

vegetarian paninis

- **adult grilled cheese** 8.99
wisconsin cheddar, provolone, pesto and tomatoes
grilled on sourdough bread
Add avocado for .99
- **hot blonde panini** 8.99
goat cheese, basil, marinated tomatoes, artichokes and
pesto on ciabatta bread

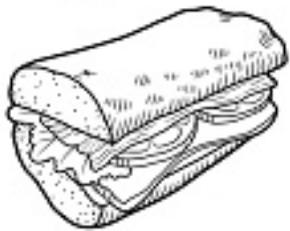
- sandwich extras - *add an additional portion of:*

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** 8.99
grilled vegetables, avocado, hummus, roasted red pepper
spread and fresh basil on your choice of bread
- **pomodori alla mozzarella** 8.99
fresh mozzarella stacked with sliced tomatoes on a baguette
with fresh basil, pesto and cracked black pepper
Add avocado for .99
- **greek veggie wrap** 8.99 **NEW!**
roasted tomatoes with cucumbers, arugula, feta,
artichoke hearts and roasted red pepper spread
wrapped in a spinach tortilla
- **avocado toast** 8.99
avocado, red pepper flakes, lemon pepper, crumbled
feta, sunflower seeds and arugula on toasted open-face
harvest grain ciabatta

FOODSTUFFS GRILLED CHICKEN
& ROASTED TURKEY BREASTS ARE



HORMONE
& CAGE FREE

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SANDWICHES
*made with the finest and
prehest ingredients*
MENU



build-your-own - 9.99 vegetarian - 8.99

1 meats *choose one*

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

2 vegetables part 1 *choose one*

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

marinated tomatoes	roasted red peppers
avocado	artichoke hearts
tofu	

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

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

4 cheeses *choose one*

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

5 breads *choose one*

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

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	sun-dried tomato spread
giardiniera	blue cheese dressing
hummus	red pepper spread
cranberry chutney	caesar dressing
spicy hummus	italian dressing
olive spread	

chicken CAGE & HORMONE FREE

- **thai cobb wrap** 9.99
grilled all-natural chicken breast, romaine, tomatoes, carrots, avocado and ginger soy dressing wrapped in a flour tortilla
- **bbq chicken wrap** 8.99
grilled all-natural chicken breast with onions, romaine, wisconsin provolone cheese and bbq sauce wrapped in a flour tortilla
- **the skinny caprese** 9.99
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** 8.99
grilled all-natural chicken breast, romaine, blue cheese dressing and spicy buffalo sauce wrapped in a whole wheat tortilla
- **chicken caesar wrap** 8.99
a flour tortilla filled with grilled all-natural chicken breast, romaine, parmesan cheese and caesar dressing

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 panini bread
- **the soprano** 9.99
smoked turkey breast, marinated tomatoes, fresh mozzarella cheese, fresh basil and our artichoke spinach spread on panini bread
- **turkey twist** 9.99
foodstuffs roasted turkey breast, hummus, avocado, brie cheese, baby spinach and tomatoes on crusty bread

- **turkey croissant** 9.99
foodstuffs roasted turkey breast with avocado, bacon, romaine, tomatoes and fat-free mayonnaise on a flaky croissant
- **turkey cobbler** 8.99
foodstuffs roasted turkey breast with romaine, tomatoes and wisconsin cheddar cheese with fat-free mayonnaise and cranberry chutney on whole wheat grain bread
- **jerry's quesadilla** 9.99 **NEW!**
your choice of roasted or smoked turkey breast with cheddar and provolone cheeses, giardiniera, chipotle mayonnaise and lemon salt on your choice of wrap

roast beef MIDWEST RAISED & HORMONE FREE

- **the black angus** 8.99
foodstuffs roast beef with cream cheese & chives with tomatoes and arugula on black bread
- **foodstuffs stampede** 8.99
foodstuffs roast beef with grainy dijon mustard, wisconsin cheddar cheese, romaine and tomatoes on whole wheat grain bread

ham HORMONE FREE

- **the j.b. wich** 8.99
toasted panini bread with bavarian ham, wisconsin swiss cheese, romaine, tomatoes and honey mustard
- **the italian** 9.99 **NEW!**
bavarian ham with pepperoni, tomatoes, onion, romaine and italian dressing on panini bread

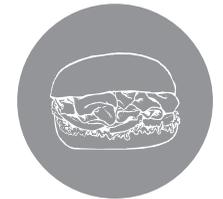
seafood

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

paninis

- **the lake forest panini** 8.99
foodstuffs roast beef, wisconsin cheddar cheese, grilled onions and bbq sauce on panini bread
- **chipotle chicken** 8.99
grilled all-natural chicken breast with fresh mozzarella cheese, grilled onions and chipotle mayonnaise on focaccia bread
- **the v.p. panini** 9.99
smoked turkey breast with grilled mushrooms, onions, brie cheese and 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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