

## appetizers *ask about our appetizer of the month*

### Chips & Salsa ▼

El Rey tortilla chips and our house-made salsa **\$4.00**

### Black Bean Dip w/ Cheese Quesadilla

Beans & Barley's own black bean dip, served with an appetizer-sized cheese quesadilla **\$5.00**  
*—gluten friendly sub corn tortillas—*

### Guacamole & Chips ▼

Avocado with red onion, cilantro, jalapeño and cumin, with El Rey tortilla chips and our own salsa **\$8.00**

### Garlic Bread \*\*

A French baguette spread with garlic butter, sliced and grilled **\$4.00**

### Hummus & Pita

Chickpeas, tahini, olive oil, lemon, garlic and a dash of paprika, served with warm pita bread **\$4.50**  
*—gluten friendly sub corn chips or add \$2 for Udi's bread—*

### Artichoke Parmesan Dip w/ French Bread

Artichoke hearts, mayo, parmesan cheese, garlic and dijon mustard, with warm french bread rounds **\$6.00**  
*—gluten friendly sub corn chips or add \$2 for Udi's bread—*

## soups

**Bowl** w/ roll **\$4.00** **Pint** w/roll **\$4.50** **Quart** **\$8.00**

### Soup of the Day

We make our soups from scratch every day, using fresh vegetables and our own stocks. The selection changes daily and can include vegetarian, chicken, cream or broth soups.

See today's selection on [beansandbarley.com](http://beansandbarley.com) or call 414-278-7800

### Beans & Barley's Vegetarian Chili ▼

Our famous vegetarian chili is made with red beans, bulgur wheat, tomato, onion, pepper and just enough spice to give it some zip! Served with onion and cheddar cheese on request, add sliced avocado \$1.00 | add brown rice 50¢.

## salads

All served with a white or wheat roll and butter. Our dressings are gluten free and salads can be made gluten friendly (no croutons).

### Garden Salad ▼

Leaf lettuce, red cabbage, carrot, cucumber, green pepper, alfalfa sprouts, broccoli, cauliflower, tomato, sunflower seeds, cashews and croutons **sm \$5.25 / lg \$7.25**

### Tuna or Chicken Salad Plate

A garden salad with a serving of our house-made tuna or chicken salad (chicken salad changes daily) **\$9.75**

### Cæsar Salad \*\*

Crisp romaine lettuce, our own croutons, romano cheese, and our Cæsar dressing **sm \$5.25 / lg \$7.25**

### Mesclun with Grilled Vegetables ▼ \*\*

Mixed greens with grilled mushrooms, red pepper, onion, zucchini, broccoli and our herb vinaigrette **\$8.75**

### Mesclun, Balsamic & Gorgonzola \*\*

Mixed greens, toasted pepitas, craisins, Wisconsin gorgonzola and balsamic vinaigrette **sm \$5.25 / lg \$8.25**

#### Salad add-ons

grilled portobello or balsamic tofu <span>▼</span> <span>**</span>	add \$3.50
grilled chicken breast <span>**</span>	add \$4.00
tilapia fish cake <sup>(contains gluten)</sup> <span>**</span>	add \$5.50
blue cheese or feta	add \$1.50

**Dressings:** Garlic Parmesan, Garden Ginger ▼, Herb Vinaigrette ▼, Greek Lemon Oil ▼, Tahini ▼, Balsamic Vinaigrette ▼

#### Beans and Barley Menu Key

☛☛ Items marked with this symbol are not served during breakfast (weekdays 8-11) or brunch hours (weekends 8-2).

▼ Items marked with this symbol are vegan—made and processed without using animals or animal products.

Beans & Barley is **gluten and allergy friendly**. Please alert us to any allergy. We can accommodate minor changes to most items, and avoid cross-contamination. We are not a purely allergen-free facility and cannot assure that items will be completely free of gluten, nuts, dairy, eggs or other allergens.

