

APPETIZERS

- Chips & Salsa** v 4.00
El Rey tortilla chips with hot, medium, and mild salsa.
- Guacamole & Chips** v 9.00
Avocado with red onion, tomato, cilantro, jalapeño and cumin, with El Rey tortilla chips and salsa.
- Mexican Sampler** 5.00
Sides of our Mexican rice, guacamole, your choice of mild, medium, or hot salsa, and tortilla chips.

- Hummus & Pita** 5.00
A purée of chickpeas, tahini, olive oil, lemon, garlic and a dash of paprika, served with warm pita bread.
(gluten friendly - sub corn chips or add \$2 for gluten free bread)

SOUP

- Soup of the Day**
We make our soups from scratch daily, using fresh vegetables and our own stocks. Ask your server for today's selections.
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|--|--------------|------|
| | bowl w/ roll | 4.50 |
| | pint w/ roll | 5.00 |
| | quart | 9.00 |

- Beans & Barley's Vegetarian Chili** v
Our vegetarian chili is made with red beans, bulgur wheat, tomato, onion, pepper and just enough spice to give it some zip!

WITH THE WORKS:			
cheese	no charge	brown rice	+ .50
onion	no charge	sour cream	+ .35
avocado	+1.00	vegan sour cream	+ .50

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.

- Garden Salad** v
Leaf lettuce, red cabbage, carrot, cucumber, green pepper, broccoli, cauliflower, tomato, sunflower seeds, and cashews.
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|----|------|
| sm | 6.00 |
| lg | 8.00 |
- Tuna or Chicken Salad Plate** 10.00
A garden salad with a serving of our house-made tuna or chicken salad.
- Grilled Vegetable Salad** v 8.75
Mixed greens with grilled mushrooms, red pepper, onion, zucchini, broccoli and our herb vinaigrette.
- Balsamic & Gorgonzola Salad**
Mixed greens topped with roasted pepitas, raisins, and Wisconsin gorgonzola. Served with our balsamic vinaigrette.
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|----|------|
| sm | 6.00 |
| lg | 8.25 |

SALAD DRESSINGS:		SALAD ADD-ONS:	
Garlic Parmesan		grilled portobello v	+3.50
Tahini v		balsamic tofu v	+3.50
Herbal Vinaigrette v		grilled chicken breast	+5.00
Balsamic Vinaigrette v		blue cheese	+2.00

SANDWICH ADD-ONS:			
roasted turkey	+2.00	cheese	+1.50
tomato	+ .25	cheddar, brick, swiss, fontina	
onion	+ .25	mozzarella, pepperjack,	
avocado	+1.00	smoked provolone, or soy	
blue cheese	+2.00		

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.

- Basic Burrito** 6.00
Refried beans, Mexican white cheese, tomato, onion.
- Black Bean Burrito** v 6.50
Black beans, Mexican rice, guacamole, onion, black olives, tomato.
- Sweet Potato & Black Bean Burrito** (can be V) 7.50
Roasted sweet potatoes, guacamole, black beans, corn, Mexican rice, served with lime sour cream.
- Super Burrito** 7.50
Refried beans, Mexican white cheese, onion, tomato, black olives, sour cream, guacamole.
- Bean & Chicken Burrito** 7.50
Refried black beans, salsa chicken, Mexican white cheese, tomato, onion.
- Chicken Burrito** 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.

- Fajitas** v
- | | | |
|--|------------|-------|
| | 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 |
- Black Bean Tostadas** 8.00
Two crispy tostadas topped with black beans, Mexican white cheese, tomato, scallions, black olives and lettuce. Served with salsa and sour cream.
- Quesadilla** 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.

BURRITO, TOSTADA & QUESADILLA ADD-INS			
extra cheese	+1.00	sweet potato	+1.50
avocado	+1.00	salsa chicken	+2.25
guacamole	+1.50	roasted vegetables	+2.00
black / pinto beans	+ .75	brown / Mexican rice	+ .50
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Make it a Plate			
This add on includes sides of guacamole, rice, and extra tortilla chips.			+4.50

SIDES

- | | | | |
|-----------------------------|------|----------------|------|
| Mexican rice | 1.50 | sour cream | .35 |
| guacamole | 1.50 | lime cream | .80 |
| salsa (hot, medium or mild) | .50 | tortilla chips | 1.00 |

KIDS MENU

Kids items come with a serving of fruit or chips.

- Bean & Cheese Burrito** 3.50
A warm flour tortilla wrapped around refried pinto beans and white cheese, crisp on the outside, soft and cheesy inside.
- Chicken & Cheese Burrito** 4.00
Our mild salsa chicken and white cheese in a flour tortilla.
- Cheese Quesadilla** 4.00
Mild white cheese melted between two toasty flour tortillas.
- Cheese & Chicken Quesadilla** 5.00
White cheese and chicken inside of two toasty flour tortillas.
- Grilled Cheese** 5.50
Wisconsin Cheddar cheese melted between two slices of toasty challa bread.
- Turkey & Cheese Sandwich** 5.00
A half sandwich with sliced baked turkey, mild cheddar, mayo and lettuce, on whole-wheat
- Pita Pizza** 5.00
Pita bread with our home-made marinara sauce and mozzarella cheese.

