

## paninis

- **chipotle chicken** 10.99  
grilled all-natural chicken breast with fresh mozzarella cheese, grilled onions and chipotle mayonnaise on focaccia bread
- **tuna melt** 10.99  
courtney's tuna salad with tomatoes and wisconsin cheddar cheese, grilled on harvest grain bread  
*Add avocado for .99*
- **the j.b. wich** 10.99  
bavarian ham, wisconsin swiss cheese, romaine, tomatoes and honey mustard on country french bread
- **the train wreck** 10.99  
bavarian ham, roast beef, smoked turkey breast, salami, provolone cheese, mayonnaise, lettuce and pickles on a hoagie roll
- **chicken cordon bleu** 10.99  
grilled all-natural chicken breast, bavarian ham, swiss cheese, lemon aioli and crispy onions on a hoagie roll
- **hot horsy beef** 10.99  
foodstuffs roast beef, giardiniera, crispy onions, wisconsin provolone cheese and horseradish cream sauce spread on our toasted hoagie roll

## vegetarian

- **pomodori alla mozzarella** 9.99  
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** 9.99  
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** 10.99  
avocado, red pepper flakes, lemon pepper, crumbled feta, sunflower seeds and arugula on toasted open-face harvest grain ciabatta

## vegetarian paninis

- **adult grilled cheese** 9.99  
wisconsin cheddar, provolone, pesto (nut free) and tomatoes grilled on sourdough bread  
*Add avocado for .99*

# Foodstuffs

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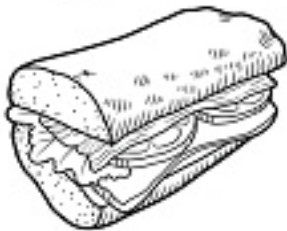
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*made with the finest and  
freshest ingredients*

# SANDWICH

## FOODSTUFFS GRILLED CHICKEN & ROASTED TURKEY BREASTS ARE



## HORMONE & CAGE FREE

build-your-own - 10.99    vegetarian - 9.99

- 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

onions
- mushrooms

dill pickles
- 4

**cheeses** *\*choose one\**
- wisconsin cheddar

cream cheese & chives
- pepperjack

wisconsin provolone
- wisconsin swiss

goat cheese
- fresh mozzarella

brie
- havarti

feta
- 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
- 6

**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 spread
- cranberry chutney

mild salsa
- red pepper spread (contains nuts)

chicken *CAGE & HORMONE FREE*

- chicken sundance** 10.99  
grilled all-natural chicken breast, baby spinach, sun-dried tomato spread and chive cream cheese generously stacked on your choice of bread with grainy dijon mustard
- chicken little** 10.99  
terry's chicken salad with romaine and tomatoes on your choice of bread
- the skinny caprese** 10.99  
grilled all-natural chicken breast, fresh mozzarella cheese, tomatoes, fresh basil, baby spinach, artichoke hearts and balsamic vinaigrette wrapped in a whole wheat tortilla
- mediterranean chicken** 10.99  
grilled all-natural chicken breast, baby spinach, fresh mozzarella cheese, sun-dried tomato spread and olive spread on herbed focaccia
- chicken salad gyro** 10.99  
terry's chicken salad, olive spread, pickled red onions, cucumber dill sauce, lettuce and tomatoes on naan bread
- southwest chicken wrap** 10.99  
grilled all-natural chicken breast with mild salsa, pepperjack cheese, baby spinach, bacon, avocado and farmhouse ranch wrapped in a spinach tortilla
- buffalo chicken wrap** 10.99  
grilled all-natural chicken breast, blue cheese dressing, buffalo sauce, crispy onions and romaine wrapped in a flour tortilla
- skinny philly cheese 'steak'** 10.99  
warm chicken breast, merkt's cheddar and crispy onions wrapped in naan bread
- chicken caesar wrap** 10.99  
a flour tortilla filled with grilled all-natural chicken breast, romaine, parmesan cheese and caesar dressing

turkey *CAGE & HORMONE FREE*

- the bulldog** 10.99  
foodstuffs roasted turkey breast, cheddar cheese, havarti cheese, bacon, marinated tomatoes and honey mustard on your choice of bread
- 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 country french bread
- the soprano** 10.99  
smoked turkey breast, marinated tomatoes, fresh mozzarella cheese, fresh basil and our artichoke spinach spread on country french bread
- turkey croissant** 10.99  
foodstuffs roasted turkey breast with avocado, bacon, romaine, tomatoes and fat-free mayonnaise on a flaky croissant
- turkey hero sub** 10.99  
foodstuffs roasted turkey breast, mayonnaise, yellow mustard, shredded romaine, pickled red onions, tomatoes, pepperoncini, red wine vinegar, olive oil and italian spices on a hoagie roll

ham *HORMONE FREE*

- the frenchie** 10.99  
bavarian ham, brie cheese, dijon mustard on our demi baguette

roast beef *MIDWEST RAISED & HORMONE FREE*

- foodstuffs stampede** 10.99  
roast beef with grainy dijon mustard and herbs, topped with wisconsin cheddar cheese, romaine and tomatoes on harvest grain bread

\*substitutions will be an additional charge\*

seafood

- loco's tuna wrap** 10.99  
courtney's tuna salad with corn, avocado, wisconsin cheddar cheese, tortilla strips and giardiniera peppers rolled into 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*

- sandwich extras -  
*add an additional portion of:*

|                                                                |      |
|----------------------------------------------------------------|------|
| grilled chicken breast, courtney's tuna salad or chicken salad | 2.99 |
| 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  |



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