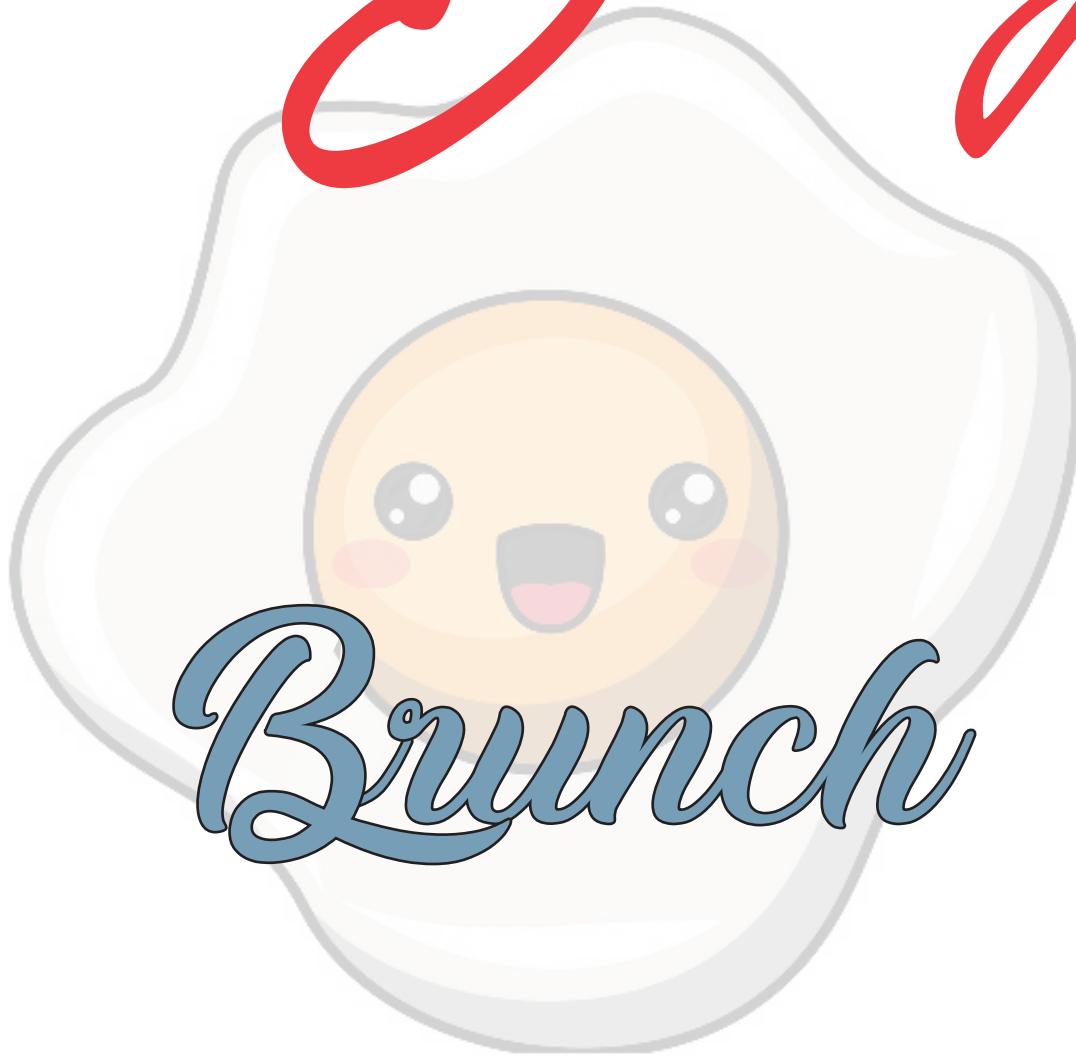


Beans
& Barley[®]



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
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Buttermilk	9.00	6.50
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Blueberry or Granola	9.50	6.75
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Almond French Toast	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.

Pesto Scrambler	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.

Tofu Scrambler ▼	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.

Breakfast Burrito (can be ▼)	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.

Biscuits & Gravy ▼	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

Eggs to Order	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.

Eggs Cubano	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

Huevos Rancheros	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.

Vegetable Omelet	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		

Frittata	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
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.

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.

Todos los Dias *of* 8.50

Our chipotle cream cheese dip topped with tomato, black olive, scallion and queso blanco served with tortilla chips

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.