## features

### Vegetable Stir-fry ▼ \*\*

An assortment of quick-cooked fresh vegetables with our spicy, gingery sauce or Thai-style curry coconut sauce, served over brown rice or Wei-Chuan noodles and topped with sesame seeds **\$10.00**

with Tofu **\$11.00** | Tempeh **\$12.00** | Chicken **\$13.00**

### Grilled Chicken \*\*

Grilled boneless chicken breast, plain or with the day's marinade, served with parsley shallot potatoes, grilled vegetables and a roll **\$10.00** *(our marinades are gluten free)*

### Quiche

Our quiche is made with local eggs and other fresh ingredients, in a flaky pastry crust; served with mesclun salad (potatoes during breakfast hours) and fresh fruit **\$8.50**

**We offer additional lunch and dinner features weekly.**

**Please visit our website [beansandbarley.com](http://beansandbarley.com) or call 414-278-7800 for the current features.**

**Lunchtime feature served Mon - Fri 11:00-3:00pm**

**Dinner features served from 5:00 pm to close**

## hot sandwiches

Can be made on Udi's gluten free bread, add \$2 to sandwich price.

### Grilled Portobello Sandwich ▼ \*\*

Grilled marinated portobello served with lettuce and roasted red peppers on a toasted stirato roll **\$8.00**

### Smoked Provolone & Roasted Tomato

Smoked Wisconsin provolone and slow-roasted Roma tomatoes served on a stirato roll with spinach and our own pesto mayonnaise **\$8.50**

### Grilled Chicken \*\*

Plain or marinated grilled boneless chicken breast served on a pretzel bun with chipotle mayo, lettuce, tomato and scallions **\$8.00** *add cheese or avocado \$1.00 ea*

### Fish Cake Sandwich \*\*

Sautéed tilapia cake on a toasted pretzel bun with remoulade and mesclun **\$9.50** *(tilapia cake contains gluten)*

### Smoked Turkey & Swiss Melt

Sliced smoked turkey on rye bread with mayo, lettuce, tomato, dijon mustard and melted swiss cheese **\$8.50**

### Grilled Vegetable Sandwich \*\*

Char-grilled mushrooms, onion, broccoli, peppers and zucchini with herb-oil and melted mozzarella on a grilled stirato roll **\$8.50**

### Balsamic Tofu Sandwich ▼

Balsamic marinated tofu, spinach, red onion, pepperoncini and Vegenaise on a toasted stirato bun **\$8.00**

## more hot sandwiches

### Tofu Burger (can be ▼)

A toasted Simple Soyman tofu and vegetable patty on a sandwich bun with lettuce, tomato and mayo **\$7.00**

### Walnut Burger

A walnut and cheese patty from Wisconsin's historic Trempealeau Hotel served on a pretzel bun with lettuce, tomato and mayonnaise **\$9.00** *(walnut burger contains gluten)*

#### Sandwich add ons:

add sliced avocado **\$1.00**

add cheese (choose from: cheddar, fontina, swiss, soy, smoked provolone, brick) **\$1.00**

### Tuna Melt

Our savory tuna salad on whole wheat toast with melted brick cheese, tamari sunflower seeds, sprouts and mayonnaise **\$8.50**

### T.L.T. (Tempeh, Lettuce, Tomato) (can be ▼)

Our variation on the classic—baked strips of tempeh with lettuce, tomato and mayo on whole wheat toast **\$6.50**

### D.L.T. made w/Maple Leaf Farms Duck Bacon **\$7.50**

### Roast Turkey or Tempeh Reuben (can be ▼)

House-roasted turkey or seasoned tempeh, sauerkraut, melted swiss cheese, Thousand Island dressing on grilled rye bread *made w/ turkey* **\$9.00** | *made w/ tempeh* **\$7.50**

### Grilled Fontina

We've put our creamiest melting cheese—Wisconsin fontina— into sliced challah bread **\$6.00**  
add Tomato 50¢ | Avocado \$1.00 | Turkey \$2.00

#### Sometimes you need more than a sandwich.

Order any sandwich as a “Bag Lunch” and get a serving of potato salad, fruit salad and a cookie! add \$4.00

## cold sandwiches

Our cold sandwiches can be made as a wrap or on Udi's gluten free bread. For gluten free bread add \$2 to sandwich price.

