

# APPETIZERS

<b>Chips &amp; Salsa</b> ▼	4.00
El Rey tortilla chips and our house-made salsa.	
<b>Guacamole &amp; Chips</b> ▼	9.00
Avocado with red onion, tomato, cilantro, jalapeño and cumin, with El Rey tortilla chips and our own salsa.	
<b>Mexican Sampler</b>	5.00
Sides of our Mexican rice, guacamole, your choice of mild, medium, or hot salsa, and tortilla chips.	
<b>Black Bean Dip &amp; Cheese Quesadilla</b>	5.00
Beans & Barley's own black bean dip, served with an appetizer-sized cheese quesadilla. <i>(gluten friendly sub corn tortilla for flour quesadilla)</i>	
<b>Garlic Bread</b> **	4.00
A French baguette spread with garlic butter, sliced and grilled.	
<b>Hummus &amp; Pita</b>	5.00
A purée of chickpeas, tahini, olive oil, lemon, garlic and a dash of paprika, served with warm pita bread. <i>(gluten friendly - sub corn chips or add \$2 for gluten free bread)</i>	
<b>Artichoke Parmesan Dip &amp; French Bread</b>	6.50
Artichoke hearts, mayo, Parmesan cheese, garlic and Dijon mustard, with warm french bread rounds. <i>(gluten friendly - sub corn chips or add \$2 for gluten-free bread)</i>	

# SALADS

Salads come with a roll, butter, and one of our house-made dressings. Salads can be made gluten free by removing croutons and the roll. All dressings are gluten free.

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

<b>Garden Salad</b> ▼	sm 6.00	lg 8.00
Leaf lettuce, red cabbage, carrot, cucumber, green pepper, broccoli, cauliflower, tomato, sunflower seeds, cashews and croutons.		
<b>Tuna or Chicken Salad Plate</b>	10.00	
A garden salad with a serving of our house-made tuna or chicken salad.		
<b>Caesar Salad</b> **	sm 6.00	lg 8.00
Crisp romaine lettuce, our own croutons, Romano cheese, and our Caesar dressing.		
<b>Grilled Vegetable Salad</b> ▼ **	8.75	
Mixed greens with grilled mushrooms, red pepper, onion, zucchini, broccoli and our herb vinaigrette.		
<b>Balsamic &amp; Gorgonzola Salad</b> **	sm 6.00	lg 8.25
Mixed greens, toasted pepitas, raisins, Wisconsin Gorgonzola and balsamic vinaigrette.		

<b>SALAD ADD-ONS:</b>	
<i>grilled portobello or balsamic tofu</i> ▼ **	+3.50
<i>grilled chicken breast</i> **	+5.00
<i>tilapia fish cake (contains gluten)</i> **	+8.00
<i>blue cheese or feta</i>	+2.00

**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
<b>Soup of the Day</b>	We make our soups from scratch daily, using fresh vegetables and our own stocks. For the day's selection visit beansandbarley.com or call 414-278-7800.	
<b>Beans &amp; Barley's Vegetarian Chili</b> ▼	Our vegetarian chili is made with red beans, bulgur wheat, tomato, onion, pepper and just enough spice to give it some zip!	
<b>WITH THE WORKS:</b>		
<i>cheese</i>	<i>no charge</i>	<i>brown rice</i> + .50
<i>onion</i>	<i>no charge</i>	<i>sour cream</i> + .35
<i>sliced avocado</i>	+1.00	<i>vegan sour cream</i> + .50

# FEATURES

<b>Vegetable Stir-fry</b> ▼ **	vegetables	10.00
An assortment of quick-cooked fresh vegetables, served over brown rice or Asian-style wheat noodles, with our ginger sauce and sesame seeds or Thai-style curry coconut sauce.		
	with tofu	11.00
	with tempeh	12.00
	with chicken	13.00
<b>Grilled Chicken</b> **	12.00	
Grilled boneless chicken breast, plain or with the day's marinade, served with parsley shallot potatoes, grilled vegetables and a roll. <i>(most marinades are gluten free)</i>		
<b>Quiche</b>	8.50	
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.		
<b>We offer additional lunch and dinner features weekly.</b>		
Lunch feature served M-F 11:am-3:pm   Dinner features served daily 5:pm-close		
Please visit our website <a href="http://beansandbarley.com">beansandbarley.com</a> or call <b>414-278-7800</b> for the current features.		

