

## APPETIZERS

### **Chips & Salsa** ▼*gf* 4.50

El Rey tortilla chips served with our mild, medium, and hot salsas.

### **Guacamole & Chips** ▼*gf* 9.50

Avocado spiced with red onion, cilantro, jalapeño pepper and cumin, served with El Rey tortilla chips and our own salsa.

### **Mexican Sampler** ▼*gf* 6.50

Try a few of some of our favorites: sides of our Mexican rice, guacamole, your choice of mild, medium, or hot salsa, and tortilla chips.

### **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.

### **Garlic Bread** 4.50

Perfectly simple, a French baguette spread with our garlic butter, sliced and grilled.

## SOUPS

*Soup and chili come with your choice of a French roll, wheat roll, or oyster crackers.*

### **Soup of the Day** cup 4.00

Our soups are made from scratch, using fresh vegetables and our own stocks. Ask your server for today's selections. bowl 5.50

### **Vegetarian Chili** ▼ cup 4.00

Our vegetarian chili is made with red beans, bulgur wheat, tomato, onion, celery, peppers, and enough seasoning to give it some zip! bowl 5.50

#### CHILI ADD-ONS

<i>cheese</i>	<i>no charge</i>	<i>avocado</i>	+ 1.50
<i>onion</i>	<i>no charge</i>	<i>sour cream</i>	+ .50
<i>brown rice</i>	+ .50	<i>vegan sour cream</i>	+ .75

## SALADS

*Our salads are served with a French or wheat roll and one of our house-made dressings:*

Creamy Garlic Parmesan, Garden Ginger, Tahini, Herb Vinaigrette, Balsamic Vinaigrette, & Greek Lemon Oil,

*All dressings are *gf* and all are ▼ except Garlic Parmesan & Caesar)*

### **Side Salad** ▼ (does not come with roll) 4.00

Mixed greens with local organic mushrooms, served with our herb vinaigrette on the side.

### **Garden Salad** ▼ (can be *gf*) sm 8.50

Leaf lettuce, red cabbage, shredded carrots, cucumbers, broccoli, cauliflower, green peppers, tomatoes, sunflower seeds, cashews and croutons. lg 10.50

### **Tuna or Chicken Salad Plate** (can be *gf*) 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.

### **Grilled Vegetable Salad** ▼*gf* 10.00

Mixed greens topped with grilled mushrooms, red pepper, onion, zucchini and broccoli, served with herb vinaigrette on the side.

### **Balsamic & Gorgonzola Salad** *gf* sm 8.50

Mixed greens topped with roasted pepitas, raisins, and Wisconsin Gorgonzola served with our balsamic vinaigrette. lg 10.50

### **Caesar Salad** sm 8.50

Crunchy Romaine lettuce, house-made croutons and Romano cheese tossed in our own Caesar dressing. lg 10.50

#### SALAD ADD-ONS

<i>grilled boneless chicken breast</i> <i>gf</i>	+6.00
<i>grilled portobello mushroom</i> ▼ <i>gf</i>	+4.50
<i>balsamic marinated tofu</i> ▼ <i>gf</i>	+4.50
<i>feta or blue cheese</i>	+2.00

Before placing your order, please inform your server if a person in your party has a food allergy.

Some 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.

## HOT SANDWICHES

**Roasted Vegetable** (can be ▼) 10.95

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** ▼ 10.95

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

**Portobello & Hummus** ▼ 10.95

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** 10.95

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

**Tuna Melt** 11.50

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

**T.L.T. (Tempeh, Lettuce & Tomato)** (can be ▼) 9.95

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 11.95 | Tofu 10.95 | Tempeh 10.95

**Smoked Provolone & Roasted Tomato** 10.95

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** 8.50

We've put our creamiest melting cheese—Wisconsin Fontina—in sliced challah bread, for a classic American grilled cheese.

**Grilled Chicken** 11.50

Grilled, boneless chicken breast (plain, or with our marinade of the day), served on a pretzel bun with lettuce, tomato, scallion, and mayo.

**Cajun Chicken** 11.50

Boneless chicken breast, rubbed with our house spice blend, served on a pretzel roll with lettuce, tomato, red onion, and chipotle mayo.

**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.

## COLD SANDWICHES

**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.

**Chicken Pinenut** 10.95

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

**Hummus & Vegetable Wrap** ▼ 9.50

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

**Roast Turkey Club** 10.50

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

**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:



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



fruit salad  
side salad  
potato salad



cup of soup  
(without roll)

Most of our sandwiches can be made with gluten free bread for an additional charge.

## BURRITOS

A clear favorite since they first rolled out in 1979. They're baked in a flour tortilla, with El Rey corn chips & your choice of hot, medium, or mild salsa.

