

paninis

- **chipotle chicken** 11.99
grilled all-natural chicken breast with fresh mozzarella cheese, grilled onions and chipotle mayonnaise on focaccia bread
- **tuna melt** 11.99
courtney's tuna salad with tomatoes and wisconsin cheddar cheese, grilled on harvest grain bread
Add avocado for .99
- **the train wreck** 11.99
bavarian ham, roast beef, smoked turkey breast, genoa salami, provolone cheese, mayonnaise, lettuce and pickles on a hoagie roll
- **hot horsy beef** 11.99
foodstuffs roast beef, giardiniera, crispy onions, wisconsin provolone cheese and horseradish cream sauce on a toasted hoagie roll
- **italiano grinder panino** 11.99
bavarian ham, genoa salami, tomatoes, red onions, pepperoncini, romaine, provolone cheese, herbs, olive oil and red wine vinegar toasted on ciabatta roll
- **the miami cubano** 11.99
bavarian ham with genoa salami, wisconsin swiss cheese, yellow mustard, pickles and lime vinaigrette toasted on sourdough bread

vegetarian

- **pomodori alla mozzarella** 10.99
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
- **mediterranean veggie wrap** 10.99
roasted red peppers, artichoke hearts, spinach, basil, mozzarella cheese, garlic aioli and olive tapenade wrapped in a spinach tortilla
- **avocado toast** 11.99
avocado, red pepper flakes, lemon pepper, crumbled feta, sunflower seeds and arugula on toasted open-face harvest grain ciabatta

vegetarian paninis

- **adult grilled cheese** 10.99
wisconsin cheddar, provolone, pesto (nut free) and tomatoes grilled on sourdough bread
Add avocado for .99
- **caramelized onion grilled cheese panini** 11.99
wisconsin swiss and brie cheeses with roasted red bell peppers, grilled mushrooms and caramelized onion spread grilled on sourdough bread
Add avocado for .99

Foodstuffs

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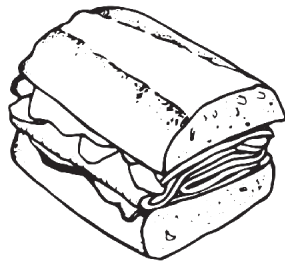
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SANDWICHES

FOODSTUFFS GRILLED CHICKEN
& ROASTED TURKEY BREASTS ARE



HORMONE
& CAGE FREE

build-your-own - 11.99 vegetarian - 10.99

- 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	
- 2 **vegetables part 1** *choose one*
 for vegetarian sandwiches, please choose two

roasted red peppers	marinated tomatoes
avocado	artichoke hearts
peppadew peppers	
- 3 **vegetables part 2** *choose as many as you like*

romaine	fresh basil
baby spinach	cucumbers
tomatoes	red onions
pickles	pepperoncini
black beans	
- 4 **cheeses** *choose one*

wisconsin cheddar	cream cheese & chives
pepper jack	wisconsin provolone
wisconsin swiss	feta
fresh mozzarella	havarti
- 5 **bread**s *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 bread
hoagie roll	demi baguette
- 6 **condiments** *choose up to two*

grainy dijon mustard	hummus
honey mustard	pesto (nut free)
giardiniera	mayonnaise
dijon mayonnaise	blue cheese dressing
artichoke spinach spread	chipotle mayonnaise
sun-dried tomato spread	balsamic vinaigrette
olive tapenade	bistro sauce
avocado ranch dressing	mild salsa
ranch dressing	caesar dressing
garlic aioli	red pepper spread (contains nuts)
horseradish cream sauce	bbq sauce
caramelized onion spread	lime vinaigrette
pimento cheese spread	

chicken CAGE & HORMONE FREE

- **chicken sundance** 11.99
grilled all-natural chicken breast, baby spinach, sun-dried tomato spread and chive cream cheese generously stacked on black bread with grainy dijon mustard
- **chicken little** 11.99
terry's chicken salad with romaine and tomatoes on harvest grain bread
- **the skinny caprese** 11.99
grilled all-natural chicken breast, fresh mozzarella cheese, tomatoes, fresh basil, baby spinach, artichoke hearts and balsamic vinaigrette wrapped in a whole wheat tortilla
- **chicken club** 11.99
grilled all-natural chicken breast, bacon, avocado, tomatoes, romaine and ranch dressing on a harvest grain ciabatta
- **athena's chicken wrap** 11.99
grilled all-natural chicken breast, baby spinach, olive tapenade, hummus, marinated tomatoes and feta cheese wrapped in a spinach tortilla
- **southwest chicken wrap** 11.99
grilled all-natural chicken breast with mild salsa, pepper jack cheese, baby spinach, bacon, avocado and ranch dressing wrapped in a spinach tortilla
- **buffalo chicken wrap** 11.99
grilled all-natural chicken breast, blue cheese dressing, buffalo sauce, crispy onions and romaine wrapped in a flour tortilla
- **baja chicken salad wrap** 11.99
terry's chicken salad with avocado, marinated tomatoes, wisconsin cheddar cheese, pepperoncini and chipotle ranch dressing chopped and tossed with baby spinach and wrapped in a flour tortilla
- **chicken caesar wrap** 11.99
a flour tortilla filled with grilled all-natural chicken breast, romaine, parmesan cheese and caesar dressing
- **the henrietta** 11.99
grilled all-natural chicken breast with marinated tomatoes, pepperjack cheese and cream cheese and chives on a ciabatta roll

turkey CAGE & HORMONE FREE

- **turkey club** 11.99
roasted turkey breast and bacon with romaine, tomatoes and pimento cheese spread on toasted buttercrust bread
- **the californian** 11.99
foodstuffs roasted turkey breast and havarti cheese with dijon mayonnaise, avocado, romaine and tomatoes on harvest grain bread
- **mr. bill** 11.99
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
- **ciao turkey** 11.99
foodstuffs roasted turkey breast with peppadew peppers, parmesan cheese, spinach, italian herbs and avocado ranch dressing wrapped in a flour tortilla
- **turkey croissant** 11.99
foodstuffs roasted turkey breast with avocado, bacon, romaine, tomatoes and mayonnaise on a flaky croissant
- **the tasty turkey** 11.99
foodstuffs smoked turkey breast with avocado, marinated tomatoes, spinach, pickles and herbed cream cheese on a ciabatta roll

roast beef MIDWEST RAISED & HORMONE FREE

- **holey cow** 11.99
roast beef with wisconsin swiss cheese, romaine, crispy onions and garlic aioli on a ciabatta roll

seafood

- **loco's tuna wrap** 11.99
courtney's tuna salad with corn, avocado, wisconsin cheddar cheese, tortilla strips and giardiniera wrapped in a whole wheat tortilla
- **the sorry charlie** 11.99
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	3.99
terry's chicken salad	3.99
courtney's tuna	3.99
meats	2.99
bacon	1.99
avocado	.99
marinated tomatoes	.99
roasted red peppers	.99
mozzarella cheese	.99
cheese (except brie & mozzarella)	.50
dressings/sauces	.50



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