Beans & Barley®

HOT SANDWICHES

For gluten free bread, add \$2

Tuna Melt	9.00
Our home-made tuna salad on whole wheat toast, with melted brick cheese, tamari sunflower seeds, mayo, lettuce and tomato.	
Reuben (can be V)	turkey 9.50
House-roasted turkey or balsamic- marinated tofu, with sauerkraut, melted Swiss cheese, and Thousand Island dressing on grilled rye bread.	
	tofu 8.50
Grilled Chicken	9.00
Grilled, boneless chicken breast (plain, or with our marinade of the day), served on a pretzel bun with lettuce, tomato, scallion and mayo.	
Walnut Burger	9.00
A walnut and cheese patty from Wisconsin's historic Trempealeau Hotel served on a pretzel bun with lettuce, tomato and mayonnaise. (Walnut Burger contains gluten)	
Portobello & Hummus V	9.00
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.	
Smoked Provolone & Roasted Tomato	9.00
Smoked Wisconsin provolone and slow-roasted Roma tomatoes served on a ciabatta roll with spinach and our own pesto-mayo.	
Smoked Turkey & Swiss Melt	9.00
Sliced smoked turkey on rye toast with mayo, lettuce, tomato, Dijon mustard and melted Swiss cheese.	
Roasted Vegetable Sandwich	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.	
Balsamic Tofu Sandwich V	8.50
Balsamic marinated tofu, spinach, red onion, pepperoncini and Vegenaise on a toasted ciabatta roll.	
Grilled Cheese	6.00
We've put our creamiest melting cheese—Wisconsin fontina— into sliced challah bread.	

COLD SANDWICHES

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

Chicken Pinenut Salad	8.50
Made with lemon-shallot mayo, our chicken salad is served on white bread, with lettuce and tomato.	
Smoked Turkey & Swiss	9.00
Smoked turkey and Swiss cheese on rye bread with Dijon-mayonnaise, lettuce and tomato.	
Roast Turkey Club	8.50
Sliced roasted turkey breast on challah bread with roasted tomato, red onion, pesto-mayo and lettuce.	
Tuna Salad	8.50
Ours has capers, dill and red onion, on whole wheat bread, with tamari sunflower seeds, lettuce, tomato and mayo.	
Hummus & Vegetable Wrap V	7.50
Spinach, tabouli, tomato, cucumber and our hummus in a whole wheat tortilla—served with tahini sauce.	
Egg Salad	7.00
The old-fashioned kind, served on whole wheat bread with tamari sunflower seeds, lettuce and tomato.	

BEVERAGES

FRESH FROM THE JUICER

Orange Juice	sm 2.50 lg 5.00
Orange Rabbit (orange & carrot)	sm 2.75 lg 4.50
Carrot Juice	sm 2.75 lg 4.50

CREATE YOUR OWN CARROT JUICE BLEND:

apple, lemon, parsley, spinach, kale	each + .75
beet, celery, fresh ginger, cucumber	each + .25
without carrot	+1.50

Electric Green	sm 6.75 lg 11.00
spinach, kale, parsley, pear, apple, cucumber, lemon	
Iced SPORTea	2.75

SMOOTHIES (16 oz) 5.00

Coconut Kale v	
Super Green v	
Banana Coconut v	
Strawberry Yogurt	
Blueberry	
Peach v	
Mango Banana v	
Mixed Fruit v	

SMOOTHIE ADD-INS:

Spiru-tein	+1.00
Source of Life	+1.00
ginger juice	+1.50
spinach or kale	+ .75
ginseng	+ .75
sub almond or soy milk v	+ .75
add coconut water	+1.00

ALCOHOLIC BEVERAGES

COCKTAILS 9.00	BEER 4.00
Margarita	New Glarus Brewing
Bloody Mary V	Moon Man no coast pale ale
Dark & Stormy (rum, ginger beer, lime)	Spotted Cow cream ale
Gin & Tonic	
Mimosa	Bell's Brewing
Jack Rabbit (vodka, orange, carrot)	Two Hearted American IPA
Cuba Libre (rum, cola, lime)	
WINE 7.00	Lakefront Brewery
Frico Italian wine, by Scarpetta	East Side Dark Bavarian dark lager
Bianco Rosso Rosato	New Grist gose-style with lime

FEATURES

Vegetable Stir-fry v	vegetables 10.00
An assortment of quick-cooked fresh vegetables, served with tofu 11.00	
over brown rice or Asian-style wheatnoodles, with our ginger sauce and sesame seeds or Thai-style curry coconut sauce. with chicken 13.00	
Quiche	8.50
Our quiche is made with local eggs and other fresh ingredients in a flaky pastry crust, served with mesclun salad and fresh fruit.	
Grilled Chicken Feature	12.00
Grilled boneless chicken breast flavored with the marinade of the day. Served with brown rice, grilled vegetables and a roll.	



AT SPUR 16



real.
good
food

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Prices may change between printings / June 2019