



Weekday Breakfast
8:am to 11:am
▼ = vegan

Pancakes (can be ▼)

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

	full stack	short stack
Buttermilk	8.50	6.00
Blueberry or Granola	9.00	6.50
Almond French Toast	9.50	6.75

Buttermilk

Blueberry or Granola

Almond French Toast

Three thick slices of challah bread topped with sliced almonds and powdered sugar, served with butter and syrup.

Pesto Scrambler

House-made pesto, scrambled with your choice of eggs or tofu, served with parsley-shallot potatoes and choice of bread.

eggs	9.00
tofu	10.00

Tofu Scrambler ▼

Local Simple Soyman tofu scrambled with tomatoes, mushrooms, tahini, and scallions. Topped with sesame seeds, and served with potatoes and bread.

9.00

Breakfast Burrito

A flour tortilla filled with crisp red and green peppers, onions, and tomatoes, served with salsa and fruit salad.

eggs & cheese	9.00
tofu ▼	9.00

Breakfast Sandwich (can be ▼)

Scrambled eggs (or tofu), cheddar cheese and a Gimme Lean Vegan Sausage Patty served on a toasted English muffin.

6.00

add avocado	+ 1.00
substitute chicken sausage	+ .75

Quiche of the Day

Our quiche is made with local eggs and baked in a flaky pie crust, served with parsley shallot potatoes and fruit salad.
Ask your server for today's selection.

9.00

Granola, Yogurt, & Fruit

Our house-made maple almond flax granola served with choice of plain or vanilla yogurt and fresh fruit salad.

8.00

substitute Greek yogurt + .50

Some of our regular menu items are available during breakfast hours. Please ask your server about our options.

Eggs-to-Order

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

6.50

Eggs Cubano

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

8.50

Huevos Rancheros

Three warm corn tortillas, topped with black beans, queso blanco, scallions, two fried eggs and finished with our house salsa, with sour cream on the side

9.00

Omelet

Three-egg omelet, served with parsley-shallot potatoes and your choice of bread — includes any combination of the following vegetables:

8.00

spinach | green pepper | mushroom | onion | tomato

OMELET ADD-INS

smoked turkey	+2.00	cheese	+1.50
jalapeno	+ .75	cheddar, brick, mozzarella, Swiss, smoked provolone, fontina, pepperjack	
avocado	+1.00		
chevre or feta	+2.00	soy cheese	+1.50

BREAKFAST SIDES

chicken sausage (2 links)	3.50
vegan sausage ▼ (2 GimmeLean patties)	2.75
single buttermilk pancake	3.00
single blueberry or granola pancake	3.25
single french toast	3.75
Wisconsin maple syrup	1.50
breakfast potatoes ▼	2.00
side fruit salad ▼	1.50
cup fruit salad ▼	2.50
bagel & cream cheese	2.00
* bagel ▼, scone, muffin	1.50
* tortillas ▼ — flour or corn	1.50
* toast ▼ — white, wheat, or rye (2 slices)	1.50
gluten-free toast (2 slices)	3.50

(*included in choice of bread)

JUICES

Carrot Juice sm 3.00 | md 3.75 | lg 4.50

CUSTOM CARROT JUICE BLEND:

apple, lemon, parsley, spinach, kale each + .75
beet, celery, ginger, cucumber each + .25
without carrot +1.75

Orange Rabbit sm 3.00 | md 3.75 | lg 4.50

A blend of carrot and orange juices.

Electric Green sm 6.75 | md 9.00 | lg 11.00

Made with spinach, apple, cucumber, kale, parsley, pear, and lemon.

Cherry Lemonade (12oz) 2.25

Orange or Grapefruit (organic) sm 2.25 | lg 3.00

Cranberry Juice sm 2.50 | lg 3.25

Tomato Juice sm 1.50 | lg 2.00

Montmorency Cherry Juice sm 3.00 | lg 4.50

Apple Cider sm 1.75 | lg 2.25

Hot Spiced Apple Cider (seasonal) sm 2.00 | lg 3.00

Milk (2%, skim, chocolate) sm 1.25 | lg 1.75

COFFEE & TEA

Anodyne Coffee (Beans Blend | regular or decaf) 2.50

Iced Cold-brew Coffee (16 oz) 3.50

Espresso (regular or decaf) sgl 2.50 | dbl 3.25

Cappuccino sgl 3.50 | dbl 4.25

Latté sgl 4.25 | dbl 5.00

Mocha sgl 4.50 | dbl 5.25

Rishi Chai Latté (Masala or Turmeric) sm 3.50 | lg 4.50

Rishi Sweet Matcha Latté (16 oz) 4.50

CUSTOMIZE YOUR DRINK

substitute soy, almond, or oat milk + .75
vanilla, hazelnut, caramel, mint, or lavender +1.00
add extra espresso shot + .75

Iced Tea (Rishi Classic Black or SPORTea) 3.00

Rishi Tea (local & fair trade) 4.00

English Breakfast	Peach White	Blueberry
Earl Grey	Coconut Oolong	Rooibos*
Jasmine Pearl	Turmeric Mango	Chamomile
Jade Cloud	Pu-erh Ginger	Medley*
Green Mint		*herbal

Hot Chocolate (fair trade) sm 3.00 | lg 4.00

FRUIT SMOOTHIES (16 oz)

6.00

Coconut Kale ▼

Coconut water, banana, kale and mango.

Super Green ▼

Banana, spinach, apple, orange and cherry juices.

Banana Coconut ▼

Banana and coconut-pineapple juice.

Strawberry

Strawberries, plain yogurt and honey.

Blueberry

Blueberries, banana, plain yogurt and honey.

Peach

Peaches, peach juice, plain yogurt, and honey.

Chocolate Banana ▼

Banana and chocolate soy milk.

Mango Banana ▼

Mango, mango juice, and banana.

Five Fruit ▼

Strawberries and banana, with orange, cherry, and apple juices.

SMOOTHIE ADD-INS

<i>Spiru-tein</i>	+1.00	<i>ginseng</i>	+ .75
<i>Source of Life</i>	+1.00		
<i>fresh ginger</i>	+1.25	<i>substitute soy,</i>	+ .75
<i>coconut water</i>	+1.00	<i>almond, or oat milk</i>	

OUR LOCAL VENDORS

We try to purchase ingredients from local sources. Here are some just to name a few:

Troubadour Bakery, Kallas, Sartori, Vern's Cheese, Salemville Cheese, Yuppie Hill, Sassy Cow Creamery, Wilson Farm, Simple Soyman, Kangaroo Pita, Natural Ovens, El Rey, La Campagne, Gourmet's Delight, Tony Moua Produce, Centgraf Farm, Big City Greens, WiscoPop!, Rishi Tea, Anodyne Coffee Roasting Company

Beans & Barley is **gluten and allergy friendly**. Please alert us to any food allergies. 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.

Beans & Barley Deli, Market, and Café

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