



Weekday Breakfast
8:am to 11:am
▼ = vegan

Pancakes (can be ▼)

A stack of three whole wheat buttermilk cakes served with butter and real Wisconsin maple syrup.

full stack | short stack

- Buttermilk** 8.00 | 5.50
- Blueberry or Granola** 8.50 | 6.00
- Golden-Orange Pumpkin Pancakes** 9.00 | 6.25

Three delectable pumpkin-orange cakes, served with a scoop of sweet orange butter on top and real maple syrup on the side.

Almond French Toast 8.50 | 6.25

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

Eggs Cubano 8.00

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

Breakfast Burrito eggs & cheese 8.50

A flour tortilla filled with crisp red and green peppers, onions, and tomatoes, served with salsa and fruit salad. **tofu ▼ 8.50**

Huevos Rancheros 8.00

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

Quiche of the Day 9.00

Our quiche is made with local eggs and baked in a flaky pie crust, served with parsley shallot potatoes and fruit salad. Ask your server for todays selection.

Breakfast Sandwich (can be ▼) 6.00

Scrambled eggs (or tofu), cheddar cheese and a Gimme Lean Vegan Sausage Patty served on a toasted English muffin.

add avocado	+ 1.00
substitute chicken sausage for vegan sausage	+ .75
substitute duck bacon for vegan sausage	+ .75

Granola, Yogurt, & Fruit 8.00

Our house-made maple almond flax granola served with choice of regular or vanilla yogurt and fresh fruit salad. *substitute Greek yogurt* + .50

Oatmeal 5.50

Hearty and simple—rolled oats served with brown sugar, raisins, and milk.

Some of our regular menu items are available during breakfast hours. Please ask your server about our options.

Eggs-to-Order 6.50

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

Pesto Scrambler eggs 8.50

House-made pesto, scrambled with your choice of eggs or tofu, served with parsley-shallot potatoes and choice of bread. **tofu 9.50**

Tofu Scrambler ▼ 9.00

Local Simple Soyman tofu scrambled with tomatoes, mushrooms, tahini, and scallions. Topped with sesame seeds, and served with potatoes and bread.

Farmer's Omelet 10.00

All-local: Roasted multi color beets and Japanese salad turnips from Centgraf Farms. Garnished with house made pickled plums and miso sauce. Served with potatoes and choice of bread.

Omelet 7.00

Three-egg omelet, served with parsley-shallot potatoes and your choice of bread — includes any combination of the following vegetables:

spinach, green pepper, mushroom, onion, 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>chevre or feta</i>	+2.00		

BREAKFAST SIDES

- chicken sausage** (2 links) 3.50
- duck bacon** (2 slices) 3.50
- vegan sausage ▼** (2 GimmeLean patties) 2.75
- buttermilk pancake** 2.75
- blueberry or granola pancake** 3.25
- single french toast** 3.75
- Wisconsin maple syrup** 1.50
- breakfast potatoes ▼** 2.00
- side fruit salad ▼** 1.50
- cup fruit salad ▼** 2.50
- bagel & cream cheese** 2.00
- * bagel ▼, scone, muffin** 1.50
- * corn or flour tortillas ▼** 1.50
- * wheat, white ▼, or rye ▼ toast** (2 slices) 1.50
- gluten-free toast** (2 slices) 3.50

(*included in choice of bread)

JUICES

Wheat Grass (1.5 oz shot) 4.50

Carrot Juice sm 2.75 | md 3.50 | lg 4.50

CUSTOM CARROT JUICE BLEND:

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

Orange Rabbit sm 2.75 | md 3.50 | lg 4.50

A blend of carrot and orange juices.

Electric Green sm 6.75 | md 9.00 | lg 11.00

Made with spinach, apple, cucumber, kale, parsley, pear, and lemon.

Orange or Grapefruit (organic) sm 2.25 | lg 3.00

Cranberry Juice sm 2.50 | lg 3.25

Tomato Juice sm 1.50 | lg 2.00

Montmorency Cherry Juice sm 3.00 | lg 4.50

Cherry Lemonade (12oz) 2.00

Apple Cider sm 1.75 | lg 2.25

Hot Spiced Apple Cider (seasonal) sm 2.00 | lg 3.00

Milk (2%, skim, or chocolate) sm 1.25 | lg 1.75

COFFEE & TEA

Anodyne Coffee (Beans Blend regular or decaf) 2.25

Iced Cold-brew Coffee (16 oz) 3.50

Espresso (regular or decaf) sgl 2.50 | dbl 3.25

Cappuccino sgl 3.25 | dbl 4.00

Latté sgl 4.00 | dbl 4.75

Mocha sgl 4.25 | dbl 5.00

Rishi Chai Latté (Masala or Turmeric) sm 3.25 | lg 4.25

Rishi Sweet Matcha Latté (16 oz) 4.25

CUSTOMIZE YOUR DRINK

substitute soy, almond, or oat milk + .75
add vanilla, hazelnut, caramel, or mint + 1.00
add extra espresso shot + .75

Iced Tea (Rishi Classic Black or SPORTea) 2.75

Nessalla Kombucha (ask server for flavor) 3.00

Rishi Tea (local & fair trade) 3.50

English Breakfast, Earl Grey, Jasmine Pearl, Jade Cloud, Green Mint, Peach White, Tropical Coconut Oolong, Turmeric Mango, Pu-erh Ginger, Blueberry Rooibos*, Chamomile Medley* *herbal

Niuka Adaptogenic Herbal Tea 3.50

Daily Balance or Anti-Inflammatory Chai

FRUIT SMOOTHIES (16 oz)

5.50

Coconut Kale ▼

Coconut water, banana, kale and mango.

Super Green ▼

Banana, spinach, apple, orange and cherry juices.

Banana Coconut ▼

Bananas and coconut-pineapple juice.

Strawberry

Strawberries, plain yogurt and honey.

Blueberry

Blueberries, banana, plain yogurt and honey.

Peach

Peaches, peach juice, plain yogurt, and honey.

Chocolate Banana ▼

Bananas and chocolate soy milk.

Mango Banana ▼

Mango, mango juice, and bananas.

Five Fruit ▼

Strawberries and bananas, with orange, cherry, and apple juices.

SMOOTHIE ADD-INS

<i>Spiru-tein</i>	+1.00	<i>ginseng</i>	+ .75
<i>Source of Life</i>	+1.00		
<i>ginger</i>	+1.25	<i>substitute soy</i>	+ .75
<i>coconut water</i>	+1.00	<i>or almond milk</i>	

MALTS & SHAKES (12 oz)

6.00

Choose from: Vanilla, Chocolate, Strawberry, Sweet Matcha, Chai, or Espresso

OUR LOCAL VENDORS

We try to purchase ingredients from local sources. Here's just to name a few:

Rocket Baby Bakery, Kallas, Sartori, Vern's Cheese, Salemville Cheese, Yuppie Hill, Sassy Cow Creamery, Wilson Farm, Simple Soyman, Kangaroo Pita, Natural Ovens, El Rey, La Campagne, Gourmet's Delight, LotFotL Farm, Tony Moua Produce, Centgraf Farm, Big City Greens, WiscoPop!, Rishi Tea, Anodyne Coffee Roasting

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.

Beans & Barley Deli, Market, and Café

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