# COLD SANDWICHES

Our cold sandwiches can be made as wraps. For gluten free bread, add \$2

<b>Chicken Pinenut Salad</b>	8.50
Made with lemon-shallot mayo, our chicken salad is served on white bread, with lettuce and tomato.	
<b>Smoked Turkey &amp; Swiss</b>	9.00
Smoked turkey and Swiss cheese on rye bread with Dijon-mayonnaise, lettuce and tomato.	
<b>Roast Turkey Club</b>	8.50
Sliced roasted turkey breast on challah bread with roasted tomato, red onion, pesto-mayo and lettuce.	
<b>Tuna Salad</b>	8.50
Ours has capers, dill and red onion, on whole wheat bread, with tamari sunflower seeds, lettuce, tomato and mayo.	
<b>Hummus &amp; Vegetable Wrap</b> ▼	7.50
Spinach, tabouli, tomato, cucumber and our hummus in a whole wheat tortilla—served with tahini sauce.	
<b>Cheese &amp; Tomato</b>	5.50
Wisconsin cheddar cheese, tomato, lettuce and mayo on whole wheat bread.	
<b>Egg Salad</b>	7.00
The old-fashioned kind, served on whole wheat bread with tamari sunflower seeds, lettuce and tomato.	
<b>PB &amp; J</b> ▼	5.00
That's right! White bread, crunchy peanut butter and homemade strawberry jam, too!	

# HOT SANDWICHES

For gluten free bread, add \$2

<b>Tuna Melt</b>	9.00
Our home-made tuna salad on whole wheat toast, with melted brick cheese, tamari sunflower seeds, mayo, lettuce and tomato.	
<b>T.L.T. (Tempeh, Lettuce, Tomato)</b> (can be ▼)	7.00
Our variation on the classic—baked strips of tempeh with lettuce, tomato and mayo on whole wheat toast. <i>sub duck bacon for tempeh +1.00</i>	
<b>Reuben</b> (can be ▼)	turkey 9.50
House-roasted turkey, seasoned tempeh, or balsamic-marinated tofu, with sauerkraut, melted Swiss cheese, and Thousand Island dressing on grilled rye bread.	
	tofu 8.50
	tempeh 8.00
<b>Grilled Chicken</b> **	8.50
Grilled, boneless chicken breast (plain, or with our marinade of the day), served on a pretzel bun with lettuce, tomato, scallion and mayo.	
<b>Cajun Chicken</b>	9.00
Boneless chicken breast, rubbed with our house spice blend, served on a pretzel roll with lettuce, tomato, red onion, and chipotle mayo.	
<b>Turkey Burger</b>	10.00
Our seasoned handmade patty is served on a crisp bed of lettuce, with tomato, red onion, and mayo, then nestled into a toasted pretzel bun.	
<b>Tofu Burger</b> (can be ▼)	7.50
A toasted Simple Soyman tofu and vegetable patty on a sandwich bun with lettuce, tomato and mayo.	
<b>Walnut Burger</b>	9.00
A walnut and cheese patty from Wisconsin's historic Trempealeau Hotel served on a pretzel bun with lettuce, tomato and mayonnaise. <i>(Walnut Burger contains gluten)</i>	
<b>Portobello &amp; Hummus</b> ▼ **	8.50
A grilled portobello mushroom cap on an ciabatta roll with hummus, spinach, roasted tomatoes, cucumbers and red onion, with a side of our tahini dressing.	
<b>Smoked Provolone &amp; Roasted Tomato</b>	9.00
Smoked Wisconsin provolone and slow-roasted Roma tomatoes served on a ciabatta roll with spinach and our own pesto-mayo.	
<b>Fish Cake Sandwich</b> **	10.00
Sautéed tilapia cake on a toasted pretzel bun with remoulade and mesclun. <i>(fish cake contains gluten)</i>	
<b>Smoked Turkey &amp; Swiss Melt</b>	9.00
Sliced smoked turkey on rye toast with mayo, lettuce, tomato, Dijon mustard and melted Swiss cheese.	
<b>Roasted Vegetable Sandwich</b> **	9.00
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.	
<b>Balsamic Tofu Sandwich</b> ▼	8.50
Balsamic marinated tofu, spinach, red onion, pepperoncini and Vegenaise on a toasted ciabatta roll.	
<b>Grilled Cheese</b>	6.00
We've put our creamiest melting cheese—Wisconsin fontina— into sliced challah bread.	