### Chicken Pinenut Salad

Made with lemon-shallot mayo, our chicken salad is served on white bread, with lettuce and tomato **\$8.00**

### Smoked Turkey & Swiss

Smoked turkey and swiss cheese on rye bread with dijon-mayonnaise, lettuce and tomato **\$8.50**

### Roast Turkey

Sliced house-roasted turkey breast on whole wheat with cucumber, tomato, red onion, horseradish-mayo and lettuce **\$8.00** add avocado or cheese \$1.00 ea

### Tuna Salad

Ours has capers, dill and red onion, on whole wheat bread, with tamari sunflower seeds, sprouts and mayo **\$8.00**

### Hummus & Vegetable Wrap ▼

Spinach, tabouli, tomato, cucumber and our hummus in a whole wheat tortilla—served with tahini sauce **\$7.00**

### Cheese & Tomato

Wisconsin cheddar cheese, tomato, lettuce and mayo on whole wheat bread **\$5.50** add smoked turkey **\$2.00**

### Egg Salad

The old-fashioned kind, served on whole wheat bread with tamari sunflower seeds and sprouts **\$6.50**

### PB & J

That's right! White bread, peanut butter and homemade strawberry jam, too **\$5.00**

## beans & barley's burritos

All burritos come with tortilla chips & hot, medium or mild salsa.

Available with whole wheat tortilla by request or gluten friendly version available bowl style with corn tortillas on the side.

### Basic Burrito

Refried beans, Mexican white cheese, tomato, onion **\$5.50**

### Works Burrito

Refried Beans, Mexican white cheese, tomato, onion, black olives, sour cream **\$6.00**

### Super Burrito

Refried beans, Mexican white cheese, onion, tomato, black olives, sour cream, guacamole **\$7.00**

### Black Bean Burrito ▼

Black beans, Mexican rice, guacamole, onion, black olives, tomato **\$6.00**

### Sweet Potato & Black Bean Burrito (can be ▼)

Roasted sweet potatoes, guacamole, black beans, corn, Mexican rice, served with lime sour cream **\$7.00**

### Bean & Chicken Burrito

Refried black beans, salsa chicken, Mexican white cheese, tomato, onion **\$7.00**

### Chicken Burrito

Salsa chicken, Mexican white cheese, tomato, onion, sour cream, black olives, guacamole **\$8.50**

#### Make it a Mexican Plate!

Order any of our burritos, quesadillas or tostadas as a “Plate” and you'll get Mexican rice, guacamole and tortilla chips! add **\$4.50**

## fajitas, quesadillas, etc.

*Sub corn tortillas on any quesadilla for a **gluten friendly** version.*

### Fajitas \*\* ▼

Slices of red and green bell peppers and onions in a rich fajita marinade served with black bean dip, guacamole, sour cream, salsa and flour or corn tortillas with Tofu ▼ **\$8.50** | Portobello ▼ **\$9.00** | Chicken **\$11.00**

### Cheese Quesadilla

Large flour tortilla folded over melted cheese, topped with Mexican white cheese, black olives, scallions and tomato served with salsa and sour cream **\$7.50**

### Black Bean & Cheese Quesadilla

Large flour tortilla folded over black beans then topped with Mexican white cheese, tomato, scallions and black olives served with salsa and sour cream **\$7.50**

### Chicken Quesadilla

Large folded flour tortilla filled with cheese and our salsa chicken, topped with Mexican white cheese, scallions, black olives and tomato served with salsa and sour cream **\$8.50**

### Black Bean Tostadas

Two crispy tostadas topped with black beans, cheese, tomato, scallions, black olives and lettuce, served with sides of salsa and sour cream **\$7.50**

add chicken or roasted sweet potatoes **\$2.00**

#### We Cater.

Whether you need something for a small gathering or a large event—we have a great selection of trays, dips, entrées and desserts for any occasion. Pick up our catering menu at the deli or visit [beansandbarley.com](http://beansandbarley.com) for more info.

