

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 grilled on a spinach tortilla

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

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FOODSTUFFS.COM

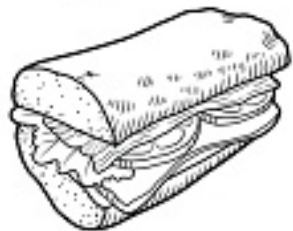
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*made with the finest and
freshest ingredients*

SANDWICHES



FOODSTUFFS GRILLED CHICKEN & ROASTED TURKEY BREASTS ARE



HORMONE & CAGE FREE

build-your-own - 11.99 vegetarian - 10.99

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	pickles
mushrooms	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	tomato focaccia
flour/wheat/spinach tortilla	demi 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	horseradish cream sauce
pepperoncini	ranch dressing
red pepper spread (contains nuts)	

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

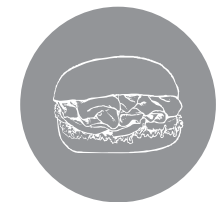
seafood

- **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

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 heky's bbq sauce on panini bread

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buy 12 homemade sandwiches
and get the 13th free!

11.99 or less

substitutions will be an additional charge