

# APPETIZERS

## Chips & Salsa ▼

El Rey tortilla chips and our house-made salsa. **4.00**

## Guacamole & Chips ▼

Avocado with red onion, cilantro, jalapeño and cumin, with El Rey tortilla chips and our own salsa. **9.00**

## Mexican Sampler

Sides of our Mexican rice, guacamole, your choice of mild, medium, or hot salsa, and tortilla chips. **5.00**

## Black Bean Dip & Cheese Quesadilla

Beans & Barley's own black bean dip, served with an appetizer-sized cheese quesadilla. **5.50**

*(gluten friendly sub corn tortilla for flour quesadilla)*

## Garlic Bread \*\*

A French baguette spread with garlic butter, sliced and grilled. **4.00**

## Hummus & Pita *(for gf - sub corn chips or add \$2 for Udi's bread)*

A purée of chickpeas, tahini, olive oil, lemon, garlic and a dash of paprika, served with warm pita bread. **5.00**

## Artichoke Parmesan Dip & French Bread

Artichoke hearts, mayo, parmesan cheese, garlic and dijon mustard, with warm french bread rounds. **6.50**

*(gluten friendly - sub corn chips or add \$2 for Udi's bread)*

# SALADS

Salads come with a white or wheat roll and butter. Our dressings are gluten free and salads can be made gluten friendly (no croutons).

## Garden Salad ▼

Leaf lettuce, red cabbage, carrot, cucumber, green pepper, alfalfa sprouts, broccoli, cauliflower, tomato, sunflower seeds, cashews and croutons. **sm 6.00 | lg 8.00**

## Tuna or Chicken Salad Plate

A garden salad with a serving of our house-made tuna or chicken salad (chicken salad changes daily). **10.00**

## Caesar Salad \*\*

Crisp romaine lettuce, our own croutons, romano cheese, and our Cæsar dressing. **sm 6.00 | lg 8.00**

## Grilled Vegetable Salad ▼ \*\*

Mixed greens with grilled mushrooms, red pepper, onion, zucchini, broccoli and our herb vinaigrette. **8.75**

## Balsamic & Gorgonzola Salad \*\*

Mixed greens, toasted pepitas, craisins, Wisconsin gorgonzola and balsamic vinaigrette. **sm 6.00 | lg 8.25**

### Salad add-ons

grilled portobello or balsamic tofu ▼ **	<b>+3.50</b>
grilled chicken breast **	<b>+4.00</b>
tilapia fish cake <i>(contains gluten)</i> **	<b>+7.00</b>
blue cheese or feta	<b>+2.00</b>

**Dressings:** Garlic Parmesan, Garden Ginger ▼, Herb Vinaigrette ▼, Greek Lemon Oil ▼, Tahini ▼, Balsamic Vinaigrette ▼

### BEANS AND BARLEY MENU KEY

☼☼ Items marked with this symbol are not served during breakfast (M-F 8-11) or brunch hours (weekends 8-2).

▼ Items marked with this symbol are vegan—made and processed without using animals or animal products.

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.

# SOUP

Bowl w/roll **4.50** | Pint w/roll **5.00** | Quart **8.50**

## Soup of the Day

We make our soups from scratch daily, using fresh vegetables and our own stocks. Selections vary and can include vegetarian, chicken, cream or broth soups. For the days selection visit beansandbarley.com or call 414-278-7800.

## Beans & Barley's Vegetarian Chili ▼

Our vegetarian chili is made with red beans, bulgur wheat, tomato, onion, pepper and just enough spice to give it some zip! Served with onion and cheddar cheese on request. add sliced avocado **+1.00** | add brown rice **+.50** add sour cream **+.35** | vegan sour cream **+.50**

# FEATURES

## Vegetable Stir-fry ▼ \*\*

An assortment of quick-cooked fresh vegetables with our spicy, ginger sauce or Thai-style curry coconut sauce, served over brown rice or asian style wheat noodles and topped with sesame seeds. **10.00**

add Tofu **11.00** | Tempeh **12.00** | Chicken **13.00**

## Grilled Chicken \*\*

Grilled boneless chicken breast, plain or with the day's marinade, served with parsley shallot potatoes, grilled vegetables and a roll. **10.00** *(most marinades are gluten free)*

## Quiche

Our quiche is made with local eggs and other fresh ingredients, in a flaky pastry crust; served with mesclun salad (potatoes during breakfast hours) and fresh fruit. **8.50**

**We offer additional lunch and dinner features weekly.**

Lunch feature served M-F 11:am-3:pm | Dinner features served daily 5:pm-close

Please visit our website **beansandbarley.com** or call **414-278-7800** for the current features.

