

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 ciabatta bread

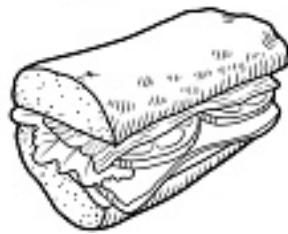
vegetarian

- **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

**- 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

FOODSTUFFS GRILLED CHICKEN  
& ROASTED TURKEY BREASTS ARE



HORMONE  
& CAGE FREE

# Foodstuffs

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**SANDWICH**



build-your-own - 10.99    vegetarian - 9.99

- 1

**meats** *\*choose one\**

roast beef

bavarian ham

courtney's tuna salad

roasted turkey breast

grilled all-natural chicken breast

smoked turkey breast

caliente salami

bacon

terry's chicken salad
- 2

**vegetables part 1** *\*choose one\**

*\*for vegetarian sandwiches, please choose two*

marinated tomatoes

avocado

tofu

roasted red peppers

artichoke hearts

marinated mushrooms
- 3

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

romaine

arugula

tomatoes

onions

cucumbers

hearts of palm

cilantro

baby spinach

corn

bell peppers

fresh basil

edamame

carrots
- 4

**cheeses** *\*choose one\**

wisconsin cheddar

wisconsin provolone

havarti

cream cheese & chives

brie

feta

wisconsin swiss

fresh mozzarella

wisconsin blue cheese

goat cheese
- 5

**bread**s *\*choose one\**

harvest grain bread

country french

croissant

baguette

flatbread

panini bread

buttercrust

black bread

flour/wheat/spinach tortilla

gluten-free tortilla

focaccia
- 6

**condiments** *\*choose up to two\**

yellow mustard

dijon mustard

ginger soy dressing

dijon mayonnaise

balsamic vinaigrette

bbq sauce

pesto (nut free)

giardiniera

hummus

cranberry chutney

italian dressing

grainy mustard

honey mustard

fat-free mayonnaise

chipotle mayonnaise

artichoke & spinach spread

buffalo sauce

sun-dried tomato spread

blue cheese dressing

red pepper spread

caesar dressing

olive spread

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** 9.99  
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** 9.99  
grilled all-natural chicken breast, romaine, blue cheese dressing and spicy buffalo sauce wrapped in a flour tortilla
- chicken caesar wrap** 9.99  
a flour tortilla filled with grilled all-natural chicken breast, romaine, parmesan cheese and caesar dressing
- the chickenator** 10.99  
grilled all-natural chicken breast, spinach, bacon, tomatoes, giardiniera, provolone cheese and onions with chipotle mayonnaise on panini bread

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** 9.99  
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** 9.99  
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** 9.99  
roast beef with chive cream cheese, tomatoes and arugula on black bread
- foodstuffs stampede** 9.99  
roast beef with grainy dijon mustard, wisconsin cheddar cheese, romaine and tomatoes on harvest grain bread

ham *HORMONE FREE*

- the j.b. wich** 9.99  
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** 9.99  
courtney's tuna salad with romaine, tomatoes and cucumbers on harvest grain bread  
*Add avocado for .99*

paninis

- the lake forest panini** 9.99  
foodstuffs roast beef, wisconsin cheddar cheese, grilled onions and bbq sauce on panini bread
- chipotle chicken** 9.99  
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** 9.99  
courtney's tuna salad with tomatoes and wisconsin cheddar cheese, grilled on harvest grain bread  
*Add avocado for .99*
- the pumpernickel panini** 9.99  
bavarian ham, swiss cheese and cranberry chutney on black bread

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\*substitutions will be an additional charge\*