<b>SANDWICH ADD-ONS:</b>			
<i>roasted turkey</i>	+2.00	<i>cheese</i>	+1.50
<i>duck bacon</i>	+3.50	cheddar, brick, swiss, fontina	
<i>tomato</i>	+ .25	mozzarella, pepperjack,	
<i>onion</i>	+ .25	smoked provolone, or soy	
<i>avocado</i>	+1.00	<i>blue, chèvre or feta</i>	+2.00
<b>Bag Lunch</b>	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 with corn tortillas on the side. Whole wheat tortillas available by request.

<b>Basic Burrito</b>	6.00
Refried beans, Mexican white cheese, tomato, onion.	
<b>Works Burrito</b>	6.50
Refried beans, Mexican white cheese, tomato, onion, black olives, sour cream.	
<b>Super Burrito</b>	7.50
Refried beans, Mexican white cheese, onion, tomato, black olives, sour cream, guacamole.	
<b>Black Bean Burrito</b> ▼	6.50
Black beans, Mexican rice, guacamole, onion, black olives, tomato.	
<b>Sweet Potato &amp; Black Bean Burrito</b> (can be ▼)	7.50
Roasted sweet potatoes, guacamole, black beans, corn, Mexican rice, served with lime sour cream.	
<b>Bean &amp; Chicken Burrito</b>	7.50
Refried black beans, salsa chicken, Mexican white cheese, tomato, onion.	
<b>Chicken Burrito</b>	9.00
Salsa chicken, Mexican white cheese, tomato, onion, sour cream, black olives, guacamole.	

# FAJITAS, TOSTADAS, & QUESADILLAS

*Sub corn tortillas for a gluten friendly version.*

<b>Fajitas</b> ▼	tofu 9.50
Sautéed slices of red and green bell pepper and onion in a rich fajita marinade, served with black beans, guacamole, sour cream and salsa.	
	portobello 11.00
	chicken 14.00
<b>Black Bean Tostadas</b>	8.00
Two crispy tostadas topped with black beans, Mexican white cheese, tomato, scallions, black olives and lettuce. Served with salsa and sour cream.	
<b>Quesadilla</b>	8.00
Large flour tortilla folded over queso blanco and any add-ins you choose, topped with more cheese, black olives, scallions and tomato. Served with salsa and sour cream.	

<b>BURRITO, TOSTADA &amp; QUESADILLA ADD-INS</b>			
<i>extra cheese</i>	+1.00	<i>sweet potato</i>	+1.50
<i>avocado</i>	+1.00	<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
<hr/>			
<b>Make it a Plate</b>	This add on includes sides of guacamole, rice, and extra tortilla chips.		+4.50

# SIDES

<b>Mexican rice</b>	1.50	<b>sour cream</b>	.35
<b>guacamole</b>	1.50	<b>lime cream</b>	.80
<b>salsa</b> (hot, medium or mild)	.50	<b>tortilla chips</b>	1.00

# BEVERAGES

## FRESH FROM THE JUICER

Wheat Grass (1.5 oz shot)		4.50
Orange Rabbit (orange & carrot juice)	sm 2.75   md 3.50   lg 4.50	
Carrot Juice	sm 2.75   md 3.50   lg 4.50	

### CREATE YOUR OWN CARROT JUICE BLEND:

apple, pear, lemon, parsley, spinach, kale	each + .75
beet, celery, fresh ginger, cucumber	each + .25
without carrot	+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 ▼
Super Green ▼
Banana Coconut ▼
Strawberry Yogurt (w/ honey)
Blueberry (w/ honey)
Peach (w/ honey)
Chocolate Banana ▼
Mango Banana ▼
Five Fruit ▼

