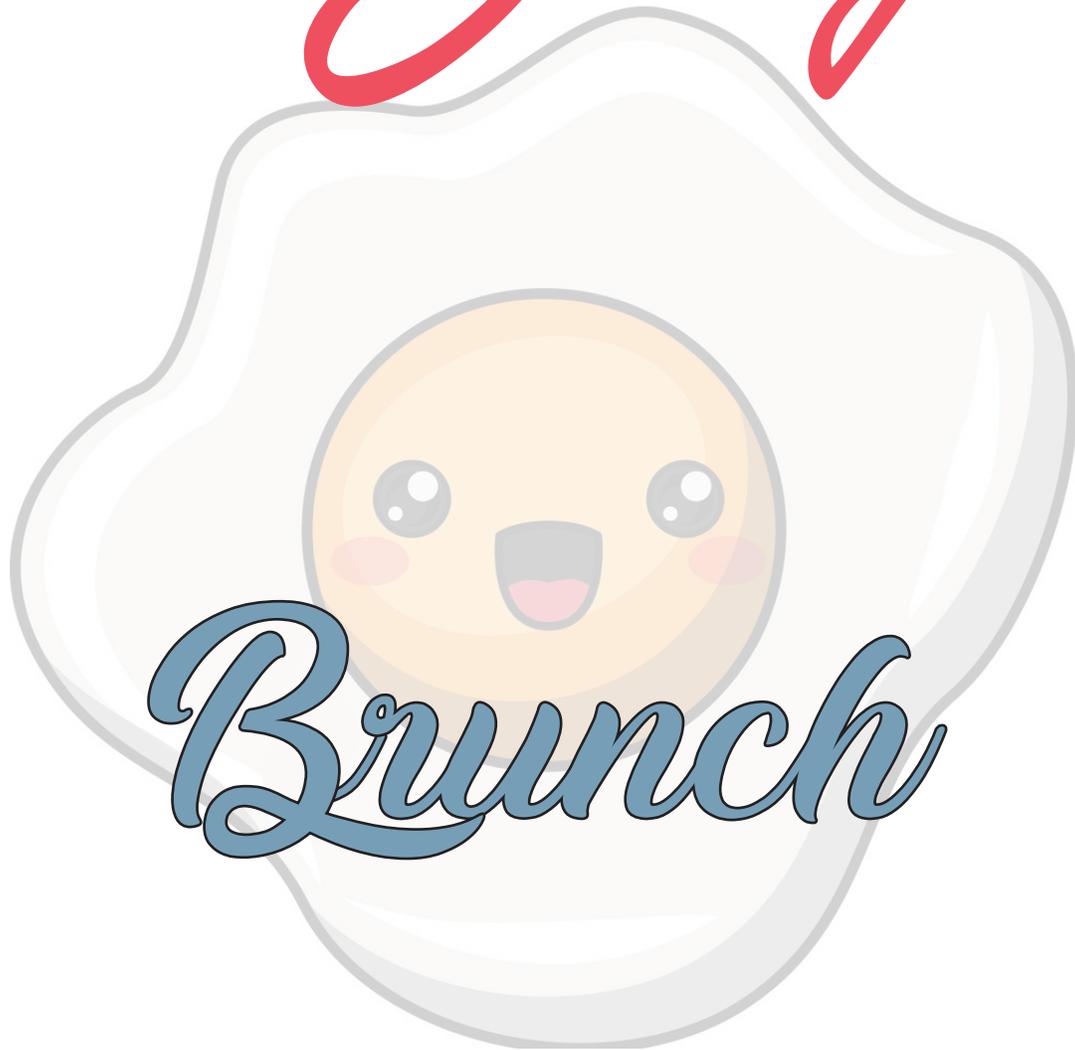


Beans  
& Barley<sup>®</sup>



Brunch

# BREAKFAST

Breakfast is served until 2:00.