# HOT SANDWICHES

Can be made on Udi's gluten free bread, +\$2 to sandwich price.

## Grilled Portobello Sandwich ▼ \*\*

Grilled marinated portobello served with lettuce and roasted red peppers on a toasted stirato roll. **8.50**

## Smoked Provolone & Roasted Tomato

Smoked Wisconsin provolone and slow-roasted Roma tomatoes served on a stirato roll with spinach and our own pesto mayonnaise. **9.00**

## Fish Cake Sandwich \*\*

Sautéed tilapia cake on a toasted pretzel bun with remoulade and mesclun. **10.00** *(tilapia cake contains gluten)*

## Smoked Turkey & Swiss Melt

Sliced smoked turkey on rye bread with mayo, lettuce, tomato, dijon mustard and melted swiss cheese. **9.00**

## Grilled Vegetable Sandwich \*\*

Char-grilled mushrooms, onion, broccoli, peppers and zucchini with herb-oil, melted mozzarella on a grilled stirato roll. **9.00**

## Balsamic Tofu Sandwich ▼

Balsamic marinated tofu, spinach, red onion, pepperoncini and Vegenaise on a toasted stirato bun. **8.50**

## Grilled Cheese

We've put our creamiest melting cheese—Wisconsin fontina—into sliced challah bread. **6.00**

add tomato **+.50** | avocado **+1.00** | baked turkey **+3.00**

# HOT SANDWICHES

## Tuna Melt

Our savory tuna salad on whole wheat toast with melted brick cheese, tamari sunflower seeds, sprouts and mayonnaise. **9.00**

## T.L.T. (Tempeh, Lettuce, Tomato) (can be ▼)

Our variation on the classic—baked strips of tempeh with lettuce, tomato and mayo on whole wheat toast. **7.00** *sub duck bacon for tempeh +1.00*

## Roast Turkey or Tempeh Reuben (can be ▼)

House-roasted turkey or seasoned tempeh, sauerkraut, melted swiss cheese, Thousand Island dressing on grilled rye bread made with Turkey **9.50** | made with Tempeh **8.00**

## Grilled Chicken \*\*

Your choice of plain or marinated grilled boneless chicken breast served on a pretzel bun with chipotle mayonnaise, lettuce, tomato and scallions. **8.50**

## Tofu Burger (can be ▼)

A toasted Simple Soyman tofu and vegetable patty on a sandwich bun with lettuce, tomato and mayo. **7.50**

## Walnut Burger

A walnut and cheese patty from Wisconsin's historic Trempealeau Hotel served on a pretzel bun with lettuce, tomato and mayonnaise. **9.00** *(walnut burger contains gluten)*

### Add any of the following to your burger or sandwich:

*sliced avocado* **+1.00** | *duck bacon* **+3.50**

*blue or feta cheese* **+2.00** | *sliced cheese* **+1.50**

*choose from: cheddar, fontina, Swiss, smoked provolone, brick, pepperjack, or soy cheese*

# COLD SANDWICHES

Our cold sandwiches can be made as a wrap or on Udi's gluten free bread. For gluten free bread add \$2 to sandwich price.

