

APPETIZERS

Chips & Salsa ▼	4.00
El Rey tortilla chips served with mild, medium, & hot salsas.	
Guacamole & Chips ▼	9.00
Avocado with red onion, tomato, cilantro, jalapeño and cumin, with El Rey tortilla chips and our own salsa.	
Mexican Sampler	6.00
Sides of our Mexican rice, guacamole, your choice of mild, medium, or hot salsa, and tortilla chips.	
Black Bean Dip & Cheese Quesadilla	6.00
Beans & Barley’s own black bean dip, served with an appetizer-sized cheese quesadilla. <i>(gluten friendly sub corn tortilla for flour quesadilla)</i>	
Hummus & Pita	6.00
A purée of chickpeas, tahini, olive oil, lemon, garlic and a dash of paprika, served with warm pita bread. <i>(gluten friendly - sub corn chips or add \$2 for gluten free bread)</i>	
Artichoke Parmesan Dip & French Bread	8.00
Artichoke hearts, mayo, Parmesan cheese, garlic and Dijon mustard, with warm french bread rounds. <i>(gluten friendly - sub corn chips or add \$2 for gluten-free bread)</i>	
Garlic Bread ☛	4.00
A sliced French baguette , grilled with garlic butter.	

SALADS

Salads come with a roll, butter, and one of our house-made dressings. Salads can be made gluten free by removing croutons and the roll. All dressings are gluten free.

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

Garden Salad ▼ (can be <i>gf</i>)	sm 8.00
Leaf lettuce, red cabbage, shredded carrots	lg 9.00
cucumbers, broccoli, cauliflower, green peppers, tomatoes, sunflower seeds, cashews and croutons.	
Tuna or Chicken Salad Plate (can be <i>gf</i>)	11.00
Try one of our fresh garden salads with a serving of our own delicious chicken or tuna salads. Ask your server for the chicken salad of the day.	
Grilled Vegetable Salad ▼ <i>gf</i> ☛	9.50
Mixed greens topped with grilled mushrooms, red pepper, onion, zucchini and broccoli, served with herb vinaigrette on the side.	
Balsamic & Gorgonzola Salad <i>gf</i>	sm 6.50
Mixed greens topped with roasted pepitas, raisins	lg 8.50
pepitas, raisins, and Wisconsin Gorgonzola served with our balsamic vinaigrette.	
Caesar Salad ☛	sm 6.50
Crunchy romaine lettuce, house-made croutons and	lg 8.50
Romano cheese tossed in our own Caesar dressing.	

SALAD ADD-ONS	
grilled boneless chicken breast <i>gf</i> ☛	+5.00
grilled portobello mushroom ▼ <i>gf</i> ☛	+3.50
balsamic marinated tofu ▼ <i>gf</i>	+3.50
feta or blue cheese	+2.00

While placing your order, please inform us of any relevant food allergies. Many vegan and gluten-free options are available.

Look for these symbols on the menu:

gf Gluten-free or can be gluten-free. Our kitchen still uses gluten, so this is not 100% purity.

▼ Vegan. No animal products are used in this dish.

☛ Not available during breakfast or brunch hours: (8:am-11:am, weekdays | 8:am-3:pm, weekends)

SOUP

Soup of the Day	bowl w/ roll 4.50
	pint w/ roll 5.00
	quart 9.00
We make our soups from scratch daily, using fresh vegetables and our own stocks. For the day’s selection visit beansandbarley.com or call (414) 278-7800.	
Vegetarian Chili ▼	
Our vegetarian chili is made with red beans, bulgur wheat, tomato, onion, pepper and just enough spice to give it zip!	

COLD SANDWICHES

Can be made as wraps. +\$2 for gluten free bread.

Tuna Salad	8.50
Ours has capers, dill and red onion, served on whole wheat bread, and finished with tamari sunflower seeds, mayonnaise, lettuce and tomato.	
Hummus & Vegetable Wrap ▼	8.00
Wheat tortilla stuffed with fresh baby spinach, tabouli, sliced tomato, cucumber and our own hummus, served with tahini dressing.	
Chicken Pinenut	9.00
Made with lemon-shallot mayonnaise, our chicken salad is served on wheat bread with lettuce and tomato.	
Roast Turkey Club	9.00
Our house-roasted turkey breast with roasted tomatoes, red onion, lettuce and pesto mayo on sliced challah bread.	
Egg Salad	7.50
Nothing fancy, just the old-fashioned kind, served on whole wheat bread with tamari sunflower seeds, lettuce and tomato.	
Smoked Turkey & Swiss	9.00
Smoked turkey and Swiss cheese on rye bread with dijon mustard, mayonnaise, lettuce and tomato.	
Cheese & Tomato	5.50
Wisconsin cheddar cheese, tomato, lettuce and mayo on whole wheat bread. Or choose your favorite cheese.	