## Pancakes (can be )

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

full stack	short stack
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<b>Buttermilk</b>	9.00	6.50
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<b>Blueberry or Granola</b>	9.50	6.75
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<b>Almond French Toast</b>	10.95	7.95
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Three thick slices of challah bread topped with sliced almonds and powdered sugar, served with butter and syrup.

<b>Pesto Scrambler</b>	11.95
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House-made pesto, scrambled with your choice of eggs or tofu, served with roasted garlic herb potatoes and choice of bread.

<b>Tofu Scrambler </b>	11.95
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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.

<b>Breakfast Burrito (can be )</b>	11.95
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Choice of tofu or eggs & cheddar. A flour tortilla filled with crisp red and green peppers, onions, and tomatoes. Served with salsa and fruit salad.

<b>Biscuits &amp; Gravy </b>	11.95
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Two vegetable-flecked vegan biscuits served with mushroom-and-vegan sausage gravy.

## 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 11.95 | Turkey 12.95

<b>Eggs to Order</b>	8.50
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Two eggs cooked as you like served with roasted garlic herb potatoes and your choice of bread with our own strawberry jam.

<b>Eggs Cubano</b>	11.95
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Scrambled eggs topped with cheddar cheese, served with black beans, salsa, and flour or corn tortillas.  
add guacamole +1.50

<b>Huevos Rancheros</b>	11.95
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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.

<b>Vegetable Omelet</b>	9.00
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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			
<i>smoked turkey</i>	+2.50	<i>cheese</i>	+1.50
<i>jalapeno</i>	+ .75	<i>cheddar, brick, mozzarella, Swiss, smoked provolone, fontina, pepperjack</i>	
<i>avocado</i>	+1.50	<i>soy cheese</i>	+1.50
<i>chevre or feta</i>	+3.00		

<b>Frittata</b>	12.95
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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.

# BREAKFAST SIDES

chicken sausage (2 links)	4.00
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vegan sausage  (2 GimmeLean patties)	3.00
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single buttermilk pancake	3.75
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single blueberry, granola pancake	4.00
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single French toast, or feature cake	4.95
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Wisconsin maple syrup	1.50
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2 eggs a la carte	5.00
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breakfast potatoes 	2.00
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side fruit salad 	1.50
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cup fruit salad 	2.50
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granola, yogurt, & fruit	8.50
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bagel & cream cheese	2.50
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*bagel  , scone, muffin	1.50
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*tortillas  — corn or flour	1.50
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*toast  — white, wheat or rye (2 slices)	1.50
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gluten-free toast (2 slices)	3.50
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*vegetable biscuit 	2.00
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*English muffin 	1.50
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cardamom coffee cake	2.75
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\*included in choice of bread

Consuming raw or undercooked eggs may increase your risk of food borne illness, especially if you have health issues.

## APPETIZERS

**Chips & Salsa ▼** 4.50  
El Rey tortilla chips served with all three of our salsas: mild, medium, and hot.

**Guacamole & Chips ▼** 9.50  
Avocado spiced with red onion, cilantro, jalapeño pepper and cumin, served with El Rey tortilla chips and our own salsa.

**Mexican Sampler ▼** 6.50  
Mexican rice, guacamole, El Rey corn chips and choice of hot, medium, or mild salsa.

**Black Bean Dip & Cheese Quesadilla** 6.50  
Beans & Barley's own black bean dip served with an appetizer-sized cheese quesadilla.

**Hummus Dip & Pita ▼** 6.50  
Our hummus is made with tahini, lemon juice, garlic, chickpeas and olive oil, sprinkled with paprika and served with warm pita bread.

**Artichoke Parmesan Dip & French Bread** 9.00  
A creamy dip made with artichokes, garlic, Dijon mustard, mayo and Parmesan cheese, served with warm French bread.

## SOUP & SALAD

*Soups come with your choice of a French or wheat roll, or oyster crackers. Garden Salads come with choice of dressing: Garlic Parmesan, Tahini, Herbal or Balsamic Vinaigrette, Garden Ginger, or Greek Lemon Oil.*

**Soup of the Day** cup 4.00  
Our soups are made from scratch, bowl 4.50  
using fresh vegetables and our own stocks.  
Ask your server for today's selections.

