

vegetarian paninis

- **adult grilled cheese** 10.99
Wisconsin cheddar, provolone, pesto (nut free) and tomatoes grilled on sourdough bread
Add avocado for .99
Add bacon for 1.99
- **hot blonde panini** 10.99
goat cheese, basil, marinated tomatoes, artichokes and pesto (nut free) on panini bread

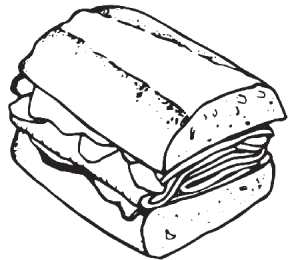
vegetarian

- **the 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, pesto (nut free) and cracked black pepper
Add avocado for .99
- **avocado toast** 11.99
avocado, red pepper flakes, lemon pepper, crumbled feta, sunflower seeds and arugula on toasted open-face harvest grain bread
- **vegan hummus toast** 10.99
hummus, quinoa, cucumbers, tomatoes, baby spinach, olive oil, salt and pepper on toasted open-face harvest grain bread

- sandwich extras - add an additional portion of:

| | |
|---|------|
| grilled chicken breast | 3.99 |
| terry's chicken salad | 3.99 |
| courtney's tuna | 3.99 |
| meats | 2.99 |
| bacon | 1.99 |
| avocado | .99 |
| marinated tomatoes | .99 |
| roasted red peppers | .99 |
| brie & mozzarella cheese | .99 |
| all other cheese (except brie & mozzarella) | .50 |
| dressings/sauces | .50 |

FOODSTUFFS GRILLED CHICKEN
& ROASTED TURKEY BREASTS ARE



HORMONE
& CAGE FREE

Foodstuffs

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prehest ingredients

SANDWICHES



build-your-own - 11.99 vegetarian - 10.99

1 meats *choose one*

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

2 vegetables part 1 *choose one*

**for vegetarian sandwiches, please choose two*

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

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

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

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 |
| baguette | gluten-free tortilla |
| demi baguette | herb focaccia |
| panini bread | sourdough |

6 condiments *choose up to two*

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

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
- **bbq chicken wrap** 11.99
grilled all-natural chicken breast with red onions, romaine, wisconsin provolone cheese and bbq sauce 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

- **the californian** 11.99
foodstuffs roasted turkey breast and havarti cheese with dijon mayonnaise, avocado, romaine and tomatoes on harvest grain bread
- **the soprano** 11.99
smoked turkey breast, marinated tomatoes, fresh mozzarella cheese, fresh basil and our artichoke spinach spread on panini bread
- **mr. bill** 11.99
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

substitutions will be an additional charge

- **turkey croissant** 11.99
foodstuffs roasted turkey breast with avocado, bacon, romaine, tomatoes and mayonnaise on a flaky croissant
- **lake forest turkey club** 11.99
foodstuffs roasted turkey breast with romaine, tomatoes, 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

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

pork HORMONE FREE

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

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
- **the sorry charlie** 11.99
courtney's tuna salad with romaine, tomatoes and cucumbers on harvest grain bread
Add avocado for .99

paninis

- **the 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 for .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, pesto (nut free) and lemon pepper on panini bread
- **super fan** 11.99
caliente salami with pepperoncini, pickled onions, wisconsin provolone cheese and dijon mayonnaise on panini bread
- **fight club** 11.99
roast beef with tomatoes, onions, pickles, wisconsin provolone cheese, horseradish cream sauce and chipotle mayonnaise on panini bread

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buy 12 homemade sandwiches and get the 13th free!

11.99 or less