

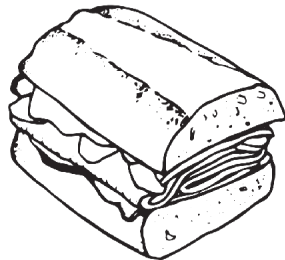
vegetarian paninis

- **adult grilled cheese** 10.99
wisconsin cheddar cheese, wisconsin provolone cheese, nut free pesto and tomatoes grilled on sourdough bread
add avocado ¼ - .99 | ½ - 1.99
add bacon for 2.99
 - **hot blonde panini** 10.99
goat cheese, basil, marinated tomatoes, artichokes and nut free pesto on panini bread
- ## vegetarian
- **vegetarian** 11.99
your choice of vegetables, avocado, hummus, roasted red pepper spread (contains nuts) and fresh basil on your choice of bread
 - **pomodori alla mozzarella** 10.99
fresh mozzarella stacked with sliced tomatoes on a demi baguette with fresh basil, nut free pesto and cracked black pepper
add avocado ¼ - .99 | ½ - 1.99
 - **avocado toast** 11.99
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 all-natural chicken breast	3.99
terry's chicken salad	3.99
courtney's tuna	3.99
meats	2.99
bacon	2.99
avocado	¼ .99 ½ 1.99
marinated tomatoes	.99
roasted red peppers	.99
brie & mozzarella cheese	1.29
cheese (except brie & mozzarella)	1 slice .49 2 slices .99
dressings/sauces	.50

FOODSTUFFS GRILLED CHICKEN
& ROASTED TURKEY BREASTS ARE



HORMONE
& CAGE FREE

Foodstuffs

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SANDWICHES
made with the finest and
prehest ingredients
MENU



build-your-own - 11.99 vegetarian - 10.99

1 meats *choose one*

- | | |
|-----------------------|------------------------------------|
| roast beef | grilled all-natural chicken breast |
| bavarian ham | bacon |
| courtney's tuna salad | terry's chicken salad |
| roasted turkey breast | smoked turkey breast |
| black forest salami | |

2 vegetables part 1 *choose one*

***for vegetarian sandwiches, please choose two**

- | | |
|---------------------|---------------------|
| marinated tomatoes | roasted red peppers |
| avocado | artichoke hearts |
| marinated mushrooms | |

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

- | | |
|----------------|-----------------|
| romaine | baby spinach |
| arugula | carrots |
| corn | kalamata olives |
| bell peppers | tomatoes |
| fresh basil | red onions |
| cucumbers | pickles |
| pickled onions | baby greens |

4 cheeses *choose one*

- | | |
|-----------------------|-----------------------|
| wisconsin cheddar | feta |
| wisconsin provolone | wisconsin swiss |
| havarti | fresh mozzarella |
| cream cheese & chives | wisconsin blue cheese |
| brie | goat cheese |
| pimento cheese spread | |

5 breads *choose one*

- | | |
|---------------------|------------------------------|
| harvest grain bread | buttercrust |
| country french | black bread |
| croissant | flour/wheat/spinach tortilla |
| demi baguette | focaccia |
| panini bread | sourdough |

6 condiments *choose up to two*

- | | |
|---------------------------------|--|
| yellow mustard | honey mustard |
| grainy mustard | mayonnaise |
| ginger soy dressing | chipotle mayonnaise |
| dijon mayonnaise | artichoke spinach spread |
| balsamic vinaigrette | buffalo sauce |
| bbq sauce | pepperoncini peppers |
| pesto <small>(nut free)</small> | blue cheese dressing |
| giardiniera | red pepper spread <small>(contains nuts)</small> |
| hummus | caesar dressing |
| cranberry chutney | horseradish cream sauce |
| sun-dried tomato spread | cheesy garlic spread |
| dill aioli | |