**Vegetarian Chili ▼** cup 4.00  
Our chili is made with red beans, bowl 4.50  
bulgur wheat, tomato, onion, celery, peppers,  
and enough seasoning to give it some zip!

**Garden Salad ▼** sm 8.50  
Leaf lettuce, red cabbage, shredded lg 10.50  
carrots, cucumbers, broccoli, cauliflower,  
green peppers, tomatoes, sunflower seeds,  
cashews and croutons.

**Tuna or Chicken Salad Plate** 12.50  
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.

**Balsamic & Gorgonzola Salad** sm 8.50  
Mixed greens topped with toasted lg 10.50  
pepitas, raisins, and Wisconsin Gorgonzola.  
Served with our balsamic vinaigrette.

## BURRITOS, TOSTADAS, & QUESADILLAS

*Burritos and quesadillas are served with chips and salsa. Available with whole wheat tortilla by request. A gluten friendly version is available with corn tortillas on the side.*

**Basic Burrito** 8.00  
House-made refried beans, queso blanco, onion and tomato.

**Works Burrito** 8.50  
Refried beans, queso blanco, onion, tomato, black olives and sour cream.

**Super Burrito** 9.50  
Refried beans, queso blanco, onion, tomato, black olives, sour cream, and guacamole.

**Black Bean Burrito ▼** 8.50  
Black beans, Mexican rice, guacamole, onion, black olives and tomato.

**Sweet Potato Black Bean Burrito** (can be ▼) 9.50  
Roasted sweet potatoes, black beans, Mexican rice, and guacamole, served with both lime cream sauce and salsa.

**Bean & Chicken Burrito** 9.50  
Salsa-chicken, black beans, queso blanco, onions, and tomato.

**Chicken Burrito** 11.00  
Salsa-chicken, queso blanco, onion, tomato, black olives, sour cream, and guacamole.

**Tostadas** (can be ▼) 9.50  
Two crisp-toasted corn tortillas topped with black beans, queso blanco, tomatoes, black olives, scallions and shredded lettuce, served with salsa and sour cream.

**Quesadilla** (can be ▼) 9.50  
A large flour tortilla packed with queso blanco and any add-ins you'd like, crisply grilled and topped with more cheese, scallions, tomatoes, and black olives. Served with a side of sour cream, salsa and tortilla chips.

### ADD-INS & SIDES

<i>extra cheese</i>	+ 1.50	<i>sweet potatoes</i>	+ 1.50
<i>avocado</i>	+ 1.00	<i>salsa chicken</i>	+ 2.25
<i>guacamole</i>	+ 1.50	<i>brown / Mexican rice</i>	+ .50
<i>black / pinto beans</i>	+ .75	<i>sour cream</i>	+ .50

**Make it a Plate** +4.50  
This side includes guacamole, Mexican rice, and extra tortilla chips.

## COLD SANDWICHES

### Roast Turkey Club 10.50

Our house-roasted turkey breast with roasted tomatoes, red onion, lettuce and pesto mayo on sliced challah bread.

### Hummus & Vegetable Wrap ▼ 9.50

Wheat tortilla stuffed with fresh baby spinach, tabouli, sliced tomato, cucumber and our own hummus, served with a side of tahini dressing.

### Cold Turkey & Swiss 10.95

Thinly sliced smoked turkey, served on rye bread with mayo, lettuce, tomato, Dijon mustard, and melted Swiss cheese.

### Chicken Pinenut 10.95

Made with lemon-shallot mayonnaise, our chicken salad is classically served on wheat bread with lettuce and tomato.

### Tuna Salad 9.95

Ours has capers, dill and red onion, served on whole wheat bread, and finished with tamari sunflower seeds, mayonnaise, lettuce and tomato.

