

vegetarian paninis

- adult grilled cheese 10.99
wisconsin cheddar, provolone, pesto (nut free) and tomatoes grilled on sourdough bread
Add avocado for .99
- hot blonde panini 10.99
- goat cheese, basil, marinated tomatoes, artichokes and pesto (nut free) on panini bread
- 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

- the vegetarian 11.99
your choice of vegetables, avocado, hummus, roasted red pepper spread (contains nuts) and fresh basil on your choice of bread
- pomodori alla mozzarella 10.99
fresh mozzarella stacked with sliced tomatoes on a baguette with fresh basil, pesto (nut free) and cracked black pepper
Add avocado for .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 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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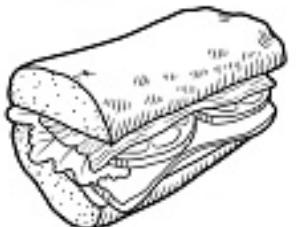
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FOODSTUFFS GRILLED CHICKEN & ROASTED TURKEY BREASTS ARE



HORMONE & CAGE FREE

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build-your-own - 11.99 vegetarian - 10.99

1 **meats *choose one***

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

2 **vegetables part 1 *choose as many as you like***

- *for vegetarian sandwiches, please choose two
- | | |
|--------------------|----------------------------|
| marinated tomatoes | roasted red peppers |
| avocado | marinated artichoke hearts |
| tofu | marinated mushrooms |

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

- | | |
|----------------|----------------|
| romaine | baby spinach |
| arugula | baby greens |
| corn | black olives |
| bell peppers | tomatoes |
| fresh basil | red onions |
| cucumbers | pickles |
| carrots | heart of palms |
| pickled onions | |

4 **cheeses *choose one***

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

5 **bread *choose one***

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

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

- | | |
|----------------------|-----------------------------------|
| yellow mustard | grainy mustard |
| dijon mustard | honey mustard |
| ginger soy dressing | fat-free mayonnaise |
| dijon mayonnaise | chipotle mayonnaise |
| balsamic vinaigrette | artichoke spinach spread |
| bbq sauce | buffalo sauce |
| pesto (nut free) | pepperoncini |
| giardiniera | blue cheese dressing |
| hummus | red pepper spread (contains nuts) |
| cranberry chutney | caesar dressing |
| ranch dressing | horseradish cream sauce |
| giardiniera | |

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

• **bbq chicken wrap** 11.99

grilled all-natural chicken breast with onions, romaine, wisconsin provolone cheese and bbq sauce wrapped in a flour tortilla

• **the skinny caprese** 11.99

grilled all-natural chicken breast, fresh mozzarella cheese, tomato, basil, baby spinach, 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 spicy 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

• **chicken club** 11.99

grilled all-natural chicken breast, bacon, avocado, romaine, tomatoes and ranch dressing on our harvest grain 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 (contains nuts) on panini bread

• **the soprano** 11.99

smoked turkey breast, marinated tomatoes, fresh mozzarella cheese, fresh basil and our artichoke spinach spread on panini bread

substitutions will be an additional charge

• **turkey twist** 11.99

foodstuffs roasted turkey breast, hummus, brie cheese, baby spinach and tomatoes on crusty bread

• **turkey croissant** 11.99

foodstuffs roasted turkey breast with avocado, bacon, romaine, tomatoes and fat-free mayonnaise on a flaky croissant

• **lake forest turkey club** 11.99

foodstuffs roasted turkey breast with romaine, tomatoes, swiss cheese, dijon mayonnaise, avocado, bacon, onions and pickles on harvest grain bread

• **chipotle club** 11.99 NEW!

foodstuffs roasted turkey breast with bacon, avocado, romaine, tomatoes, onions, pickles, provolone cheese and chipotle mayonnaise on demi baguette

roast beef MIDWEST RAISED & HORMONE FREE

• **the black angus** 11.99

roast beef with chive cream cheese, tomatoes and arugula on black bread

• **the horsy beef** 11.99 NEW!

roast beef, horseradish cream sauce, cheddar cheese, grilled onions, arugula and tomatoes on country french bread

ham HORMONE FREE

• **the j.b. wich** 11.99

panini bread with bavarian ham, wisconsin swiss cheese, romaine, tomatoes and honey mustard

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

• **the sorry charlie** 11.99

courtney's tuna salad with romaine, tomatoes and cucumbers on harvest grain bread
Add avocado for .99

paninis

• **the 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

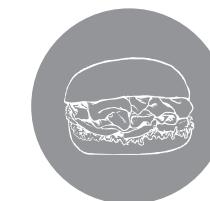
• **tuna melt** 11.99

courtney's tuna salad with tomatoes and wisconsin cheddar cheese, grilled on harvest grain bread
Add avocado for .99

• **the bbq piggy** 11.99 NEW!

bavarian ham, caliente salami, bacon, giardinera, onions, tomatoes, pickles, bbq sauce and cheddar cheese on panini bread

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