vegetarian paninis

- **via's panini** 10.99
  sun-dried tomato spread, roasted tomatoes, baby spinach, artichoke hearts, pesto (nut free) and fresh mozzarella cheese on country french bread

- **adult grilled cheese** 10.99
  wisconsin cheddar, provolone, pesto (nut free) and tomatoes grilled on panini bread
  Add avocado for .99

- **power plant** 11.99 NEW!
  baby greens, avocado, hummus, feta cheese, tomatoes, onions, pickles, cucumbers, mushrooms, black olives and bell peppers on harvest grain 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

- **the vegetarian** 10.99
  your choice of vegetables, avocado, hummus, roasted red pepper spread, and fresh basil on your choice of bread

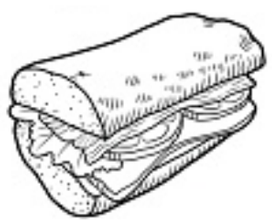
- **avocado toast** 11.99
  avocado, red pepper flakes, lemon pepper, crumbled feta, sunflower seeds and arugula on toasted open-face harvest grain ciabatta

- sandwich extras -

add an additional portion of:

grilled chicken breast	**3.99**
chicken salad	**3.49**
courtney's tuna	**3.49**
meats	**2.99**
bacon	**1.99**
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

EA021

Foodstuffs

GOURMET FOODS & CATERING

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SANDWICH MENU

Evanston
2106 Central Street
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build-your-own - 11.99 vegetarian - 10.99

1 meats *choose one*

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

2 vegetables part 1 *choose one*

for vegetarian sandwiches, please choose two

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

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

- romaine
- baby spinach
- corn
- tomatoes
- carrots
- fresh basil
- mushrooms
- arugula
- baby greens
- cucumbers
- red onions
- bell peppers
- pickles
- pickled onions

4 cheeses *choose one*

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

5 breads *choose one*

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

6 condiments *choose up to two*

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

chicken *CAGE & HORMONE FREE*

- **chicken club** 11.99
  grilled all-natural chicken breast, bacon, avocado, romaine, tomatoes and ranch dressing on harvest grain ciabatta
- **chicken little** 11.99
  terry's chicken salad with romaine and tomatoes on your choice of bread
- **buffalo chicken wrap** 11.99
  grilled all-natural chicken breast, blue cheese dressing, romaine and buffalo sauce 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
- **greek chicken wrap** 11.99 NEW!
  grilled all-natural chicken breast, baby greens, kalamata olives, onions, tomatoes, pickles, feta cheese and hummus wrapped in a spinach tortilla

roast beef *MIDWEST RAISED & HORMONE FREE*

- **the black angus** 11.99
  roast beef with cream cheese & chives, tomatoes and arugula on black bread
- **the horsy beef** 11.99
  roast beef, horseradish cream sauce, cheddar cheese, grilled onions, arugula and tomatoes on country french bread

turkey *CAGE & HORMONE FREE*

- **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 on country french bread
- **the napoleon** 11.99
  your choice of foodstuffs roasted or smoked turkey breast with wisconsin brie cheese, grainy dijon mustard and arugula on black bread
- **the soprano** 11.99
  smoked turkey breast, foodstuffs marinated tomatoes, fresh mozzarella cheese, fresh basil and our artichoke spinach spread on country french bread
- **turkey croissant** 11.99
  foodstuffs roasted turkey breast with avocado, bacon, romaine, tomatoes and mayonnaise on a flaky croissant

ham *HORMONE FREE*

- **the j.b. wich** 11.99
  bavarian ham, wisconsin swiss cheese, romaine, tomatoes, and honey mustard on country french bread

seafood

- **loco's tuna wrap** 11.99
  courtney's tuna salad with corn, avocado, wisconsin cheddar cheese, tortilla strips and giardiniera rolled into your choice of tortilla
- **the sorry charlie** 11.99
  courtney's tuna salad with romaine, tomatoes and cucumbers on harvest grain bread
  Add avocado for .99

substitutions will be an additional charge

paninis

- **the tammy** 11.99
  smoked turkey breast, pickles, bacon, chipotle mayonnaise, swiss, cheddar and avocado on a demi baguette
- **chipotle chicken** 11.99
  grilled all natural chicken breast with fresh mozzarella cheese, grilled onions and chipotle mayonnaise on tomato focaccia bread
- **someone's favorite panini** 11.99
  smoked turkey breast, brie cheese, cranberry chutney and romaine on country french bread
- **tuna melt** 11.99
  courtney's tuna salad with tomatoes and wisconsin cheddar cheese, grilled on harvest grain bread
  Add avocado for .99
- **acapulco bbq chicken** 11.99 NEW!
  grilled all natural chicken breast, tomatoes, onions, pickles, avocado, swiss cheese, romaine and hecky's bbq sauce on panini bread
- **let it beef** 11.99 NEW!
  roast beef with bell peppers, mushrooms, cheddar cheese, onions, tomatoes, romaine and hecky's bbq sauce on panini bread

JOIN OUR SANDWICH CLUB

buy 12 homemade sandwiches and get the 13th free!

11.99 or less