

**vegetarian paninis**

- **via's panini** 9.99  
sun-dried tomato spread, roasted tomatoes, baby spinach, artichoke hearts, pesto (nut free) and fresh mozzarella cheese on country french bread
- **adult grilled cheese** 9.99  
wisconsin cheddar, provolone, pesto (nut free) and tomatoes grilled on sourdough bread  
*Add avocado for .99*

**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*
- **the vegetarian** 9.99  
your choice of vegetables, avocado, hummus, roasted red pepper spread, and fresh basil on your choice of bread
- **avocado toast** 10.99  
avocado, red pepper flakes, lemon pepper, crumbled feta, sunflower seeds and arugula on toasted open-face harvest grain ciabatta

<b>- sandwich extras -</b> <i>add an additional portion of:</i>	
grilled chicken breast, courtney's tuna	2.99
salad or chicken salad	
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

**FOODSTUFFS GRILLED CHICKEN & ROASTED TURKEY BREASTS ARE**



**HORMONE & CAGE FREE**

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**SANDWICHES**  
*made with the finest and freshest ingredients*

**build-your-own - 10.99** vegetarian - 9.99

**1 meats \*choose one\***

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

**2 vegetables part 1 \*choose one\***

*\*for vegetarian sandwiches, please choose two*

- |                    |                          |
|--------------------|--------------------------|
| marinated tomatoes | roasted red peppers      |
| avocado            | grilled onions/mushrooms |
| artichoke hearts   | tofu                     |

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

- |                |                |
|----------------|----------------|
| romaine        | arugula        |
| baby spinach   | baby greens    |
| corn           | cucumbers      |
| tomatoes       | red onions     |
| carrots        | bell peppers   |
| fresh basil    | edamame        |
| hearts of palm | pickled onions |

**4 cheeses \*choose one\***

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

**5 breads \*choose one\***

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

**6 condiments \*choose up to two\***

- |                                   |                          |
|-----------------------------------|--------------------------|
| grainy dijon mustard              | giardiniera              |
| cholesterol-free mayonnaise       | pesto (nut free)         |
| dijon mayonnaise                  | hecky's bbq sauce        |
| chipotle mayonnaise               | buffalo sauce            |
| ginger soy dressing               | balsamic vinaigrette     |
| blue cheese dressing              | caesar dressing          |
| honey mustard                     | sun-dried tomato spread  |
| artichoke spinach spread          | hummus                   |
| cranberry chutney                 | horeseradish cream sauce |
| spicy hummus                      | olive spread             |
| ranch dressing                    |                          |
| red pepper spread (contains nuts) |                          |

**chicken** CAGE & HORMONE FREE

- **chicken club** 10.99  
grilled all-natural chicken breast, bacon, avocado, romaine, tomatoes and ranch dressing on harvest grain ciabatta
- **chicken little** 10.99  
terry's chicken salad with romaine and tomatoes on your choice of bread
- **buffalo chicken wrap** 10.99  
grilled all-natural chicken breast, blue cheese dressing, romaine and buffalo sauce wrapped in a flour tortilla
- **chicken caesar wrap** 10.99  
a flour tortilla filled with grilled all-natural chicken breast, romaine, parmesan cheese and caesar dressing
- **asian chicken wrap** 10.99  
grilled all-natural chicken breast, carrots, cucumbers, spinach, pickled onions, cilantro, wonton strips and ginger soy dressing wrapped in a flour tortilla

**roast beef** MIDWEST RAISED & HORMONE FREE

- **the black angus** 10.99  
roast beef with cream cheese & chives, tomatoes and arugula on black bread
- **the horsy beef** 10.99  
roast beef, horseradish cream sauce, cheddar cheese, grilled onions, arugula and tomatoes on country french 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** 10.99  
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 country french bread
- **the napoleon** 10.99  
your choice of foodstuffs roasted or smoked turkey breast with wisconsin brie cheese, grainy dijon mustard and arugula on black bread
- **the soprano** 10.99  
smoked turkey breast, foodstuffs 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 mayonnaise on a flaky croissant

**ham** HORMONE FREE

- **the j.b. wich** 10.99  
bavarian ham, wisconsin swiss cheese, romaine, tomatoes, and honey mustard on country french bread

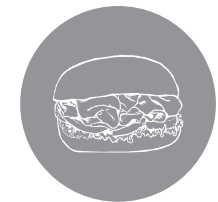
**seafood**

- **loco's tuna wrap** 10.99  
courtney's tuna salad with corn, avocado, wisconsin cheddar cheese, tortilla strips and giardiniera peppers rolled into your choice of tortilla
- **the sorry charlie** 10.99  
courtney's tuna salad with romaine, tomatoes and cucumbers on harvest grain bread  
*Add avocado for .99*

**paninis**

- **the tammy** 10.99  
smoked turkey breast, pickles, bacon, chipotle mayonnaise, swiss, cheddar and avocado on a baguette
- **chipotle chicken** 10.99  
grilled all natural chicken breast with fresh mozzarella cheese, grilled onions and chipotle mayonnaise on focaccia bread
- **someone's favorite panini** 10.99  
smoked turkey breast, brie cheese, cranberry chutney and romaine on country french bread
- **tuna melt** 10.99  
courtney's tuna salad with tomatoes and wisconsin cheddar cheese, grilled on harvest grain bread  
*Add avocado for .99*
- **the pumpernickel** 10.99  
bavarian ham, swiss cheese and cranberry chutney on black bread
- **the evanston panini** 10.99  
foodstuffs roast beef, wisconsin cheddar cheese, grilled onions and bbq sauce on panini bread

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10.99 or less

\*substitutions will be an additional charge\*