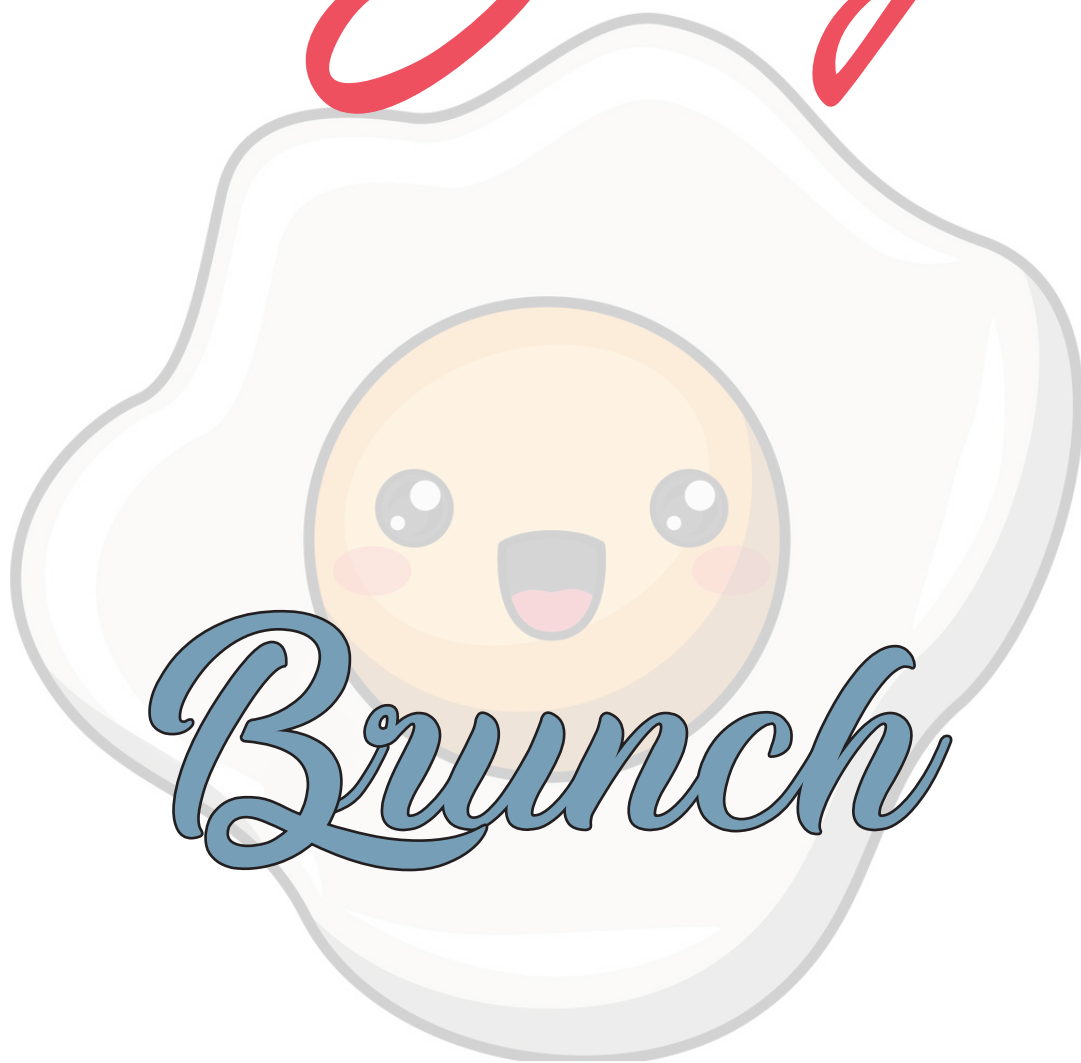


Beans
& Barley[®]



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
------------	-------------

Buttermilk	9.00	6.50
-------------------	------	------

Blueberry or Granola	9.50	6.75
-----------------------------	------	------

Almond French Toast	10.95	7.95
----------------------------	-------	------

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 roasted garlic herb potatoes and choice of bread.

Tofu Scrambler 	11.95
---------------------------------------------------------------------------------------------------------	-------

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.

Breakfast Burrito (can be )	11.95
----------------------------------------------------------------------------------------------------------------------	-------

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.

Biscuits & Gravy 	11.95
-----------------------------------------------------------------------------------------------------------------	-------

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

Eggs to Order	8.50
----------------------	------

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

Eggs Cubano	11.95
--------------------	-------

Scrambled eggs topped with cheddar cheese, served with black beans, salsa, and flour or corn tortillas.
add guacamole +1.50

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.

Vegetable Omelet	9.00
-------------------------	------

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			
<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		

Frittata	12.95
-----------------	-------

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
---------------------------	------

vegan sausage  (2 GimmeLean patties)	3.00
-------------------------------------------------------------------------------------------------------------------------	------

single buttermilk pancake	3.75
---------------------------	------

single blueberry, granola pancake	4.00
-----------------------------------	------

single French toast, or feature cake	4.95
--------------------------------------	------

Wisconsin maple syrup	1.50
-----------------------	------

2 eggs a la carte	5.00
-------------------	------

breakfast potatoes 	2.00
--------------------------------------------------------------------------------------------------------	------

side fruit salad 	1.50
------------------------------------------------------------------------------------------------------	------

cup fruit salad 	2.50
-----------------------------------------------------------------------------------------------------	------

granola, yogurt, & fruit	8.50
--------------------------	------

bagel & cream cheese	2.50
----------------------	------

*bagel  , scone, muffin	1.50
------------------------------------------------------------------------------------------------------------	------

*tortillas  — corn or flour	1.50
----------------------------------------------------------------------------------------------------------------	------

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

gluten-free toast (2 slices)	3.50
------------------------------	------

*vegetable biscuit 	2.00
----------------------------------------------------------------------------------------------------------	------

*English muffin 	1.50
-------------------------------------------------------------------------------------------------------	------

cardamom coffee cake	2.75
----------------------	------

*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

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

1901 E. North Ave. Milwaukee, WI, 53202

www.beansandbarley.com | (414) 278-7878