# beverages

## Fresh From the Juicer

Wheat Grass (1.5 oz shot)	\$4.50
Orange Rabbit (8, 12, 16 oz)	\$2.75 / 3.50 / 4.50
Carrot (8, 12, 16 oz)	\$2.75 / 3.50 / 4.50
<i>add any of the following:</i>	
apple, pear, lemon, parsley, spinach, kale	add 75¢ each
beet, celery, fresh ginger, cucumber	add 25¢ each
NO Carrot Juice Blend	add \$1.50
Electric Green (8, 12, 16 oz)	\$6.75 / 9.00 / 11.00
spinach, kale, parsley, pear, apple, cucumber, lemon	

## Smoothies (16 oz) \$5.00

Coconut Kale ▼	<b>ADD ANY OF THE FOLLOWING:</b>		
Super Green ▼		Spiru-tein	\$1.00
Banana Coconut ▼		Source of Life	\$1.00
Strawberry Yogurt (w/honey)		Ginger Juice	\$1.50
Blueberry (w/honey)		Spinach or Kale	75¢
Peach (w/honey)		Ginseng	75¢
Chocolate Banana ▼		sub soy or almond milk ▼	50¢
Mango Banana ▼		sub coconut water ▼	\$1.00
Five Fruit ▼			

## Coffee, Espresso

Coffee (regular or decaf) (sm/lg)	\$2.00 / 2.25
Espresso (single/double)	\$2.25 / 2.75
Cappuccino	\$3.00 / 3.50
Latté	\$3.00 / 3.50
Cocoa Mocha	\$4.00 / 4.50
Flavor shot (vanilla, caramel, mint, hazelnut)	add \$1.00
Sub Soy or Almond Milk	add 50¢
Hot Chocolate (fair trade) (8/16 oz)	\$2.75 / 3.75
Hot Spiced Apple Cider (8/16 oz)	\$1.75 / 2.75

## Tea & more...

Sweet Matcha Latté (16 oz)	\$3.50
Chai Tea Latté (12/16 oz)	\$2.75 / 3.75
Rishi Tea (16 oz)	\$2.75
<i>Jasmine Pearl, Jade Cloud, Green Tea Mint, Peach Blossom, Pu-erh Ginger, Earl Grey, Tropical Coconut Oolong, Scarlet, Blueberry Rooibos, Chamomile Medley</i>	
Iced Tea (16 oz)	\$2.50
<i>Rishi Classic Black, SPORTea, Cranberry SPORTea</i>	

# sweets & treats

Our bakers are hard at work every day making fresh cakes, cookies and pies. The selections are always changing. Check our website [beansandbarley.com](http://beansandbarley.com) or call 414-278-7878 for the day's selections.

## Ice Cream, Malts & Shakes

Malts & Shakes (12 oz)	\$5.50
<i>Chocolate, Vanilla, Strawberry, Espresso, Chai, Matcha</i>	
Rootbeer Float (w/Sprecher Rootbeer)	\$3.50

<b>Sassy Cow® ICE CREAM!</b>	local, single-herd dairy
Cup of Vanilla or Chocolate	sm \$2.00 / lg \$3.50
À la mode	\$1.50
Add KP Toffee or NY Brownie bits	\$1.25

# weekday breakfast

Served Monday through Friday 8:00-11:00

## Pancakes (can be ▼)

A stack of three whole wheat buttermilk cakes served with butter and real Wisconsin maple syrup

<b>Buttermilk</b>	\$6.50
<b>Blueberry, Granola or Cake-of-the-Month</b>	\$7.50

## Almond French Toast

Thickly sliced challah bread topped with sliced almonds and powdered sugar, served with butter and syrup \$8.00

## Eggs-to-Order

Two eggs cooked as you choose, served with parsley-shallot potatoes and choice of bread \$5.50

## Eggs Cubano

Scrambled eggs topped with cheddar cheese, served with black beans, salsa, and corn or flour tortillas \$6.50

## Pesto Scrambled Eggs or Tofu

Housemade pesto, mixed with your choice of eggs or tofu, served with parsley-shallot potatoes, and choice of bread *made w/ eggs \$7.00 | made w/ tofu \$9.00*

## Tofu Scrambler ▼

Local Simple Soyman tofu scrambled with tomatoes, mushrooms, sesame seeds and scallions, served with parsley-shallot potatoes, choice of bread \$8.00

## Egg & Sausage Breakfast Sandwich (can be ▼)

Scrambled eggs, cheddar and a vegan sausage patty in a toasted English muffin (can be made with tofu) \$5.00  
—not served during weekend brunch—