### SMOOTHIE ADD-INS:

<i>Spiru-tein</i>	+1.00
<i>Source of Life</i>	+1.00
<i>ginger juice</i>	+1.50
<i>spinach or kale</i>	+.75
<i>ginseng</i>	+.75
<i>sub soy or almond milk</i> ▼	+.75
<i>sub coconut water</i> ▼	+1.00

## 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
sng   dbl	
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:

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

Hot Chocolate (Fair Trade, 12/16 oz.)	sm 3.00   lg 4.00
Hot Spiced Apple Cider (seasonal)	sm 2.00   lg 3.00

## TEA

Sweet Matcha Latté (16 oz)	4.25
Chai Latté (Masala or Turmeric Ginger) (12/16 oz)	sm 3.25   lg 4.25
Rishi Tea (16 oz) (*herbal tea)	3.50
<i>Earl Grey, English Breakfast, Pu-erh Ginger, Jasmine Pearl, Jade Cloud, Green Mint, Coconut Oolong, Peach Blossom, Turmeric Mango*, 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>	
Sprecher Root Beer Float	4.00
Sassy Cow Vanilla or Chocolate	sng 2.00   dbl 3.50
<i>Add KP Toffee or NY Brownie bits</i>	
	+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	4.50
Blueberry or Granola	7.50	5.00
Cake-of-the-Month	8.00	5.50

## Almond French Toast 8.00 | 5.75

Three thick slices of challah bread topped with sliced almonds and powdered sugar, served with butter and syrup.

## Granola, Yogurt & Fruit 6.50

Our Maple Almond Flax granola served with yogurt and fruit.

## Oatmeal\*\* 5.00

Hearty oats with raisins, brown sugar and milk.

## Eggs Cubano 7.00

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

## Breakfast Burrito eggs & cheese 8.00

A flour tortilla filled with crisp red and green peppers, onions, and tomatoes, served with fruit salad. **tofu ▼ 8.00**

## Eggs-to-Order 6.00

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

## Pesto Scrambler eggs 7.50

Housemade pesto, mixed with your choice of eggs or tofu, served with parsley-shallot potatoes and choice of bread. **tofu 9.50**

## Tofu Scrambler ▼ 8.50

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

## Farmer's Omelet (changes monthly) 9.50

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

## Omelet 7.00

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

### OMELET ADD-INS

<i>smoked turkey</i>	+2.00	<i>cheese</i>	+1.50
<i>jalapeno</i>	+.50	<i>cheddar, brick, mozzarella, Swiss, smoked provolone, fontina, pepperjack</i>	
<i>feta or chèvre</i>	+2.00		

## BREAKFAST SIDES

chicken sausage (2 links)	3.00
duck bacon (2 slices)	3.50
vegan sausage ▼ (2 GimmeLean patties)	2.50
buttermilk pancake	2.75
blueberry or granola pancake	3.25
Wisconsin maple syrup	1.50
breakfast poatoes	1.25
bagel & cream cheese	2.00
*scone, bagel, muffin	1.50
*white, wheat, or rye toast (gluten free bread +\$2.00)	1.50
*corn or flour tortillas	1.50

(\*included in choice of bread)

# 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 12.00

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

## Herb Omelet 7.00

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

## Frittata 9.50

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

## Huevos Rancheros 7.00

Three warm corn tortillas, topped with black beans, queso blanco, scallions, two fried eggs, and finished with our house salsa.

## Biscuits & Gravy ▼ 6.50

Two vegetable-flecked biscuits served with our scrumptious 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 9.00 | Smoked Turkey 10.00 | Lox 12.00

## OUR LOCAL VENDORS

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), Rocket Baby (sandwich rolls) El Rey (tortillas, tostadas, corn chips), Gourmet's Delight (mushrooms), Big City Greens (microgreens), LotFotL (seasonal produce), Tony Moua (seasonal produce), Centgraf Farms (seasonal produce), WiscoPop!, Rishi Tea, Anodyne Coffee Roasting Company, Rocket Baby Bakery

## We Cater.

Whether you need something for a small gathering or a large event—we have a great selection of trays, dips, entrées and desserts for any occasion. Pick up our catering menu at the deli or visit our website for more information.



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



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

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Prices may change between printings / June 2019