### Egg Salad 8.95

Nothing fancy, just the old-fashioned kind, served on whole wheat bread with tamari sunflower seeds, lettuce and tomato.

## HOT SANDWICHES

### Tuna Melt 11.50

Our home-made tuna salad on whole wheat toast, with melted brick cheese, tamari sunflower seeds, mayo, lettuce, and tomato.

### Balsamic Tofu ▼ 10.95

Marinated tofu with spinach, red onion, thinly sliced pepperoncini peppers and vegenaise on a toasted ciabatta roll.

### Smoked Turkey & Swiss Melt 10.95

Thinly sliced smoked turkey, served on toasted rye bread with mayo, lettuce, tomato, Dijon mustard, and melted Swiss cheese.

### Smoked Provolone & Roasted Tomato 10.95

Slices of locally-made smoked provolone and oven roasted Roma tomatoes served on ciabatta with spinach, and our basil pesto mayo.

### Roasted Vegetable & Mozzarella 10.95

Seasoned, roasted zucchini, red pepper, mushroom, broccoli and onion, with broiled mozzarella on a ciabatta roll.

### Reuben (can be ▼)

Your choice of house roasted turkey, marinated tofu, or tempeh, sliced and served with sauerkraut, melted Swiss cheese, and our Thousand Island dressing on grilled rye bread.

Turkey 11.95 | Tofu 10.95 | Tempeh 10.95

### Walnut Burger 10.50

A seasoned walnut and cheese patty, from Wisconsin's historic Trempealeau Hotel, served on a pretzel bun with mayo, lettuce and tomato.

### T.L.T (can be ▼) 9.95

Our variation on the classic—baked strips of tempeh with lettuce, tomato, and mayo on whole wheat toast.

### Grilled Cheese 8.50

Our creamiest melting cheese, Wisconsin Fontina, on our fluffiest bread, sliced challah.

### SANDWICH ADD-ONS

<i>roasted turkey</i>	+2.00	<i>hummus</i>	+1.00
<i>tomato</i>	+ .25	<i>cheese</i>	+1.50
<i>onion</i>	+ .25	<small>cheddar, brick, swiss, mozzarella, provolone, fontina, pepper jack</small>	
<i>avocado</i>	+1.50	<i>chevre or blue</i>	+2.00

All sandwiches are served with potato chips and a pickle spear.

Feel free to specify a substitute for potato chips:

no  
charge

potato/corn chips  
Mexican/brown rice  
black/pinto beans

+\$1

fruit salad  
side salad  
potato salad

+\$3

cup of soup  
(without roll)

# BEVERAGES

## JUICES

**Carrot Juice** sm 3.50 | med 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

spinach, apple, cucumber, kale, parsley, pear, 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 2.00 | lg 3.00

**Milk** (2%, skim, whole or chocolate) sm 2.50 | lg 3.50

**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** (can be ▽)

Strawberries, plain yogurt and honey

**Blueberry** (can be ▽)

Blueberries, banana, plain yogurt and honey

**Peach** (can be ▽)

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

*Spiru-tein* +1.25 *ginseng* + 1.00  
*Source of Life* +1.25 *spinach or kale* +.75  
*fresh ginger* +2.00 *substitute soy,* + .75  
*coconut water* +1.00 *almond, or oat milk*

## COFFEE & TEA

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

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

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

**Cappuccino** sgl 3.95 | dbl 4.95

**Latté** sgl 4.75 | dbl 5.75

**Mocha** sgl 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, lavender* +1.00  
*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

## SPARKLING DRINKS

**La Croix** plain or lime 2.50

**WiscoPop!** strawberry, cherry, ginger, or grapefruit 3.50

**Sprecher Root Beer** regular or low-calorie 3.00

**Mexican Coca-Cola** 3.00

**Zevia** natural diet cola 3.00

**Izze** blackberry or peach 3.00

Beans & Barley is **gluten and allergy friendly**. Please alert us to any food allergies. We can accommodate minor changes to most items to 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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