

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

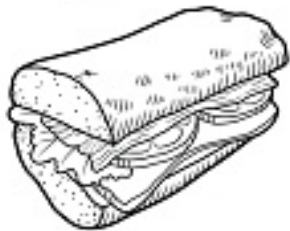
vegetarian

- **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 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	mainated 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 breads *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 (contians 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, avocado, 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!**
foddstuffs 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, giardiniera, onions, tomatoes, pickles, bbq sauce and cheddar cheese on panini bread

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and get the 13th free!

11.99 or less