

Beans & Barley®

Weekend Brunch
8:am to 2:pm
▼ = vegan

BREAKFAST

Pancakes

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

full stack	short stack
------------	-------------

Buttermilk (can be ▼)	8.00	5.50
------------------------------	------	------

Blueberry or Granola (can be ▼)	8.50	6.00
--	------	------

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 to Order	6.50
----------------------	------

Two eggs cooked as you like served with roasted garlic herb potatoes and your choice of bread with our own strawberry jam.

Pesto Scrambler	eggs 8.50
------------------------	-----------

House-made pesto, scrambled with your choice of eggs or tofu, served with roasted garlic herb potatoes and choice of bread.

tofu	9.50
------	------

Tofu Scrambler ▼	9.00
-------------------------	------

Locally-made tofu scrambled with tomatoes, mushrooms, tahini and scallions, topped with sesame seeds - served with roasted garlic herb potatoes and your choice of bread.

Eggs Cubano	8.00
--------------------	------

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

add guacamole	+1.00
---------------	-------

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.

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
--------	------

Consuming raw or undercooked eggs may increase your risk of food borne illness, especially if you have health issues.

Omelet	7.00
---------------	------

Our three-egg omelet is served with roasted garlic herb potatoes and your choice of bread.

Herb	Minced, fresh herbs and spinach
-------------	---------------------------------

Vegetable	Choice of spinach, green peppers, mushrooms, onions, &/or tomatoes
------------------	--

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		

Farmer's Omelet	10.00
------------------------	-------

All-local: Rainbow chard, red onion, balsamic-marinated cocktail tomatoes and whipped chevre. Served with roasted potatoes and choice of bread.

Frittata	10.00
-----------------	-------

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

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	9.50	Turkey	10.50	Lox	12.50
-----------------------------	------	---------------	-------	------------	-------

Biscuits & Gravy ▼	7.50
-------------------------------	------

Two vegetable-flecked vegan biscuits served with mushroom-and-vegan sausage gravy.

Lox Plate	12.00
------------------	-------

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

Quiche of the Day	9.00
--------------------------	------

Our quiche is made with local eggs and baked in a flaky pastry crust, served with roasted potatoes and fruit salad. Ask your server for today's selection.

Granola, Yogurt, & Fruit	8.00
-------------------------------------	------

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

<i>substitute Greek yogurt</i>	+ .50
--------------------------------	-------

BREAKFAST SIDES

chicken sausage (2 links)	3.50
peppered duck bacon (2 slices)	3.50
vegan sausage ▼ (2 GimmeLean patties)	2.75
single buttermilk pancake	2.75
single blueberry or granola pancake	3.25
single pancake of the month	3.50
single french toast	3.75
Wisconsin maple syrup	1.50
breakfast potatoes ▼	2.00
side fruit salad ▼	1.50
cup fruit salad ▼	2.50
old-fashioned rice pudding	4.00
bagel & cream cheese	2.00
* bagel ▼, scone, muffin	1.50
* tortillas ▼, corn or flour	1.50
* toast, wheat, white ▼, or rye ▼ (2 slices)	1.50
gluten-free toast (2 slices)	3.50
* vegetable biscuit ▼	0.75
* english muffin ▼	1.50
cardamom coffee cake	2.50

*included in choice of bread

APPETIZERS

Chips & Salsa ▼	4.00
El Rey tortilla chips served with all three of our salsas: mild, medium, and hot.	
Guacamole & Chips ▼	9.00
Avocado spiced with red onion, cilantro, jalapeño pepper and cumin, served with El Rey tortilla chips and our own salsa.	
Black Bean Dip & Cheese Quesadilla	6.00
Beans & Barley's own black bean dip served with an appetizer-sized cheese quesadilla.	
Hummus Dip & Pita ▼	6.00
Our hummus is made with tahini, lemon juice, garlic, chickpeas and olive oil, sprinkled with paprika and served with warm pita bread.	
Artichoke Parmesan Dip & French Bread	8.00
A creamy dip made with artichokes, garlic, Dijon mustard, mayo and Parmesan cheese, served with warm French bread.	

SOUP & SALAD

Soup and chili come with your choice of a French roll, wheat roll, or oyster crackers. Garden Salads comes with choice of dressing: Garlic Parmesan, Tahini, Herbal or Balsamic Vinaigrette, Garden Ginger, or Greek Lemon Oil.

Soup of the Day	cup 3.75
Our soups are made from scratch, using fresh vegetables and our own stocks. Ask your server for today's selections.	bowl 4.50

Vegetarian Chili ▼	cup 3.75
Our vegetarian chili is made with red beans, bulgur wheat, tomato, onion, celery, peppers, and enough seasoning to give it some zip!	bowl 4.50

Garden Salad ▼	sm 7.50
Leaf lettuce, red cabbage, shredded carrots, cucumbers, broccoli, cauliflower, green peppers, tomatoes, sunflower seeds, cashews and croutons.	lg 8.50

Tuna or Chicken Salad Plate	10.50
Try one of our fresh garden salads with a serving of our own delicious chicken or tuna salads. Ask your server for the chicken salad of the day.	

Balsamic & Gorgonzola Salad	sm 6.50
Mixed greens topped with roasted pepitas, raisins, and Wisconsin Gorgonzola. Served with our balsamic vinaigrette.	lg 8.50

COLD SANDWICHES

Tuna Salad	8.50
Ours has capers, dill and red onion, served on whole wheat bread, and finished with tamarini sunflower seeds, mayonnaise, lettuce and tomato.	