## Chicken Pinenut Salad

Made with lemon-shallot mayo, our chicken salad is served on white bread, with lettuce and tomato. **8.50**

## Smoked Turkey & Swiss

Smoked turkey and swiss cheese on rye bread with dijon-mayonnaise, lettuce and tomato. **8.50**

## Roast Turkey

Sliced roasted turkey breast on whole wheat with cucumber, tomato, red onion, horseradish-mayo and lettuce. **8.50**

## Tuna Salad

Ours has capers, dill and red onion, on whole wheat bread, with tamari sunflower seeds, sprouts and mayo. **8.50**

## Hummus & Vegetable Wrap ▼

Spinach, tabouli, tomato, cucumber and our hummus in a whole wheat tortilla—served with tahini sauce. **7.50**

## Cheese & Tomato

Wisconsin cheddar cheese, tomato, lettuce and mayo on whole wheat bread. **5.50** add smoked turkey **+3.00**

## Egg Salad

The old-fashioned kind, served on whole wheat bread with tamari sunflower seeds and sprouts **7.00**

## PB & J

That's right! White bread, peanut butter and homemade strawberry jam, too **5.00**

### Sometimes you need more than a sandwich.

Order any sandwich as a “Bag Lunch” and get sides of potato salad, fruit salad, and a cookie! **+4.00**

# BURRITOS

All burritos come with tortilla chips and hot, medium or mild salsa. Gluten friendly version available bowl style with corn tortillas on the side. Whole wheat tortillas by request.

## Basic Burrito

Refried beans, Mexican white cheese, tomato, onion. **6.00**

## Works Burrito

Refried Beans, Mexican white cheese, tomato, onion, black olives, sour cream. **6.50**

## Super Burrito

Refried beans, Mexican white cheese, onion, tomato, black olives, sour cream, guacamole. **7.50**

## Black Bean Burrito ▼

Black beans, Mexican rice, guacamole, onion, black olives, tomato. **6.50**

## Sweet Potato & Black Bean Burrito (can be ▼)

Roasted sweet potatoes, guacamole, black beans, corn, Mexican rice, served with lime sour cream. **7.50**

## Bean & Chicken Burrito

Refried black beans, salsa chicken, Mexican white cheese, tomato, onion. **7.50**

## Chicken Burrito

Salsa chicken, Mexican white cheese, tomato, onion, sour cream, black olives, guacamole. **9.00**

# FAJITAS, QUESADILLAS, & TOSTADAS

*Sub corn tortillas on any quesadilla for a gluten friendly version.*

## Fajitas \*\* ▼

Slices of red and green bell peppers and onions in a rich fajita marinade served with black bean dip, guacamole, sour cream, salsa and flour or corn tortillas. with Tofu ▼ **9.00** | Portobello ▼ **9.50** | Chicken **11.50**

## Quesadilla

Large flour tortilla folded over your choice of melted cheese or black beans, topped with Mexican white cheese, black olives, scallions and tomato served with salsa and sour cream. **8.00**

## Chicken Quesadilla

Large folded flour tortilla filled with cheese and grilled salsa chicken, topped with Mexican white cheese, scallions, black olives and tomato served with salsa and sour cream. **9.00**

## Black Bean Tostadas

Two crispy tostadas topped with black beans, Mexican white cheese, tomato, scallions, black olives and lettuce, served with sides of salsa and sour cream. **8.00**

**Add to your burrito, quesadilla, or tostada:**  
Sweet Potato or Chicken **+2.00** | Cheese **+1.50**

## SIDES

Mexican Rice	<b>1.50</b>	Sour Cream	<b>.35</b>
Guacamole	<b>1.50</b>	Lime Cream	<b>.75</b>
Salsa (hot, medium or mild)	<b>.50</b>	Tortilla Chips	<b>.75</b>

**Make it a Plate** This add on includes sides of guacamole, rice, and extra tortilla chips. **+4.50**

## BEVERAGES

### FRESH FROM THE JUICER

Wheat Grass (1.5 oz shot)	4.50
Orange Rabbit	sm 2.75   md 3.50   lg 4.50
Carrot Juice	sm 2.75   md 3.50   lg 4.50
<i>Create your own Carrot Juice blend:</i>	
apple, pear, lemon, parsley, spinach, kale	+ .75 each
beet, celery, fresh ginger, cucumber	+ .25 each
NO Carrot Juice Blend	+ 1.50
Electric Green	sm 6.75   md 9.00   lg 11.00
<i>spinach, kale, parsley, pear, apple, cucumber, lemon</i>	