## Granola, Yogurt & Fruit

Our own granola of oats, oat bran, almonds and flax seed, lightly sweetened with Wisconsin maple syrup served with yogurt and fruit \$6.00

## Oatmeal

Hearty oats with raisins, brown sugar and milk \$4.50  
—not served during weekend brunch—

## Egg Burrito

A flour tortilla filled with crisp red and green peppers, onions, tomatoes, Mexican white cheese and scrambled eggs, served with fruit salad \$7.50

## Tofu Burrito ▼

Flour tortilla filled with tofu, red and green peppers, onions and tomatoes, served with fruit salad \$7.50

## Farmers Omelet (changes monthly)

Three egg omelet made with all local ingredients served with parsley-shallot potatoes and choice of bread \$9.50

## Omelet

Three egg omelet, served with parsley shallot potatoes and your choice of bread—includes any vegetables: spinach, green pepper, mushroom, onion, tomato \$7.00

Add Smoked Turkey or Feta \$1.50,  
Add Cheddar or Swiss \$1.00, Add Chevre \$1.95

## Breakfast Sides (\*included in choice of bread)

<b>Chicken Sausage</b> (2 Wilson Farm links)	\$3.00
<b>Peppered Duck Bacon</b> (2 slices)	\$3.50
<b>Vegan Sausage</b> ▼ (2 GimmeLean patties)	\$2.50
<b>Wisconsin Maple Syrup</b>	\$1.50
<b>Bagel and Cream Cheese</b>	\$2.00
<b>Scone*</b>	\$1.50
<b>Bagel*</b>	\$1.50
<b>Toast*</b> (gluten free bread—add \$2.00)	\$1.50
<b>Muffin*</b>	\$1.50
<b>Corn or flour tortillas*</b>	\$1.50

# weekend brunch

Saturday & Sunday 8:00-2:00

Breakfast on the weekend can be more of a celebration—less rushing, more savoring. Our weekend brunch menu includes some dishes you might not take time for during the week; of course, we have our weekday breakfast and most regular\* menu offerings too.

*\*Some items—like grilled chicken or grilled vegetables—are not available during breakfast hours.*

## Lox Plate

A toasted bagel and thinly sliced smoked salmon with all the trimmings—cream cheese, tomato, spinach, onion and capers \$9.50

## Herb Omelet

Filled with minced fresh herbs and spinach—served with roasted garlic-herb potatoes and choice of bread \$7.00

## Frittata

An open-faced omelet of caramelized onion, mushrooms and leeks, finished with melted swiss cheese, served with potatoes and choice of bread \$9.00

## Huevos Rancheros

Two eggs poached in our house-made salsa topped with cheese and served with refried black beans and warm flour or corn tortillas \$7.00

## Eggs Benedict

English muffin with two poached eggs, your choice of smoked turkey, or sliced tomato & avocado, or lox (\$9.50), all served with our delicate, creamy hollandaise and roasted garlic-herb potatoes \$9.00

## Biscuits and Gravy ▼

Two vegetable-flecked biscuits served with our scrumptious mushroom and vegan sausage gravy \$6.50

## OUR LOCAL VENDORS...

A lot of our ingredients come from local producers. See if you recognize some of these names...

Kallas (honey & maple syrup); Sartori (parmesan, romano); Vern's Cheese (cheddar, smoked provolone, swiss); Roth Kase (fontina); Salemville (gorgonzola); Yuppie Hill (eggs); Sassy Cow (milk & cream); Wilson Farm (chicken sausage); Simple Soyman (tofu & tempeh); Kangaroo Pita; Natural Ovens (burger buns); El Rey (tortillas, tostadas, corn chips); La Campagne (sandwich breads); Growing Power; Gourmet's Delight (mushrooms); LotFotL Farm; Tony Moua Produce; Centgraf Farm; WiscoPop!; Rishi Tea, Anodyne Coffee Roasting Company



www.beansandbarley.com



# real, good carryout

to order call  
**414-278-7878**

daily menu line 414-278-7800

Open everyday 8:am-9:pm  
1901 E. North Ave., Milwaukee, WI

www.beansandbarley.com