Chicken Pinenut	8.50
Made with lemon-shallot mayonnaise, our chicken salad is classically served on white bread with lettuce and tomato.	

Roast Turkey Club	8.00
Our house-roasted turkey breast with roasted tomatoes, red onion, lettuce and pesto mayo on sliced challah bread.	

Hummus & Vegetable Wrap ▼	7.50
Wheat tortilla stuffed with fresh baby spinach, tabouli, sliced tomato, cucumber and our own hummus, served with tahini dressing.	

Egg Salad	7.00
Nothing fancy, just the old-fashioned kind, served on whole wheat bread with tamarini sunflower seeds, lettuce and tomato.	

HOT SANDWICHES

Most sandwiches can be made with gluten free bread for an additional charge.

Balsamic Tofu ▼ 9.00

Marinated tofu with spinach, red onion, thinly sliced pepperoncini peppers and vegenaïse on a toasted ciabatta roll.

Smoked Turkey & Swiss Melt 9.00

Thin-sliced smoked turkey, served on toasted rye bread with mayo, lettuce, tomato, Dijon mustard, and melted Swiss cheese.

Tuna Melt 9.50

Our home-made tuna salad on whole wheat toast, with melted brick cheese, tamari sunflower seeds, mayo, lettuce, and tomato.

T.L.T (Tempeh, Lettuce & Tomato) (can be ▼) 8.00

Our variation on the classic—baked strips of tempeh with lettuce, tomato, and mayo on whole wheat toast.

Reuben (can be ▼)

Your choice of roasted turkey, marinated tofu, or tempeh, sliced and served with sauerkraut, melted Swiss cheese, and our Thousand Island dressing on grilled rye bread.

Turkey 9.50 | Tofu 8.50 | Tempeh 8.00

Smoked Provolone & Roasted Tomato 9.00

Slices of locally-made smoked provolone and oven roasted Roma tomatoes served on a ciabatta roll with spinach, and our basil pesto mayo.

Grilled Cheese 7.00

We've put our creamiest melting cheese—Wisconsin Fontina—in sliced challah bread, for a classic American grilled cheese.

Try it with some sandwich add-ons!

Walnut Burger 9.00

A seasoned walnut and cheese patty, from Wisconsin's historic Trempealeau Hotel, served on a pretzel bun with mayo, lettuce and tomato.

Tofu Burger (can be ▼) 8.00

A tofu and vegetable patty, made by our friends at Simple Soyman, toasted and served on a hearty sandwich bun with mayo, lettuce and tomato.

SANDWICH ADD-ONS

roasted turkey	+2.00	duck bacon	+3.50
tomato	+ .25	cheese	+1.50
onion	+ .25	<small>cheddar, brick, swiss, mozzarella, provolone, fontina, pepper jack</small>	
avocado	+1.00	chevre or blue	+2.00

BURRITOS, TOSTADAS, & QUESADILLAS

Available with whole wheat tortilla by request. A gluten friendly version is available with corn tortillas on the side.

Basic Burrito 7.00

House-made refried beans, Mexican white cheese, onion and tomato.

Works Burrito 7.50

Refried beans, Mexican white cheese, onion, tomato, black olives and sour cream.

Super Burrito 8.50

Refried beans, white cheese, onion, tomato, black olives, sour cream, and guacamole.

Black Bean Burrito ▼ 7.50

Black beans, Mexican rice, guacamole, onion, black olives and tomato.

Sweet Potato Black Bean Burrito (can be ▼) 8.50

Roasted sweet potatoes, black beans, Mexican rice (brown rice with peppers and corn) guacamole, and served with both lime cream sauce and salsa.

Bean & Chicken Burrito 8.50

Salsa-chicken, black beans, Mexican white cheese, onions, and tomato.

Chicken Burrito 9.50

Salsa-chicken, white cheese, onion, tomato, black olives, sour cream, and guacamole.

Quesadilla 8.50

A large flour tortilla packed with queso blanco and your choice of filling, crisply grilled and topped with more cheese, scallions, tomatoes, and black olives. Served with a side of sour cream, salsa and tortilla chips.

Tostadas 8.50

Two crisp-toasted corn tortillas topped with black beans, queso blanco, tomatoes, black olives, scallions and shredded lettuce, served with salsa and sour cream.

ADD-INS & SIDES

extra cheese	+1.50	sweet potatoes	+1.50
avocado	+1.00	salsa chicken	+2.25
guacamole	+1.50	brown / Mexican rice	+.50
black / pinto beans	+.75	sour cream	+.35
Make it a Plate			+4.50
This side includes guacamole, Mexican rice, and extra tortilla chips.			

BEVERAGES

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
 spinach, apple, cucumber, kale, parsley, pear, 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

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>	

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

Hot Chocolate (fair trade) sm 3.00 | lg 4.00

MALTS & SHAKES (12 oz) 6.00

Choose from:

Vanilla	Strawberry	Chai
Chocolate	Sweet Matcha	Espresso

SPARKLING DRINKS

La Croix *plain or lime* 1.75

WiscoPop! 2.50

Blue Sky Soda *lemon lime, ginger ale, cola* 1.75

Sprecher Root Beer *regular or low-cal* 2.50

Root Beer Float 6.00

Mexican Coca-Cola 2.00

Zevia (*natural diet cola*) 2.00

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

1901 E. North Ave. Milwaukee, WI, 53202

www.beansandbarley.com | (414) 278-7878