

Beans & Barley®

Weekend Brunch
8:am to 2:pm
▼ = vegan

BREAKFAST

Pancakes (can be ▼)

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

	full stack	short stack
Buttermilk	8.50	6.00
Blueberry or Granola	9.00	6.50
Almond French Toast	9.50	6.75

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

Pesto Scrambler eggs 9.00

House-made pesto, scrambled with your choice of eggs or tofu, served with roasted garlic herb potatoes and choice of bread. tofu 10.00

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.

Breakfast Burrito eggs & cheese 9.00

A flour tortilla filled with crisp red and green peppers, onions, and tomatoes. Served with salsa and fruit salad. tofu ▼ 9.00

Biscuits & Gravy ▼ 7.50

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

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 plain or vanilla yogurt and fresh fruit salad. substitute Greek yogurt + .50

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.

Eggs Cubano 8.50

Scrambled eggs topped with cheddar cheese, served with black beans, salsa, and flour or corn tortillas. add guacamole +1.50

Huevos Rancheros 9.00

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.

Omelet 8.00

Our three-egg omelet is served with roasted garlic herb potatoes and your choice of bread. Includes any combination of the following vegetables:

spinach | green peppers | mushrooms | onions | tomatoes

OMELET ADD-INS

<i>smoked turkey</i>	+2.00	<i>cheese</i>	+1.50
<i>jalapeno</i>	+ .75	<i>cheddar, brick, mozzarella, Swiss, smoked provolone, fontina, pepperjack</i>	
<i>avocado</i>	+1.00	<i>soy cheese</i>	+1.50
<i>chevre or feta</i>	+2.00		

Frittata 10.00

An open-faced omelet with a savory blend 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

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

BREAKFAST SIDES

chicken sausage (2 links)	3.50
vegan sausage ▼ (2 GimmeLean patties)	2.75
single buttermilk pancake	3.00
single 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
* tortillas ▼— corn or flour	1.50
* toast ▼— white, wheat 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.	
Mexican Sampler ▼	6.00
Mexican rice, guacamole, El Rey corn chips and choice of hot, medium, or mild salsa.	
Black Bean Dip & Cheese Quesadilla	6.50
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	8.50
A creamy dip made with artichokes, garlic, Dijon mustard, mayo and Parmesan cheese, served with warm French bread.	

SOUP & SALAD

Soups come with your choice of a French roll, wheat roll, or oyster crackers. Garden Salads come 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 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 8.00
Leaf lettuce, red cabbage, shredded carrots, cucumbers, broccoli, cauliflower, green peppers, tomatoes, sunflower seeds, cashews and croutons.	lg 9.00

Tuna or Chicken Salad Plate	11.00
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

Roast Turkey Club	9.00
Our house-roasted turkey breast with roasted tomatoes, red onion, lettuce and pesto mayo on sliced challah bread.	
Chicken Pinenut	9.00
Made with lemon-shallot mayonnaise, our chicken salad is classically served on wheat bread with lettuce and tomato.	
Tuna Salad	8.50
Ours has capers, dill and red onion, served on whole wheat bread, and finished with tamari sunflower seeds, mayonnaise, lettuce and tomato.	
Egg Salad	7.50
Nothing fancy, just the old-fashioned kind, served on whole wheat bread with tamari sunflower seeds, lettuce and tomato.	
Hummus & Vegetable Wrap ▼	8.00
Wheat tortilla stuffed with fresh baby spinach, tabouli, sliced tomato, cucumber and our own hummus, served with a side of tahini dressing.	

HOT SANDWICHES

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

Balsamic Tofu ▼ 9.50

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

Smoked Turkey & Swiss Melt 9.50

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

Tuna Melt 10.00

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

T.L.T (can be ▼) 8.50

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

Reuben (can be ▼)

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

Turkey 10.00 | Tofu 9.00 | Tempeh 9.00

Smoked Provolone & Roasted Tomato 9.50

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

Roasted Vegetable 9.50

Seasoned, roasted zucchini, red pepper, mushroom, broccoli and onion, with broiled mozzarella on a ciabatta roll.

Grilled Cheese 7.00

Our creamiest melting cheese, Wisconsin Fontina, on our fluffiest bread, sliced challah.

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.

SANDWICH ADD-ONS

roasted turkey	+2.00	hummus	+1.00
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 7.50

House-made refried beans, queso blanco, onion and tomato.

Works Burrito 8.00

Refried beans, queso blanco, onion, tomato, black olives and sour cream.

Super Burrito 9.00

Refried beans, queso blanco, onion, tomato, black olives, sour cream, and guacamole.

Black Bean Burrito ▼ 8.00

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

Sweet Potato Black Bean Burrito (can be ▼) 9.00

Roasted sweet potatoes, black beans, Mexican rice, and guacamole, served with both lime cream sauce and salsa.

Bean & Chicken Burrito 9.00

Salsa-chicken, black beans, queso blanco, onions, and tomato.

Chicken Burrito 10.00

Salsa-chicken, queso blanco, onion, tomato, black olives, sour cream, and guacamole.

Tostadas 9.00

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

Quesadilla 9.00

A large flour tortilla packed with queso blanco and any add-ins you'd like, crisply grilled and topped with more cheese, scallions, tomatoes, and black olives. Served with a side of sour cream, salsa and tortilla chips.

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	+ .50

Make it a Plate +4.50

This side includes guacamole, Mexican rice, and extra tortilla chips.

BEVERAGES

JUICES

Carrot Juice sm 3.00 | md 3.75 | lg 4.50

CUSTOM CARROT JUICE BLEND:

apple, lemon, parsley, spinach, kale each + .75
beet, celery, ginger, cucumber each + .25
without carrot +1.75

Orange Rabbit sm 3.00 | md 3.75 | 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

Cherry Lemonade (12oz) 2.25

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

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) 6.00

Coconut Kale ▽

Coconut water, banana, kale and mango

Super Green ▽

Banana, spinach, apple, orange and cherry juices

Banana Coconut ▽

Banana 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 ▽

Banana and chocolate soy milk

Mango Banana ▽

Mango, mango juice and banana

Five Fruit ▽

Strawberries and banana, with orange, cherry and apple juices

SMOOTHIE ADD-INS

Spiru-tein +1.00 *ginseng* + .75
Source of Life +1.00
fresh ginger +1.25 *substitute soy,* + .75
coconut water +1.00 *almond, or oat milk*

COFFEE & TEA

Anodyne Coffee (Beans Blend regular or decaf) 2.50

Iced Cold-brew Coffee (16 oz) 3.50

Espresso (regular or decaf) sgl 2.50 | dbl 3.25

Cappuccino sgl 3.50 | dbl 4.25

Latté sgl 4.25 | dbl 5.00

Mocha sgl 4.50 | dbl 5.25

Rishi Chai Latté (Masala or Turmeric) sm 3.50 | lg 4.50

Rishi Sweet Matcha Latté (16 oz) 4.50

CUSTOMIZE YOUR DRINK

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

Iced Tea (Rishi Classic Black or SPORTea) 3.00

Rishi Tea (local & fair trade) 4.00

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

SPARKLING DRINKS

La Croix plain or lime 1.75

WiscoPop! strawberry, cherry, ginger, or grapefruit 3.00

Sprecher Root Beer regular or low-calorie 2.25

Mexican Coca-Cola 2.75

Zevia natural diet cola 2.00

Izze blackberry or peach 2.75

Beans & Barley is **gluten and allergy friendly**. Please alert us to any food allergies. We can accommodate minor changes to most items to 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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