SANDWICH ADD-ONS			
roasted turkey	+2.00	hummus	+1.00
tomato	+ .25	cheese	+1.50
onion	+ .25	cheddar, brick, swiss, mozzarella, provolone, fontina, pepper jack	
avocado	+1.00	chevre or blue	+2.00

HOT SANDWICHES

+\$2 for gluten free bread.

Roasted Vegetable (can be ▼)	9.50
A blend of seasoned, roasted vegetables (zucchini, red pepper, mushroom, broccoli and onion), tucked inside a grilled ciabatta roll with herb oil and broiled mozzarella.	
Balsamic Tofu ▼	9.50
Marinated tofu with spinach, red onion, thinly sliced pepperoncini peppers and vege-naise on a toasted ciabatta roll.	
Portobello & Hummus ▼ ☛	9.50
A grilled, marinated portobello mushroom cap served on a herb-oil-grilled ciabatta roll with hummus, spinach, roasted tomatoes, cucumbers and red onion, with a side of our tahini dressing.	
Smoked Turkey & Swiss Melt	9.50
Thin-sliced smoked turkey, served on toasted rye bread with mayo, lettuce, tomato, Dijon mustard, and melted Swiss cheese.	
Tuna Melt	10.00
Our home-made tuna salad on whole wheat toast, with melted brick cheese, tamari sunflower seeds, mayo, lettuce, and tomato.	
T.L.T. (can be ▼)	8.50
Our variation on the classic—baked strips of tempeh with lettuce, tomato, and mayo on whole wheat toast.	
Reuben (can be ▼)	
Your choice of roasted turkey, marinated tofu, or tempeh, sliced and served with sauerkraut, melted Swiss cheese, and our Thousand Island dressing on grilled rye bread.	
	Turkey 10.00 Tofu 9.00 Tempeh 9.00
Smoked Provolone & Roasted Tomato	9.50
Slices of locally-made smoked provolone and oven roasted Roma tomatoes served on a ciabatta roll with spinach, and our basil pesto mayo.	
Grilled Cheese	7.00
We’ve put our best melting cheese—Wisconsin Fontina—in sliced challah bread, for a classic grilled cheese.	
Grilled Chicken ☛	10.00
Grilled, boneless chicken breast (plain, or with our marinade of the day), on a pretzel bun with lettuce, tomato, scallion, and mayo.	
Cajun Chicken ☛	10.00
Boneless chicken breast, rubbed with our house spice blend, served on a pretzel roll with lettuce, tomato, red onion, and chipotle mayo.	
Walnut Burger	9.00
A seasoned walnut and cheese patty, from Wisconsin’s historic Trempealeau Hotel, served on a pretzel bun with mayo, lettuce and tomato.	

Sometimes you need more than a sandwich.

Order any sandwich as a “Bag Lunch” and get sides of potato salad, fruit salad, and a cookie! +4.00

BURRITOS

All burritos come with tortilla chips and hot, medium or mild salsa. Gluten friendly version available with corn tortillas on the side. Whole wheat tortillas available by request.

Basic Burrito	7.50
House-made refried beans, queso blanco, onion & tomato.	
Works Burrito	8.00
Refried beans, queso blanco, onion, tomato, black olives, and sour cream.	
Super Burrito	9.00
Refried beans, queso blanco, onion, tomato, black olives, sour cream, and guacamole.	
Black Bean Burrito ▼	8.00
Black beans, Mexican rice, guacamole, onion, black olives, and tomato.	
Sweet Potato & Black Bean Burrito (can be ▼)	9.00
Roasted sweet potatoes, black beans, Mexican rice (brown rice with peppers and corn) guacamole. Served with lime cream sauce and salsa.	
Bean & Chicken Burrito	9.00
Salsa-chicken, black beans, queso blanco, onions, & tomato.	
Chicken Burrito	10.00
Salsa-chicken, queso blanco, onion, tomato, black olives, sour cream, and guacamole.	

FAJITAS, TOSTADAS, & QUESADILLAS

Sub corn tortillas for a gluten-friendly version.