### SMOOTHIES (16 oz) 5.00

Coconut Kale ▼	<b>CUSTOMIZE YOUR SMOOTHIE:</b>	
Super Green ▼	Spiru-tein	+1.00
Banana Coconut ▼	Source of Life	+1.00
Strawberry Yogurt (w/honey)	Ginger Juice	+1.50
Blueberry (w/honey)	Spinach or Kale	+ .75
Peach (w/honey)	Ginseng	+ .75
Chocolate Banana ▼	sub soy or almond milk ▼	+ .75
Mango Banana ▼	sub coconut water ▼	+1.00
Five Fruit ▼		

### COFFEE, ESPRESSO (regular or decaf)

Coffee (12/16 oz.)	sm 2.00   lg 2.25
Red Eye (16 oz. coffee & a shot of espresso)	3.00
Cold-brew Iced Coffee (16 oz.)	3.00
	single   double
Espresso	2.50   3.25
Americano (12 oz.)	2.75   3.50
Cappuccino (12 oz.)	3.25   4.00
Latté (16 oz.)	4.00   4.75
Cocoa Mocha (16 oz.)	4.25   5.00

### CUSTOMIZE YOUR DRINK:

add vanilla, caramel, mint, or hazelnut syrup	+ 1.00
sub Soy or Almond Milk	+ .75
add Espresso Shot	+ .75

Hot Chocolate (fair trade, 12/16 oz.)	sm 3.00   lg 4.00
Hot Spiced Apple Cider	sm 2.00   lg 3.00

### TEA

Sweet Matcha Latté (16 oz)	4.25
Chai Latté (Masala or Turmeric) (12/16 oz)	sm 3.25   lg 4.25
Rishi Tea (16 oz)	3.50
<i>Jasmine Pearl, Jade Cloud, Green Tea Mint, Peach Blossom, Pu-erh Ginger, Earl Grey, Tropical Coconut Oolong, Scarlet, Blueberry Rooibos, Chamomile Medley</i>	
Niuka Adaptogenic Herbal Tea (16 oz)	3.50
<i>Daily Balance or Anti-Inflammatory Chai</i>	
Iced Tea (16 oz)	2.75
<i>Rishi Classic Black, SPORTea, Cranberry SPORTea</i>	

## SWEETS & TREATS

Our bakers are hard at work every day making fresh cakes, cookies and pies. The selections are always changing. Check our website [beansandbarley.com](http://beansandbarley.com) or call 414-278-7878 for the day's selections.

### ICE CREAM, MALTS & SHAKES

Malts & Shakes (12 oz)	5.50
<i>Chocolate, Vanilla, Strawberry, Espresso, Chai, Matcha</i>	
Rootbeer Float (w/Sprecher Rootbeer)	4.00

### Sassy Cow® ICE CREAM!

Cup of Vanilla or Chocolate	sm 2.00   lg 3.50
Dessert à la mode	+ 1.50
Add KP Toffee or NY Brownie bits	+ 1.25

## WEEKDAY BREAKFAST

Served Monday-Friday 8:00-11:00 am

### Pancakes (can be ▼)

A stack of three whole wheat buttermilk cakes served with butter and real Wisconsin maple syrup  
**Buttermilk** 7.00 | **short stack** 4.50  
**Blueberry or Granola** 7.50 | **short stack** 5.00  
**Cake-of-the-Month** 8.00 | **short stack** 5.50

### Almond French Toast

Three thick slices of challah bread topped with sliced almonds and powdered sugar, served with butter and syrup. **8.00** | **short stack** 5.75

### Eggs-to-Order

Two eggs cooked as you choose, served with parsley-shallot potatoes and choice of bread. **6.00**

### Eggs Cubano

Scrambled eggs topped with cheddar cheese, served with black beans, salsa, and corn or flour tortillas **7.00**

### Pesto Scrambled Eggs or Tofu

Housemade pesto, mixed with your choice of eggs or tofu, served with parsley-shallot potatoes, and choice of bread *made w/ eggs* 7.50 | *made w/ tofu* 9.50

### Tofu Scrambler ▼

Local Simple Soyman tofu scrambled with tomatoes, mushrooms, sesame seeds and scallions, served with parsley-shallot potatoes, choice of bread **8.50**

