vegetarian paninis

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

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
- the ultimate vegan sandwich 10.99 baby spinach, baby kale, carrots, beets, cucumbers, hummus, marinated tomatoes, avocado, olive tapenade and sunflower seeds 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

- 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
balsamic marinated mushrooms	.99
roasted red peppers	.99
brie & mozzarella cheese	.99
cheese (except brie & mozzarella)	.50
dressings/sauces	.50

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





build-your-own - 10.99 vegetarian - 9.99

meats *choose one*

smoked turkey breast terry's chicken salad

bavarian ham bacon

roast beef courtney's tuna salad roasted turkey breast caliente salami

grilled all-natural chicken breast genoa salami

vegetables part 1 *choose one*

*for vegetarian sandwiches, please choose two

marinated tomatoes roasted red peppers avocado artichoke hearts

balsamic marinated mushrooms

vegetables part 2 *choose as many as you like*

romaine baby spinach
arugula baby kale
pickles cucumbers
carrots fresh basil
tomatoes kalamata olives
pickled onions red onions

4 cheeses *choose one*

wisconsin cheddar goat cheese smoked gouda wisconsin provolone

wisconsin swiss havarti fresh mozzarella brie

feta

breads *choose one*

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

pretzel roll

condiments *choose up to two*

horseraddish cream sauce

grainy mustard dijon mustard honey mustard yellow mustard dijon mayonnaise ginger soy dressing fat-free mayonnaise chipotle mayonnaise buffalo sauce caesar dressing pesto (nut free) blue cheese dressing sun-dried tomato spread hummus artichoke spinach spread hecky's bbq sauce cranberry chutney olive tapenade ranch dressing red pepper spread (contains nuts)

giardiniera

chicken CAGE & HORMONE FREE

- the skinny caprese 10.99 grilled all-natural chicken breast, fresh mozzarella cheese, tomatoes, fresh basil, baby spinach, artichoke hearts and balsamic vinaigrette in a whole wheat tortilla
- chicken club 10.99 grilled all-natural chicken breast, bacon, avocado, romaine, tomatoes and ranch dressing on harvest grain ciabatta
- it's all greek to me 10.99
 grilled all-natural chicken breast, hummus, chopped olive
 tapenade, cucumbers, tomatoes, feta and pepperoncini
 peppers wrapped in a spinach tortilla

ham HORMONE FREE

 hot diggity ham 10.99
 bavarian ham, brie cheese, honey mustard, grilled onions, arugula and marinated tomatoes on 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 crusty bread
- turkey twist 10.99 foodstuffs roasted turkey breast, hummus, avocado, brie, baby spinach and tomatoes on crusty bread

substitutions will be an additional charge

- the soprano 10.99 smoked turkey breast, foodstuffs marinated tomatoes, fresh mozzarella cheese, fresh basil and our artichoke spinach
- turkey croissant 10.99
 foodstuffs roasted turkey breast with avocado, bacon, romaine, tomatoes and fat-free mayonnaise on a flaky croissant

spread on a ciabatta roll

turkey cobbler 10.99
 foodstuffs roasted turkey breast with romaine, tomatoes, wisconsin cheddar cheese, fat-free mayonnaise and cranberry chutney on harvest grain bread

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
- niki's tuna sandwich 10.99
 courtney's tuna salad with sun-dried tomato spread, whole grain mustard, romaine and marinated tomatoes on your choice of bread

paninis

- chipotle chicken 10.99
 grilled all-natural chicken breast with fresh mozzarella
 cheese, grilled onions and chipotle mayonnaise on a
 ciabatta roll
- the tammy 10.99 smoked turkey breast, pickles, bacon, chipotle mayonnaise, swiss, cheddar and avocado on demi baguette

- al capone panini 10.99
 bavarian ham, caliente salami, olive tapenade, arugula, fresh mozzarella cheese, basil and black pepper grilled on a demi baguette
- tuna melt 10.99
 courtney's tuna salad with tomatoes and wisconsin cheddar cheese, grilled on harvest grain bread

 Add avocado for .99
- the v.p. panini 10.99 smoked turkey breast with marinated mushrooms, grilled onions, brie cheese and pesto (nut free) on a ciabatta roll

roast beef

- the horsy beef 10.99
 roast beef, horseradish cream sauce, wisconsin cheddar
 cheese, grilled onions, arugula and tomatoes on country
 french bread
- foodstuffs stampede 10.99
 roast beef with grainy dijon mustard topped with wisconsin cheddar cheese, romaine, tomatoes and choice of sourdough or harvest grain bread

JOIN OUR SANDWICH CLUB



buy 12 homemade sandwiches and get the 13th free!