Fajitas ▼ ☛	
Sautéed slices of red and green bell pepper and onion in a rich fajita marinade, served with black bean dip, guacamole, sour cream and salsa.	
	Tofu 11.00 Portobello 12.50 Chicken 14.50
Quesadilla	9.00
A large flour tortilla packed with queso blanco and your choice of filling, crisply grilled and topped with more cheese, scallions, tomatoes, and black olives. Served with a side of sour cream, salsa and tortilla chips.	
	Black Beans +1.00 Sweet Potatoes +1.50
	Chicken +2.25 Roasted Vegetables +2.00
Tostadas <i>gf</i>	9.00
Two crisp-toasted corn tortillas topped with black beans, queso blanco, tomatoes, black olives, scallions and shredded lettuce, served with salsa and sour cream.	
	Sweet Potatoes +1.50
	Chicken +2.25 Roasted Vegetables +2.00

ADD-ONS & SIDES			
Mexican rice	1.50	salsa	.50
avocado	1.00	sour cream	.50
guacamole	1.50	vegan sour cream	.75
tortilla chips	1.00	lime cream	.80
Make it a Plate	+4.50		
This add-on includes sides of guacamole, rice, and extra tortilla chips.			

WEEKDAY BREAKFAST

Served Monday - Friday, 8:am - 11:am

Pancakes (can be V)

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

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

Eggs to Order 6.50

Two eggs cooked as you like served with roasted garlic herb potatoes and your choice of bread with our own strawberry jam.

Pesto Scrambler eggs 9.00

House-made pesto, scrambled with your choice of eggs or tofu, served with roasted garlic herb potatoes and choice of bread. tofu 10.00

Tofu Scrambler v 9.00

Locally-made tofu scrambled with tomatoes, mushrooms, tahini and scallions, topped with sesame seeds - served with roasted garlic herb potatoes and your choice of bread.

Eggs Cubano 8.50

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

Huevos Rancheros 9.00

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.

Breakfast Burrito eggs & cheese 9.00

A flour tortilla filled with crisp red and green peppers, onions, and tomatoes. Served with salsa and fruit salad. tofu v 9.00

Omelet 8.00

Our three-egg omelet is served with roasted garlic herb potatoes and your choice of bread. Includes any combination of the following vegetables:

spinach | green peppers | mushrooms | onions | tomatoes

OMELET ADD-INS

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

BREAKFAST SIDES

chicken sausage (2 links) 3.50

vegan sausage v (2 GimmeLean patties) 2.75

breakfast potatoes v 2.00

side fruit salad v 1.50

*bagel v, scone, muffin, english muffin 1.50

*tortillas v — corn or flour 1.50

*toast v — white, wheat or rye (2 slices) 1.50

*included in choice of bread

WEEKEND BRUNCH

Served Saturday & Sunday, 8:am - 2:pm

Our weekend brunch includes the following dishes in addition to our weekday breakfast menu offerings, as well as most other menu items.

Some items are not available during brunch—like grilled and sautéed items. Those items are followed by this symbol: ☘

Biscuits & Gravy v 7.50

Two vegetable-flecked vegan biscuits served with mushroom-and-vegan sausage gravy.

Frittata 10.00

An open-faced omelet with a savory blend of caramelized onions, mushrooms, and leeks, finished with melted Swiss cheese, served over potatoes, with choice of bread.

Eggs Benedict

A toasted English muffin topped with poached eggs and your choice of garnish, topped with our creamy Hollandaise sauce and served with herb potatoes.

Avocado & Tomato 9.50 | Turkey 10.50

FEATURES

Vegetable Stir Fry v ☘

Fresh veggies served over brown rice or noodles, with our coconut curry sauce or brown ginger sauce. Topped with sesame seeds.

Tofu 12.00 | Tempeh 13.00 | Chicken 14.00

Grilled Chicken ☘ 13.00

Grilled, boneless chicken breast with today's marinade, grilled vegetables, parsley shallot potatoes, and a roll.

Quiche of the Day 9.00

Made with local eggs, baked in a flaky pie crust and served with a side salad and fresh fruit. Ask your server for today's selection.

Lasagna ☘ 10.50

Our tomato-basil sauce with layers of ricotta-parmesan filling and noodles, and broiled mozzarella. Served with garlic bread and a small mesclun-mushroom salad. Ask your server what type we're serving today!

— WE CATER —

Whether you need something for a small gathering or 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 our website for more information.



Scan with your smart phone to place your carry out or delivery order online!

BEVERAGES

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 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

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



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real, good carryout

To place an order call

414-278-7878

or visit toasttab.com/beans-barley-milwaukee

Daily menu hotline 414-278-7800

Open everyday 8:am - 9:pm

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