paninis

- chipotle chicken 9.99
 grilled all-natural chicken breast with fresh mozzarella
 cheese, grilled onions and chipotle mayonnaise on
 focaccia 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 j.b. wich 9.99 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 9.99
 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 GRILLED CHICKEN & ROASTED TURKEY BREASTS ARE





Evanston

2106 Central Street 847.328.7704

Glencoe

338 Park Avenue 847.835.5105

Glenview

Carillon Square 1456 Waukegan Road 847.832.9999

Lake Forest

255 E Westminster 847.234.6600



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build-your-own - 10.99 vegetarian - 9.99

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

vegetables part 2 *choose as many as you like*

romaine arugula
baby spinach carrots
fresh basil cucumbers
tomatoes onions
mushrooms dill pickles

d cheeses *choose one*

wisconsin cheddar cream cheese & chives
pepperjack wisconsin provolone
wisconsin swiss goat cheese
fresh mozzarella brie
havarti feta

breads *choose one*

hoagie roll

harvest grain bread harvest grain ciabatta sourdough buttercrust black bread flour/wheat/spinach tortilla gluten-free tortilla croissant herbed focaccia baguette harvest grain ciabatta ciabatta country french ciabatta roll herbed focaccia

6 condiments *choose up to two*

red pepper spread (contains nuts)

grainy dijon mustard hummus honey mustard pesto (nut free) giardiniera fat-free mayonnaise dijon mayonnaise blue cheese dressing hecky's bbg sauce artichoke & spinach spread chipotle mayonnaise buffalo sauce ginger soy dressing sun-dried tomato spread balsamic vinaigrette olive spread cranberry chutney mild salsa

chicken CAGE & HORMONE FREE

chicken sundance 9.99 grilled all-natural chicken breast, baby spinach, sun-dried tomato spread and chive cream cheese generously stacked on your choice of bread with grainy diion mustard

chicken little 9.99 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 9.99 grilled all-natural chicken breast, baby spinach, fresh mozzarella cheese, sun-dried tomato spread and olive spread on herbed focaccia

chicken salad gyro 9.99 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 9.99 grilled all-natural chicken breast, blue cheese dressing, buffalo sauce, crispy onions and romaine wrapped in a flour tortilla

skinny philly cheese 'steak' 9.99 warm chicken breast, merkt's cheddar and crispy onions wrapped in naan bread

chicken caesar wrap 9.99 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 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 country french bread

the soprano 10.99 smoked turkey breast, marinated tomatoes, fresh mozzarella cheese, fresh basil and our artichoke spinach

mozzarella cheese, fresh basil and our artichoke spinacl 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 9.99

bavarian ham, brie cheese, dijon mustard on our demi baguette

roast beef MIDWEST RAISED & HORMONE FREE

• foodstuffs stampede 9.99

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 9.99 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 2.99 salad or chicken salad meats 1.99 bacon .99 avocado .99 .99 marinated tomatoes .99 roasted red peppers .99 brie & mozzarella cheese .50 cheese (except brie & mozzarella) dressings/sauces .50



join our sandwich club

buy 12 homemade sandwiches and get the 13th free!