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, using fresh vegetables and our own stocks. Ask your server for today's selections. bowl 4.50

Vegetarian Chili ▼ cup 4.00

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

Garden Salad ▼ 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 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 pepitas, raisins, and Wisconsin Gorgonzola. Served with our balsamic vinaigrette. lg 10.50

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 8.50

House-made refried beans, queso blanco, onion and tomato.

Roasted Vegetable Wet Burrito 9.50

Roasted mix of zucchini, red pepper, mushroom, broccoli, and onion, with refried black beans, queso blanco, chimmichurri brown rice, and guacamole, covered in a smoky & nutty chipotle mole.

Super Burrito 10.75

Refried beans, queso blanco, onion, tomato, black olives, sour cream, and guacamole.

Black Bean Burrito ▼ 9.00

Black beans, Mexican rice, guacamole, onion, black olives and tomato.

Sweet Potato Black Bean Burrito ▼ *by request* 10.00

Roasted sweet potatoes, black beans, Mexican rice, and guacamole, served with both lime cream sauce and salsa.

Bean & Chicken Burrito 10.00

Salsa-chicken, black beans, queso blanco, onions, and tomato.

Chicken Burrito 11.95

Salsa-chicken, queso blanco, onion, tomato, black olives, sour cream, and guacamole.

Tostadas ▼ *by request* 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 ▼ *by request* 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>	+2.50
<i>avocado</i>	+1.50	<i>salsa chicken</i>	+2.25
<i>guacamole</i>	+1.50	<i>brown / Mexican rice</i>	+1.50
<i>black / pinto beans</i>	+1.75	<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 11.95

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

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.

Walnut Burger 10.95

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

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.

Grilled Cheese 9.00

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

Balsamic Tofu ▼ 10.95

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

T.L.T. (can be ▼) 10.95

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

Reuben (can be ▼) 11.95

Your choice of protein, served with sauerkraut, melted Swiss cheese, and our Thousand Island dressing on grilled rye bread.

Choose from:

Smoked Turkey | Balsamic Tofu | Tempeh

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)

BEVERAGES

JUICES

Carrot Juice sm 3.50 | 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 | lg 6.00

A blend of carrot and orange juices.

Electric Green sm 7.00 | lg 14.00

spinach, apple, cucumber, kale, parsley, pear, lemon

Cherry Lemonade (16oz) 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

BEER, WINE & COCKTAILS

COCKTAILS

Margarita	10
Original lime. On the rocks or blended	
Bloody Mary	10
Prairie organic vodka, Pickapeppa, and a beer chaser	
Dark & Stormy	10
Mt. Gay dark rum, ginger beer, lime	
Gin & Tonic	10
Prairie organic gin, Fever Tree tonic, lime	
Mimosa	9.50
Prosecco, orange juice, peach schnapps	
Jack Rabbit	10
Prairie organic vodka, fresh carrot and orange juices	
Cuba Libre	10
Mt. Gay dark rum, Mexican Coca-Cola, lime	
Spiked Cider	10
Apple, dark rum, warm spices, served hot	

BEER

Space Whistle IPA	6
Mosaic IPA Company Brewing ABV 5.4%	
Belgian Chocolate Toffee Vanilla Stout	6
American Imperial Stout Octopi Brewing 10%	
Happy Place	5
American Pale Ale Third Space Brewing 5.3%	
Riverwest Stein	5
American Amber Lager Lakefront Brewery 5.7%	
Lakefront IPA	5
India Pale Ale Lakefront Brewery 6.7%	

CIDER

Driftless Apple Cider	7
Gluten-free rotating flavors 6.9%	

WHITE

Le Pianure	9 31
Sauvignon Blanc Delle Venezie, D.O.C.	
The Atom	12 40
Chardonnay Napa, California	
Riff (organic)	12 40
Pinot Grigio Delle Venezie, D.O.C.	
Valckenberg	11 39
Riesling Rheinhessen, Germany	

ROSÉ

Funckenhausen	9 38L
Malbec Rosé S. Mendoza, Argentina	
Protea	10 38
Blend Coastal South Africa	

RED

Cune Crianza	10 38
Blend Jumilla, Spain	
Doudet-Naudin	11 39
Pinot Noir Bourgogne France	
Del Rio	12 40
Cabernet Sauvignon Rogue Valley, Oregon	
Domini Veneti Appassimento	12 40
Blend Veneto, Italy	

SELTZER

Lemon Fader THC Seltzer	8
10mg Delta 9 THC Kind Oasis Non-alcoholic	