

paninis

- **chipotle chicken** 11.99
grilled all-natural chicken breast with fresh mozzarella cheese, grilled onions and chipotle mayonnaise on 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 train wreck** 11.99
bavarian ham, roast beef, smoked turkey breast, salami, provolone cheese, mayonnaise, lettuce and pickles on a hoagie roll
- **hot horsy beef** 11.99
foodstuffs roast beef, giardiniera, crispy onions, wisconsin provolone cheese and horseradish cream sauce spread on our toasted hoagie roll
- **italiano grinder panino** 11.99 **NEW!**
bavarian ham, genoa salami, tomatoes, red onions, pepperoncini, romaine, provolone cheese, herbs, olive oil and red wine vinegar toasted on ciabatta roll
- **chicken parm panini** 11.99 **NEW!**
grilled all-natural chicken breast, marinara, provolone cheese, crispy onions and garlic cheese spread toasted on a ciabatta roll

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
- **vegetable medley wrap** 11.99
baby spinach, cucumbers, carrots, marinated tomatoes, avocado, crispy onions, basil, hummus and roasted red pepper spread (contains nuts) wrapped in a spinach tortilla
- **avocado toast** 11.99
avocado, red pepper flakes, lemon pepper, crumbled feta, sunflower seeds and arugula on toasted open-face harvest grain ciabatta

vegetarian paninis

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

Foodstuffs

GOURMET FOODS & CATERING

Evanston

2106 Central Street
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FOODSTUFFS.COM

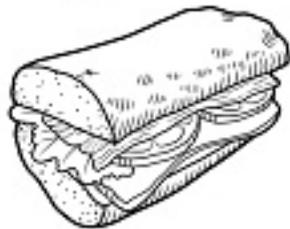
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SANDWICHES
*made with the finest and
bestest ingredients*



MEATS

FOODSTUFFS GRILLED CHICKEN
& ROASTED TURKEY BREASTS ARE



HORMONE
& CAGE FREE

build-your-own - 11.99 vegetarian - 10.99

- 1 meats *choose one***
 - roast beef grilled all-natural chicken breast
 - courtney's tuna salad roasted turkey breast
 - smoked turkey breast bavarian ham
 - terry's chicken salad bacon
 - genoa salami pepperoni
- 2 vegetables part 1 *choose one***

***for vegetarian sandwiches, please choose two**

 - roasted red peppers marinated tomatoes
 - avocado artichoke hearts
 - grilled onions
- 3 vegetables part 2 *choose as many as you like***
 - romaine arugula
 - baby spinach carrots
 - fresh basil cucumbers
 - tomatoes red onions
 - mushrooms dill pickles
 - pepperoncini black beans
- 4 cheeses *choose one***
 - wisconsin cheddar cream cheese & chives
 - pepperjack wisconsin provolone
 - wisconsin swiss goat cheese
 - fresh mozzarella brie
 - havarti feta
 - garlic cheese spread
- 5 breads *choose one***
 - harvest grain bread harvest grain ciabatta
 - sourdough buttercrust
 - marble rye black bread
 - flour/wheat/spinach tortilla country french
 - gluten-free tortilla ciabatta roll
 - croissant herbed focaccia
 - baguette panini
 - hoagie roll demi baguette
- condiments *choose up to two***
 - grainy dijon mustard hummus
 - honey mustard pesto (nut free)
 - giardiniera fat-free mayonnaise
 - dijon mayonnaise blue cheese dressing
 - hecky's bbq sauce artichoke spinach spread
 - chipotle mayonnaise buffalo sauce
 - ginger soy dressing sun-dried tomato spread
 - balsamic vinaigrette olive tapenade
 - cranberry chutney mild salsa
 - ranch dressing oil & vinegar
 - marinara red pepper spread (contains nuts)

chicken CAGE & HORMONE FREE

- **chicken sundance** 11.99
grilled all-natural chicken breast, baby spinach, sun-dried tomato spread and chive cream cheese generously stacked on black bread with grainy dijon mustard
- **chicken little** 11.99
terry's chicken salad with romaine and tomatoes on harvest grain bread
- **the skinny caprese** 11.99
grilled all-natural chicken breast, fresh mozzarella cheese, tomatoes, fresh basil, baby spinach, artichoke hearts and balsamic vinaigrette wrapped in a whole wheat tortilla
- **chicken club** 11.99 **NEW!**
grilled all-natural chicken breast, bacon, avocado, tomatoes, romaine and ranch dressing on a harvest grain ciabatta
- **athena's chicken wrap** 11.99 **NEW!**
grilled all-natural chicken breast, baby spinach, olive tapenade, hummus, marinated tomatoes and feta cheese wrapped in a spinach tortilla
- **southwest chicken wrap** 11.99
grilled all-natural chicken breast with salsa, pepperjack cheese, baby spinach, bacon, avocado and ranch dressing wrapped in a spinach tortilla
- **buffalo chicken wrap** 11.99
grilled all-natural chicken breast, blue cheese dressing, buffalo sauce, crispy onions and romaine wrapped in a flour tortilla
- **pollo loco wrap** 11.99 **NEW!**
terry's chicken salad with avocado, corn, black beans, salsa, red onions, pepperjack cheese and tortilla stripes 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

turkey CAGE & HORMONE FREE

- **the bulldog** 11.99
foodstuffs roasted turkey breast, cheddar cheese, havarti cheese, bacon, marinated tomatoes and honey mustard on buttercrust bread
- **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 country french bread
- **the soprano** 11.99
smoked turkey breast, 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 fat-free mayonnaise on a flaky croissant
- **smoking gobbler** 11.99 **NEW!**
smoked turkey breast with cream cheese and chives, avocado, roasted red bell peppers and pepperoncini wrapped in a flour tortilla

ham HORMONE FREE

- **the frenchie** 11.99
bavarian ham, brie cheese, dijon mustard on our demi baguette

roast beef MIDWEST RAISED & HORMONE FREE

- **foodstuffs stampede** 11.99
roast beef with grainy dijon mustard and herbs, topped with wisconsin cheddar cheese, romaine and tomatoes on harvest grain bread

seafood

- **loco's tuna wrap** 11.99
courtney's tuna salad with corn, avocado, wisconsin cheddar cheese, tortilla strips and giardiniera rolled into 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

- 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



join our sandwich club

buy 12 homemade sandwiches and get the 13th free!
11.99 or less

substitutions will be an additional charge