

vegetarian paninis

- **adult grilled cheese** 10.99
wisconsin cheddar cheese, wisconsin provolone cheese, nut free pesto and tomatoes grilled on sourdough bread
add avocado ¼ - .99 | ½ - 1.99
add bacon for 2.99
- **hot blonde panini** 10.99
goat cheese, basil, marinated tomatoes, artichokes and nut free pesto on panini bread

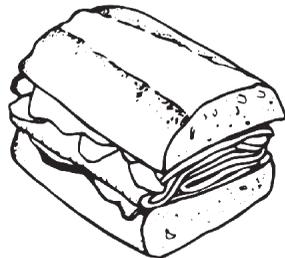
vegetarian

- **the santorini** 11.99 **NEW!**
avocado, cucumber, red onion, spinach, olive tapenade, hummus, feta cheese and tzatziki sauce on naan bread
add grilled chicken for 3.99
- **pomodori alla mozzarella** 10.99
fresh mozzarella stacked with sliced tomatoes on a demi baguette with fresh basil, nut free pesto and cracked black pepper
add avocado ¼ - .99 | ½ - 1.99
- **avocado toast** 11.99
avocado, red pepper flakes, lemon pepper, crumbled feta, sunflower seeds and arugula on toasted open-face harvest grain bread

- sandwich extras - add an additional portion of:

grilled all-natural chicken breast	3.99
terry's chicken salad	3.99
courtney's tuna	3.99
meats	2.99
bacon	2.99
avocado	¼ .99 ½ 1.99
marinated tomatoes	.99
roasted red peppers	.99
brie & mozzarella cheese	1.29
cheese (except brie & mozzarella)	1 slice .49 2 slices .99
dressings/sauces	.50

FOODSTUFFS GRILLED CHICKEN
& ROASTED TURKEY BREASTS ARE



HORMONE
& CAGE FREE

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build-your-own - 11.99 vegetarian - 10.99

1 meats *choose one*

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

2 vegetables part 1 *choose one*

*for vegetarian sandwiches, please choose two

marinated tomatoes	roasted red peppers
avocado	artichoke hearts
marinated mushrooms	

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

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

4 cheeses *choose one*

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

5 breads *choose one*

harvest grain bread	buttercrust
country french	black bread
croissant	flour/wheat/spinach tortilla
demi baguette	focaccia
panini bread	sourdough

6 condiments *choose up to two*

yellow mustard	honey mustard
grainy mustard	mayonnaise
ginger soy dressing	chipotle mayonnaise
dijon mayonnaise	artichoke spinach spread
balsamic vinaigrette	buffalo sauce
bbq sauce	pepperoncini peppers
pesto (nut-free)	blue cheese dressing
giardiniera	red pepper spread (contains nuts)
hummus	caesar dressing
cranberry chutney	horseradish cream sauce
sun-dried tomato spread	cheesy garlic spread
dill aioli	

chicken CAGE & HORMONE-FREE

- **thai cobb wrap** 11.99
grilled all-natural chicken breast, romaine, tomatoes, carrots, avocado and ginger soy dressing wrapped in a flour tortilla
- **the skinny caprese** 11.99
grilled all-natural chicken breast, fresh mozzarella cheese, tomato, basil, baby spinach, marinated artichoke hearts & balsamic vinaigrette wrapped in a whole wheat tortilla
- **buffalo chicken wrap** 11.99
grilled all-natural chicken breast, romaine, blue cheese dressing and buffalo sauce wrapped in a flour tortilla
- **chicken caesar wrap** 11.99
grilled all-natural chicken breast, romaine, parmesan cheese and caesar dressing wrapped in a flour tortilla
- **godzilla wrap** 11.99
grilled all-natural chicken breast with avocado, white rice, carrots, crispy onions, cilantro and ginger soy dressing wrapped in a flour tortilla

turkey CAGE & HORMONE-FREE

- **californian** 11.99
foodstuffs roasted turkey breast and havarti cheese with dijon mayonnaise, avocado, romaine and tomatoes on harvest grain bread
- **soprano** 11.99
smoked turkey breast, marinated tomatoes, fresh mozzarella cheese, fresh basil and our artichoke spinach spread on panini bread
- **simon says** 11.99
roasted turkey breast with wisconsin provolone cheese, baby greens, tomatoes, nut-free pesto, mayonnaise, red wine vinegar, olive oil, basil and black pepper on a demi baguette
- **turkey croissant** 11.99
foodstuffs roasted turkey breast with avocado, bacon, romaine, tomatoes and mayonnaise on a flaky croissant

substitutions will be an additional charge

- **lake forest turkey club** 11.99
foodstuffs roasted turkey breast with romaine, tomatoes, wisconsin swiss cheese, dijon mayonnaise, avocado, bacon, red onions and pickles on harvest grain bread
- **chipotle club** 11.99
foodstuffs roasted turkey breast with bacon, avocado, romaine, tomatoes, red onions, pickles, wisconsin provolone cheese and chipotle mayonnaise on demi baguette

roast beef MIDWEST RAISED & HORMONE-FREE

- **horsy beef** 11.99
roast beef, horseradish cream sauce, wisconsin cheddar cheese, grilled onions, arugula and tomatoes on country french bread
- **foodstuffs stampede** 11.99 **NEW!**
roast beef, grainy dijon mustard, wisconsin cheddar cheese, romaine lettuce and tomatoes on harvest grain bread

pork

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

seafood

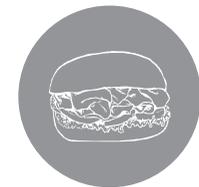
- **loco's tuna wrap** 11.99
courtney's tuna salad with corn, avocado, wisconsin cheddar cheese, tortilla strips and giardiniera rolled in a whole wheat tortilla
- **sorry charlie** 11.99
courtney's tuna salad with romaine, tomatoes and cucumbers on harvest grain bread
add avocado ¼ - .99 | ½ - 1.99

paninis

- **lake forest panini** 11.99
foodstuffs roast beef, wisconsin cheddar cheese, grilled onions and bbq sauce on panini bread
- **chipotle chicken** 11.99
grilled all-natural chicken breast with fresh mozzarella cheese, grilled onions and chipotle mayonnaise on herb focaccia bread

- **tuna melt** 11.99
courtney's tuna salad with tomatoes and wisconsin cheddar cheese, grilled on harvest grain bread
add avocado ¼ - .99 | ½ - 1.99
- **foghorn** 11.99
grilled all-natural chicken breast, bacon, wisconsin provolone cheese, romaine, tomatoes, chipotle mayonnaise and country honey dijon dressing toasted on a croissant
- **chicken zest** 11.99
grilled all-natural chicken breast with roasted red peppers, spinach, wisconsin provolone cheese, nut-free pesto and lemon pepper on panini bread
- **cali-crunch quesadilla** 11.99 **NEW!**
grilled all-natural chicken breast, cheddar cheese, black beans, green onions, cilantro and chipotle mayonnaise on a grilled flour tortilla
add avocado ¼ - .99 | ½ - 1.99
- **the grain and grill** 11.99 **NEW!**
grilled all-natural chicken breast, bacon, wisconsin swiss and cheddar cheeses, lettuce, tomatoes and bbq sauce on harvest grain bread
- **pesto beef** 11.99 **NEW!**
roast beef with goat cheese, tomatoes, arugula and nut-free pesto on panini bread

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