



Weekday Breakfast
9:am to 11:am
▽ = vegan

Pancakes (▽by request)						
A full 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				
Spiced Apple Cakes	10.95	7.95				
Three buttermilk-brown sugar cakes with diced local apples and a touch of cinnamon, served with real maple syrup and whipped butter.						
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 walnut-cashew pesto, scrambled with your choice of eggs or tofu, served with parsley-shallot potatoes and choice of bread.						
Tofu Scrambler (▽)	11.95					
Crumbled, firm tofu scrambled with tomatoes, mushrooms, tahini, and scallions. Topped with sesame seeds, and served with potatoes and bread.						
Breakfast Burrito (▽by request)	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 (▽by request)	8.50					
Scrambled eggs (or balsamic tofu), cheddar cheese and a Gimme Lean vegan sausage patty served on a toasted English muffin.						
<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="padding: 2px;">add avocado</td> <td style="text-align: right; padding: 2px;">+ 1.50</td> </tr> <tr> <td style="padding: 2px;">sub chicken sausage or turkey bacon</td> <td style="text-align: right; padding: 2px;">+ .75</td> </tr> </table>			add avocado	+ 1.50	sub chicken sausage or turkey bacon	+ .75
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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. <i>Ask your server for today's selection.</i>						

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, and a side of sour cream.	
Awaze Omelet	11.95
Our breakfast potatoes marinated in an aromatic chili paste with a medley of Ethiopian spices, baked into a fluffy omelet, filled with cottage cheese, and garnished with sliced scallions. Served with fruit and bread choice.	
Vegetable Omelet	9.00
Three-egg omelet, served with parsley-shallot potatoes and your choice of bread — includes any combination of the following vegetables: <i>spinach mushroom onion green pepper tomato</i>	

OMELET ADD-INS			
<i>smoked turkey</i>	2.50	<i>cheese</i>	1.50
<i>jalapeño</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>	2.50		

BREAKFAST SIDES	
<i>chicken sausage (2 links)</i>	4.00
<i>vegan sausage</i> (▽) (2 Gimme Lean patties)	3.00
<i>turkey bacon (2 strips)</i>	5.00
<i>2 eggs a la carte</i>	5.00
<i>single buttermilk pancake</i>	3.75
<i>single blueberry or granola cake</i>	4.00
<i>single French toast or feature cake</i>	4.95
<i>breakfast potatoes</i> (▽)	2.00
<i>side fruit salad</i> (▽)	1.50
<i>cup fruit salad</i> (▽)	2.50
<i>bagel & cream cheese</i>	2.50
♦ <i>bagel</i> (▽), scone, muffin	1.50
♦ <i>tortillas</i> (▽) — flour or corn	1.50
♦ <i>toast</i> (▽) — sourdough, wheat, or rye (2 slices)	1.50
<i>gluten-free toast (2 slices)</i>	3.50

JUICES (small 8 oz | large 16 oz)

Carrot Juice sm 3.50 | lg 6.00

CUSTOM CARROT JUICE BLEND

<i>apple, lemon, parsley, spinach, kale</i>	each + .75
<i>beet, celery, ginger, cucumber</i>	each + .25
<i>without carrot</i>	+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
Made with spinach, apple, cucumber, kale, parsley, pear, and 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 2.50 | lg 3.50

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

COFFEE & TEA

Anodyne Coffee (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 (16 oz) single 4.75 | dbl 5.75

Mocha (16 oz) 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

Rishi London Fog (16 oz) 4.75

CUSTOMIZE YOUR DRINK

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

Iced Tea (Rishi Classic Black or SPORTea) 3.50

Rishi Tea (local & fair trade) 4.00

<i>English Breakfast</i>	<i>Peach White</i>	<i>Blueberry Rooibos*</i>
<i>Earl Grey</i>	<i>Coconut Oolong</i>	
<i>Jasmine Pearl</i>	<i>Turmeric Mango</i>	<i>Chamomile Medley*</i>
<i>Jade Cloud</i>	<i>Pu-erh Ginger</i>	
<i>Green Mint</i>		* caffeine-free

Hot Chocolate 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 (▾ by request)

Strawberries, yogurt and honey.

Blueberry (▾ by request)

Blueberries, banana, yogurt and honey.

Peach (▾ by request)

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:

Anodyne Coffee Roasters, Troubadour Bakery, Kallas, Sartori, Vern's Cheese, Salemville Cheese, Yuppie Hill, Wilson Farm, Simple Soyman, El Rey, Gourmet's Delight, Tony Moua Produce, Centgraf Farm, Big City Greens, WiscoPop!, Rishi Tea

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.



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