Available with whole wheat tortilla by request. Can be made gluten-friendly 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 (brown rice with peppers and corn) guacamole. Served with 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.

#### BURRITO ADD-INS

<i>extra cheese</i>	+1.50	<i>sweet potatoes</i>	+1.50
<i>avocado</i>	+1.50	<i>salsa chicken</i>	+2.25
<i>guacamole</i>	+1.50	<i>roasted vegetables</i>	+2.00
<i>black / pinto beans</i>	+ .75	<i>brown / Mexican rice</i>	+ .50

## FAJITAS, TOSTADAS, & QUESADILLAS

### Fajitas (can be ▼)

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 13.00 | Portobello 13.00 | Chicken 15.00

### Quesadilla 9.50

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 *gf* (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.

Chicken +2.25 | Sweet Potatoes +1.50  
Roasted Vegetables +2.00

### ADD-ONS & SIDES

Mexican rice	1.50	salsa	.50
avocado	1.50	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.

## FEATURES

### Vegetable Stir Fry ▼

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

Tofu 13.50 | Tempeh 14.50 | Chicken 15.50

### Grilled Chicken 13.95

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

### Quiche of the Day 10.95

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 12.95

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!

# SOFT DRINKS

## 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 | md 4.75 | lg 6.00  
 A blend of carrot and orange juices.

**Electric Green** sm 7.00 | md 10.50 | lg 14.00  
 Made with spinach, apple, cucumber, kale, parsley, pear and lemon.

**Cherry Lemonade** 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

## 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, or 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

## 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, 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 bananas.

**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>ginger</i>	+ 2.00	<i>substitute soy,</i>	+ .75
<i>coconut water</i>	+ 1.00	<i>almond, or oat milk</i>	

**Milk** (2%, skim, or chocolate) sm 1.75 | lg 2.25  
 (soy, almond, or oat) + .75

**Hot Chocolate** (fair trade) sm 3.50 | lg 4.50

## SPARKLING

**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

# BEER, WINE & COCKTAILS

## COCKTAILS

<b>Margarita</b>	10.00
Original lime. On the rocks or blended	
<b>Bloody Mary</b>	10.00
Prairie organic vodka, Pickapeppa, and a beer chaser	
<b>Dark &amp; Stormy</b>	10.00
Mt. Gay dark rum, ginger beer, lime	
<b>Gin &amp; Tonic</b>	10.00
Prairie organic gin, Fever Tree tonic, lime	
<b>Mimosa</b>	9.50
Prosecco, orange juice, peach schnapps	
<b>Jack Rabbit</b>	10.00
Prairie organic vodka, fresh carrot and orange juices	
<b>Cuba Libre</b>	10.00
Mt. Gay dark rum, Mexican Coca-Cola, lime	
<b>CBD Sparkler</b>	12.00
Rotating flavors of Untitled Art CBD-infused seltzer, spiked with a shot of Prairie organic vodka	

## BEER

<b>Space Whistle IPA</b>	6.00
Mosaic IPA   Company Brewing   ABV 5.4%	
<b>Fresh Coast</b>	6.00
Juicy Pale Ale   3 Sheeps Brewing Company   4.8%	
<b>Happy Place</b>	5.00
American Pale Ale   Third Space Brewing   5.3%	
<b>Riverwest Stein</b>	5.00
American Amber Lager   Lakefront Brewery   5.7%	
<b>Lakefront IPA</b>	5.00
India Pale Ale   Lakefront Brewery   6.7%	

## CIDER

<b>Driftless Apple Cider</b>	7.00
Gluten-free   rotating flavors   6.9%	

## WHITE

<b>Le Pianure</b>	9   31
Sauvignon Blanc   Delle Venezie, D.O.C.	
<b>Pali Wild Series</b>	12   40
Chardonnay   Sta. Rita Hills, California	
<b>Astrolabe</b>	12   40
Pinot Gris   Marlborough, NZ	
<b>Valckenberg</b>	11   39
Riesling   Rheinhessen, Germany	

## ROSÉ

<b>Funckenhausen</b>	9   38L
Malbec Rosé   S. Mendoza, Argentina	
<b>Laurent Gauthier</b>	9   34
Gamay   Beaujolais, France	

## RED

<b>Caracol Serrano</b>	10   38
Blend   Jumilla, Spain	
<b>Doudet-Naudin</b>	11   39
Pinot Noir   Bourgogne   France	
<b>Wonderful Wine Co. (organic)</b>	10   38
Cabernet Sauvignon   Columbia Valley, Wash	
<b>Domini Veneti Appassimento</b>	12   40
Blend   Veneto, Italy	

## SELTZER

<b>Seasonal Hard Seltzer</b>	7.00
Gluten-free   rotating flavors from Untitled Art	