chicken CAGE & HORMONE FREE

- **thai cobb wrap** 11.99
grilled all-natural chicken breast, romaine, tomatoes, carrots, avocado and ginger soy dressing wrapped in a flour tortilla
- **the skinny caprese** 11.99
grilled all-natural chicken breast, fresh mozzarella cheese, tomato, basil, baby spinach, marinated artichoke hearts & balsamic vinaigrette wrapped in a whole wheat tortilla
- **buffalo chicken wrap** 11.99
grilled all-natural chicken breast, romaine, blue cheese dressing and buffalo sauce wrapped in a flour tortilla
- **chicken caesar wrap** 11.99
grilled all-natural chicken breast, romaine, parmesan cheese and caesar dressing wrapped in a flour tortilla
- **godzilla wrap** 11.99
grilled all-natural chicken breast with avocado, white rice, carrots, crispy onions, cilantro and ginger soy dressing wrapped in a flour tortilla

turkey CAGE & HORMONE FREE

- **californian** 11.99
foodstuffs roasted turkey breast and havarti cheese with dijon mayonnaise, avocado, romaine and tomatoes on harvest grain bread
- **soprano** 11.99
smoked turkey breast, marinated tomatoes, fresh mozzarella cheese, fresh basil and our artichoke spinach spread on panini bread
- **simon says** 11.99 **NEW!**
roasted turkey breast with wisconsin provolone cheese, baby greens, tomatoes, nut free pesto, mayonnaise, red wine vinegar, olive oil, basil and black pepper on a demi baguette
- **turkey croissant** 11.99
foodstuffs roasted turkey breast with avocado, bacon, romaine, tomatoes and mayonnaise on a flaky croissant

substitutions will be an additional charge

- **lake forest turkey club** 11.99
foodstuffs roasted turkey breast with romaine, tomatoes, wisconsin swiss cheese, dijon mayonnaise, avocado, bacon, red onions and pickles on harvest grain bread
- **chipotle club** 11.99
foodstuffs roasted turkey breast with bacon, avocado, romaine, tomatoes, red onions, pickles, wisconsin provolone cheese and chipotle mayonnaise on demi baguette

roast beef MIDWEST RAISED & HORMONE FREE

- **horsy beef** 11.99
roast beef, horseradish cream sauce, wisconsin cheddar cheese, grilled onions, arugula and tomatoes on country french bread

pork

- **j.b. wich** 11.99
bavarian ham, wisconsin swiss cheese, romaine, tomatoes and honey mustard on panini bread

seafood

- **loco's tuna wrap** 11.99
courtney's tuna salad with corn, avocado, wisconsin cheddar cheese, tortilla strips and giardiniera rolled in a whole wheat tortilla
- **sorry charlie** 11.99
courtney's tuna salad with romaine, tomatoes and cucumbers on harvest grain bread
add avocado ¼ - .99 | ½ - 1.99

paninis

- **lake forest panini** 11.99
foodstuffs roast beef, wisconsin cheddar cheese, grilled onions and bbq sauce on panini bread
- **chipotle chicken** 11.99
grilled all-natural chicken breast with fresh mozzarella cheese, grilled onions and chipotle mayonnaise on herb focaccia bread
- **tuna melt** 11.99
courtney's tuna salad with tomatoes and wisconsin cheddar cheese, grilled on harvest grain bread
add avocado ¼ - .99 | ½ - 1.99

- **foghorn** 11.99
grilled all-natural chicken breast, bacon, wisconsin provolone cheese, romaine, tomatoes, chipotle mayonnaise and country honey dijon dressing toasted on a croissant
- **chicken zest** 11.99
grilled all-natural chicken breast with roasted red peppers, spinach, wisconsin provolone cheese, nut free pesto and lemon pepper on panini bread
- **havana** 11.99 **NEW!**
bavarian ham and black forest salami, wisconsin swiss cheese, cilantro, pickles, and yellow mustard on panini bread
- **it's me, not you** 11.99 **NEW!**
roast beef, bacon, wisconsin cheddar cheese, pickles, grilled onions, grainy mustard, chipotle mayonnaise on sourdough bread
- **bloody mary** 11.99 **NEW!**
black forest salami with wisconsin provolone cheese, parmesan cheese, horseradish cream sauce, pepperoncini peppers, arugula and dill pickle aioli wrapped in a flour tortilla
- **el chingón** 11.99 **NEW!**
grilled all-natural chicken with bacon, grilled onions, marinated mushrooms, spinach, buffalo sauce, and cheesy garlic spread on panini bread

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11.99 or less