

## vegetarian paninis

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

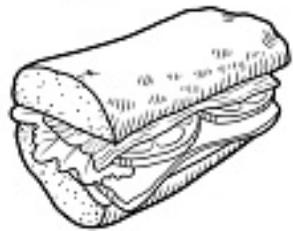
### - sandwich extras - *add an additional portion of:*

grilled chicken breast, tuna 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, homemade pesto and cracked black pepper  
*Add avocado for .99*
- **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

# Foodstuffs

## GOURMET FOODS & CATERING

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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.

MEAT

## 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	

### 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	spinach
baby greens	arugula
kale	tomatoes
onions	fresh basil
cucumbers	

### 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
foodstuffs pesto	sun-dried tomato spread
giardiniera	blue cheese dressing
hummus	red pepper spread
cranberry chutney	caesar dressing

## 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, tomato, basil, baby spinach, artichoke hearts & balsamic vinaigrette in a whole wheat grain tortilla
- **buffalo chicken wrap** 8.99  
grilled all-natural chicken breast, romaine, blue cheese dressing and spicy buffalo sauce 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, 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

roasted turkey breast with romaine, tomatoes and wisconsin cheddar cheese with fat-free mayonnaise and cranberry chutney on whole wheat grain bread

## roast beef *MIDWEST CORN FED*

### 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 works

### big daddy 10.99

foodstuffs roast beef and roasted turkey, bavarian ham, wisconsin cheddar cheese, wisconsin provolone, havarti, dijon mayonnaise, sun-dried tomato spread, romaine, tomatoes and red onions on your choice of bread

## seafood

### loco's tuna wrap 9.99

courtney's tuna salad with corn, avocado, wisconsin cheddar cheese, tortilla strips and giardiniera peppers 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

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 and foodstuffs pesto on country french bread

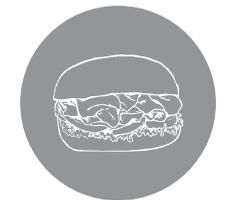
### tuna melt 8.99

courtney's tuna salad with tomatoes and wisconsin cheddar cheese, grilled on whole wheat grain bread  
*Add avocado for .99*

### texas tuna melt 9.99

courtney's tuna with cheddar, havarti, bacon & bbq sauce grilled on buttercrust bread

## JOIN OUR SANDWICH CLUB



buy 12 homemade sandwiches  
and get the 13th free!

9.99 or less