

vegetarian paninis

- **adult grilled cheese** 9.99
wisconsin cheddar, provolone, pesto (nut free) and tomatoes grilled on sourdough bread
Add avocado for .99
- **hot blonde panini** 9.99
goat cheese, basil, marinated tomatoes, artichokes and pesto (nut free) on panini bread

- sandwich extras -

add an additional portion of:

grilled chicken breast, courtney's tuna	2.99
salad or chicken salad	
meats	1.99
bacon	.99
avocado	.99
marinated tomatoes	.99
roasted red peppers	.99
brie & mozzarella cheese	.99
cheese (except brie & mozzarella)	.50
dressings/sauces	.50

vegetarian

- **the vegetarian** 10.99
grilled vegetables, avocado, hummus, roasted red pepper spread (contains nuts) and fresh basil on your choice of bread
- **pomodori alla mozzarella** 9.99
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** 10.99
avocado, red pepper flakes, lemon pepper, crumbled feta, sunflower seeds and arugula on toasted open-face harvest grain bread

FOODSTUFFS GRILLED CHICKEN
& ROASTED TURKEY BREASTS ARE



HORMONE
& CAGE FREE

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SANDWICHES



build-your-own - 10.99 vegetarian - 9.99

- 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 one**
- *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

kale
- corn

tomatoes
- bell peppers

red onions
- fresh basil

cucumbers
- edamame

hearts of palm
- carrots

pickles
- 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
- harvest grain ciabatta

focaccia
- panini bread
- 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)

sun-dried tomato spread
- giardiniera

blue cheese dressing
- hummus

red pepper spread
- cranberry chutney

caesar dressing
- italian dressing

olive tapenade

chicken *CAGE & HORMONE FREE*

- thai cobb wrap** 10.99
grilled all-natural chicken breast, romaine, tomatoes, carrots, avocado and ginger soy dressing wrapped in a flour tortilla
- bbq chicken wrap** 10.99
grilled all-natural chicken breast with onions, romaine, wisconsin provolone cheese and bbq sauce wrapped in a flour tortilla
- the skinny caprese** 10.99
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** 10.99
grilled all-natural chicken breast, romaine, blue cheese dressing and spicy buffalo sauce wrapped in a flour tortilla
- chicken caesar wrap** 10.99
a flour tortilla filled with grilled all-natural chicken breast, romaine, parmesan cheese and caesar dressing
- chicken club** 10.99
grilled all-natural chicken breast, bacon, avocado, romaine, tomatoes and ranch dressing on our harvest grain ciabatta

turkey *CAGE & HORMONE FREE*

- the californian** 10.99
foodstuffs roasted turkey breast and havarti cheese with dijon mayonnaise, avocado, romaine and tomatoes on harvest grain bread
- mr. bill** 10.99
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** 10.99
smoked turkey breast, marinated tomatoes, fresh mozzarella cheese, fresh basil and our artichoke spinach spread on panini bread
- turkey twist** 10.99
foodstuffs roasted turkey breast, hummus, avocado, brie cheese, baby spinach and tomatoes on crusty bread

- turkey croissant** 10.99
foodstuffs roasted turkey breast with avocado, bacon, romaine, tomatoes and fat-free mayonnaise on a flaky croissant
- caliente turkey** 10.99
smoked turkey breast with chipotle mayonnaise, caliente salami and cheddar cheese on panini bread
- lake forest turkey club** 10.99
foodstuffs roasted turkey breast with romaine, tomatoes, swiss cheese, dijon mayonnaise, avocado, bacon, onions and pickles on harvest grain bread

roast beef *MIDWEST RAISED & HORMONE FREE*

- the black angus** 10.99
roast beef with chive cream cheese, tomatoes and arugula on black bread
- foodstuffs stampede** 10.99
roast beef with grainy dijon mustard, wisconsin cheddar cheese, romaine and tomatoes on harvest grain bread

ham *HORMONE FREE*

- the j.b. wich** 10.99
panini bread with bavarian ham, wisconsin swiss cheese, romaine, tomatoes and honey mustard

seafood

- loco's tuna wrap** 10.99
courtney's tuna salad with corn, avocado, wisconsin cheddar cheese, tortilla strips and giardiniera peppers wrapped in a whole wheat tortilla
- the sorry charlie** 10.99
courtney's tuna salad with romaine, tomatoes and cucumbers on harvest grain bread
Add avocado for .99

substitutions will be an additional charge

paninis

- the lake forest panini** 10.99
foodstuffs roast beef, wisconsin cheddar cheese, grilled onions and bbq sauce on panini bread
- chipotle chicken** 10.99
grilled all-natural chicken breast with fresh mozzarella cheese, grilled onions and chipotle mayonnaise on focaccia bread
- the v.p. panini** 10.99
smoked turkey breast with grilled mushrooms, onions, brie cheese and pesto (nut free) on country french bread
- tuna melt** 10.99
courtney's tuna salad with tomatoes and wisconsin cheddar cheese, grilled on harvest grain bread
Add avocado for .99
- al capone panini** 10.99
bavarian ham, caliente salami, olive tapenade, arugula, fresh mozzarella cheese, basil and black pepper grilled on panini bread

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