



Weekday Breakfast  
9: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
9.00	6.50
9.50	6.75
10.95	7.95

**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** 11.95

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

**Tofu Scrambler** ▽ 11.95

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

**Breakfast Burrito** 11.95

A flour tortilla filled with crisp red and green peppers, onions, and tomatoes. Can be made with egg or tofu, served with salsa and fruit salad.

**Breakfast Sandwich** (can be ▽) 8.50

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

add avocado	+ 1.50
substitute chicken sausage	+ .75

**Granola, Yogurt & Fruit** 8.50

**Quiche of the Day** 10.95

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.*

*Some of our regular menu items are available during breakfast hours*

*Please ask your server about our options.*

**Eggs-to-Order** 8.50

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

**Eggs Cubano** 11.95

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

**Huevos Rancheros** 11.95

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.

**Featured Omelet** 11.95

Every month, we come up with a new omelet creation that highlights the season's spirit and produce. Served with potatoes and choice of bread.

**Vegetable Omelet** 9.00

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

*spinach | green pepper | mushroom | onion | tomato*

OMELET ADD-INS			
<i>smoked turkey</i>	+2.50	<i>cheese</i>	+1.50
<i>jalapeno</i>	+ .75	<i>cheddar, brick, mozzarella, Swiss, smoked provolone, fontina, pepperjack, chevre</i>	
<i>avocado</i>	+1.50	<i>soy cheese</i> ▽	+1.50
<i>chevre or feta</i>	+2.50		

BREAKFAST SIDES	
chicken sausage (2 links)	4.00
vegan sausage ▽ (2 GimmeLean patties)	3.00
2 eggs a la carte	5.00
single buttermilk pancake	3.75
single blueberry or granola cake	4.00
single French toast or feature cake	4.95
breakfast potatoes ▽	2.00
side fruit salad ▽	1.50
cup fruit salad ▽	2.50
bagel & cream cheese	2.50
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)	
(*included in choice of bread)	

## JUICES

**Carrot Juice** sm 3.50 | md 4.75 | lg 6.00

### CUSTOM CARROT JUICE BLEND:

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

**Orange Rabbit** sm 3.50 | med 4.75 | lg 6.00

A blend of carrot and orange juices.

**Electric Green** sm 7.00 | med 10.50 | lg 14.00

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

**Cherry Lemonade** (12oz) 3.00

**Orange or Grapefruit** (organic) sm 2.75 | lg 3.50

**Cranberry Juice** sm 3.00 | lg 3.75

**Tomato Juice** sm 2.00 | lg 2.50

**Montmorency Cherry Juice** sm 3.50 | lg 5.00

**Apple Cider** sm 2.25 | lg 2.75

**Hot Spiced Apple Cider** (seasonal) sm 2.50 | lg 3.50

**Milk** (2%, skim, whole, chocolate) sm 1.75 | lg 2.25

## COFFEE & TEA

**Anodyne Coffee** (Beans Blend | regular or decaf) 2.95

**Iced Cold-brew Coffee** (16 oz) 4.95

**Espresso** (regular or decaf) single 2.95 | dbl 3.95

**Cappuccino** single 3.95 | dbl 4.95

**Latté** single 4.75 | dbl 5.75

**Mocha** single 4.95 | dbl 5.95

**Rishi Chai Latté** (Masala or Turmeric) sm 4.50 | lg 5.50

**Rishi Sweet Matcha Latté** (16 oz) 4.75

### CUSTOMIZE YOUR DRINK

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

**Iced Tea** (Rishi Classic Black or SPORTea) 3.50

**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 3.50 | lg 4.50

## FRUIT SMOOTHIES (16 oz)

6.95

**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, yogurt and honey.

**Blueberry**

Blueberries, banana, yogurt and honey.

**Peach**

Peaches, peach juice, 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>	+1.25	<i>ginseng</i>	+ 1.00
<i>Source of Life</i>	+1.25	<i>spinach</i>	+ .75
<i>fresh ginger</i>	+2.00	<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, Wilson Farm, Simple Soyman, Kangaroo Pita, El Rey, 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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