tortilla
- **buffalo chicken wrap** 9.99
grilled all-natural chicken breast, romaine, blue cheese dressing and spicy 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
- **the chickenator** 10.99 (NEW)
grilled all-natural chicken breast, spinach, bacon, tomatoes, giardiniera, provolone cheese and onions with chipotle mayonnaise on panini 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 (contains nuts) on panini bread
- **the soprano** 10.99
smoked turkey breast, marinated tomatoes, fresh mozzarella cheese, fresh basil and our artichoke spinach spread on panini bread

- **turkey twist** 10.99
foodstuffs roasted turkey breast, hummus, avocado, brie cheese, baby spinach and tomatoes on crusty bread
- **turkey croissant** 10.99
foodstuffs roasted turkey breast with avocado, bacon, romaine, tomatoes and fat-free mayonnaise on a flaky croissant
- **caliente turkey** 9.99 (NEW)
smoked turkey breast with chipotle mayonnaise, caliente salami and cheddar cheese on panini bread
- **lake forest turkey club** 10.99 (NEW)
foodstuffs roasted turkey breast with romaine, tomatoes, swiss cheese, dijon mayonnaise, avocado, bacon, onions and pickles on harvest grain bread

roast beef MIDWEST RAISED & HORMONE FREE

- **the black angus** 9.99
roast beef with chive cream cheese, tomatoes and arugula on black bread
- **foodstuffs stampede** 9.99
roast beef with grainy dijon mustard, wisconsin cheddar cheese, romaine and tomatoes on harvest grain bread

ham HORMONE FREE

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

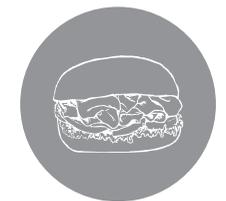
seafood

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

paninis

- **the lake forest panini** 9.99
foodstuffs roast beef, wisconsin cheddar cheese, grilled onions and bbq sauce on panini bread
- **chipotle chicken** 9.99
grilled all-natural chicken breast with fresh mozzarella cheese, grilled onions and chipotle mayonnaise on focaccia bread
- **the v.p. panini** 10.99
smoked turkey breast with grilled mushrooms, onions, brie cheese and pesto (nut free) 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 pumpnickel panini** 9.99 (NEW)
bavarian ham, swiss cheese and cranberry chutney on black bread

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

substitutions will be an additional charge