### Egg & Sausage Breakfast Sandwich (can be ▼)

Scrambled eggs, cheddar and a vegan sausage patty in a toasted English muffin. (can be made with tofu) **5.50**  
 —not served during weekend brunch—

### Granola, Yogurt & Fruit

Maple Almond Flax granola served with yogurt and fruit. **6.50**

### Oatmeal

Hearty oats with raisins, brown sugar and milk. **5.00**  
 —not served during weekend brunch—

### Egg or Tofu Burrito

A flour tortilla filled with crisp red and green peppers, onions, tomatoes, with your choice of filling, served with fruit salad.  
 Egg (w/cheese) **8.00** | Tofu ▼ **8.00**

### Farmers Omelet (changes monthly)

Three egg omelet made with all local ingredients served with parsley-shallot potatoes and choice of bread **9.50**

### Omelet

Three egg omelet, served with parsley shallot potatoes and your choice of bread—includes any vegetables: spinach, green pepper, mushroom, onion, tomato **7.00**

### add to any omelet:

smoked turkey	+2.00	add jalapeno	+ .50
add cheese: feta or chèvre	+2.00		
cheddar, provolone, Swiss, pepperjack	+1.50		

### BREAKFAST SIDES (\*included in choice of bread)

Chicken Sausage (2 links)	3.00
Duck Bacon (2 slices)	3.50
Vegan Sausage ▼ (2 GimmeLean patties)	2.50
Bagel & Cream Cheese	2.00
Scone*, Bagel*, Muffin*	1.50
Toast* (gluten free bread +\$2.00)	1.50
Corn or flour tortillas*	1.50
Single Buttermilk Pancake	2.75
Single Blueberry or Granola Pancake	3.25
Wisconsin Maple Syrup	1.50

## WEEKEND BRUNCH

Served Saturday and Sunday 8:00 am - 2:00 pm

Our weekend brunch menu includes the following dishes as well as our weekday breakfast menu and many of our regular\* menu offerings too.

*\*Some items—like grilled chicken and grilled vegetables—are not available during breakfast hours. Items not available during brunch are marked with this symbol \*\*.*

### Lox Plate

A toasted bagel and thinly sliced smoked salmon with all the trimmings—cream cheese, tomato, spinach, onion and capers **12.00**

### Herb Omelet

Filled with minced fresh herbs and spinach—served with roasted garlic-herb potatoes and choice of bread **7.00**

### Frittata

An open-faced omelet of caramelized onion, mushrooms and leeks, finished with melted swiss cheese, served with potatoes and choice of bread **9.50**

### Huevos Rancheros

Two eggs poached in our house-made salsa topped with cheese and served with refried black beans and warm flour or corn tortillas **7.00**

### 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 9.00 | Smoked Turkey 10.00 | Lox 12.00**

### Biscuits & Gravy ▼

Two vegetable-flecked biscuits served with our scrumptious mushroom and vegan sausage gravy **6.50**

### OUR LOCAL VENDORS...

Many of our ingredients come from local producers. See if you recognize some of these names...

**Kallas** (honey & maple syrup), **Sartori** (parmesan, romano), **Salemville** (gorgonzola), **Yuppie Hill** (eggs), **Vern's Cheese** (cheddar, smoked provolone, Swiss), **Wilson Farms** (chicken sausage), **Sassy Cow** (milk and ice cream), **Simple Soyman** (tofu & tempeh), **Kangaroo Pita**, **Natural Ovens** (burger buns), **La Campagne** (sandwich breads), **El Rey** (tortillas, tostadas, corn chips), **Gourmet's Delight** (mushrooms), **Big City Greens** (micro greens), **LotFotL** (seasonal produce), **Tony Moua** (seasonal produce), **Centgraf Farms** (seasonal produce), **WiscoPop!**, **Rishi Tea**, **Anodyne Coffee Roasting Company**



real, good  
**carryout**

To place an order call  
**414-278-7878**

Daily menu line 414-278-7800

Open everyday 8:am-9:pm  
 1901 E. North Ave., Milwaukee, WI

[www.beansandbarley.com](http://www.beansandbarley.com)



[www.beansandbarley.com](http://www.beansandbarley.com)

Prices may change between printings / March 2018