

**BEANS & BARLEY - CALL THE MEAL MOBILE 414-763-1925 FOR DELIVERY**

**OR PLACE ORDER ONLINE AT**

[WWW.THEMEALMOBILE.COM](http://WWW.THEMEALMOBILE.COM)

**HOT SOUPS**

Vegetarian Chili Bowl (Served w/Roll & Butter) \$ 4.00 Quart (No Roll/Butter) \$ 7.75

**SALADS**

Tuna Salad Plate (Served with Roll) \$ 9.25 Chicken Salad Plate (Served with Roll) \$ 9.25

**COLD SANDWICHES**

*Smoked Provolone & Roasted Tomato- Slices of provolone and slow roasted roma tomato served on a stirato bun with pesto mayo. \$7.75*

*Chicken Pinenut Salad - Made with lemon-shallot mayo, with lettuce & tomato on French bread \$ 8.25*

*Smoked Turkey & Swiss - Smoked Turkey & Swiss cheese served on rye bread with mayo, Dijon Mustard, lettuce & tomato \$ 8.75*

*Baked Turkey - Slices of our own perfectly seasoned baked turkey breast, with cucumber, tomato, horseradish, mayo, lettuce and red onion on whole wheat \$7.25*

*Tuna Salad - with capers, dill and red onion and is served on whole wheat with soy sunflower seeds, sprouts & mayo \$8.25*

*Hummus & Vegetable Pocket - Pita bread stuffed with fresh baby spinach, tabouli, tomato, cucumber and tahini sauce \$ 6.75*

*Cheese & Tomato- made with Wisconsin cheddar cheese and served on whole wheat bread. \$5.75*

*Egg Salad - Served with soy-sunflower seeds and sprouts on whole wheat \$ 5.75*

*Peanut Butter & Jam - Served on white bread with homemade jam \$ 4.00*

**HOT SANDWICHES**

*Cajun Grilled Chicken Sandwich- Marinated grilled boneless skinless breast, with roasted red pepper butter, lettuce, tomato on a demi-baguette \$ 8.25*

*Grilled Portobello Sandwich - Marinated Portobello mushroom grilled and served on Italian stirato roll, W/ roasted red pepper & lettuce \$ 7.75*

*Fish Cake Sandwich - Sautéed Tilapia cake on a toasted bun, with remoulade, mesculin, and caraway coleslaw \$8.25*

*Smoked Turkey & Swiss Melt - Thinly sliced smoked turkey served on toasted rye with lettuce, tomato, mayo, Dijon mustard and melted Swiss Cheese \$ 8.75*

*Balsamic Tofu Sandwich - Balsamic-marinated tofu, spinach, red onion, pepperoncini, & vegannaise on toasted, seeded demi-baguette \$ 8.25*

*Tofu Burger - Vegetarian tofu and vegetable patty toasted and served on a sandwich bun with mayo, lettuce and tomato \$ 7.25*

*Walnut Burger - A seasoned walnut & cheese patty, served on a rustic sandwich bun with mayo, lettuce and tomato \$ 8.75*

*Tuna Melt - Housemade tuna salad on whole wheat toast with melted brick cheese, shoyu sunflower seeds, sprouts & mayo \$9.25*

*Tempeh, Lettuce & Tomato - Baked tempeh strips, sauerkraut, melted Swiss and thousand island dressing on toasted rye \$ 7.00*

*Tempeh Reuben - Baked tempeh strips, sauerkraut, melted Swiss and thousand island dressing on toasted rye \$7.75*

*Grilled Cheese- \$5.50 add tomato .50, add avocado 1.25*

*For Burgers: Add Sliced Avocado: \$1.25, Add cheese (cheddar, brick or Swiss): 1.25*

**BEANS & BARLEY'S GREAT BURRITOS - all items here come with bag of tortilla chps and choice of mild, medium or hot salsa**

*Basic Burrito - Refried Beans, Mexican white cheese, tomato & onion \$5.75*

*Works Burrito - Refried Beans, Mexican white cheese, onion, tomato, black olives and sour cream \$ 6.25*

*Super Burrito - Refried Beans, Mexican white cheese, onion, tomato, black olives, sour cream and avocado \$6.75*

*Super Chicken Burrito- Salsa, chicken, Mexican white cheese, onion, tomato, black olive, sour cream and avocado \$8.25*

*Black Bean Burrito - Black Beans, Mexican rice, avocado, onion, black olives and tomato \$ 6.00*

*Chicken Burrito - Salsa-grilled chicken, Mexican white cheese, tomato, onion, sour creams, black olives and avocado \$ 8.25*

*Bean & Chicken Burrito - Refried black beans, salsa chicken, Mexican white cheese, tomato and onion \$6.75*

*Cheese Quesadilla - Large folded flour tortilla, topped with Mexican white cheese, black olives, scallions and tomato, served with salsa and sour cream \$ 6.75*

*Black Bean & Quesadilla - Large flour tortilla folded over refried beans, Mexican white cheese, tomato, scallions, black olives - served with salsa and sour cream \$6.75*

*Chicken Quesadilla - Just like the Cheese Quesadilla, but filled with cheese and salsa chicken \$ 7.75*

*Black Bean Tostadas - Two crisp-toasted corn tortillas with black beans, cheese, tomato, scallions, black olives and lettuce - served with salsa and sour cream \$6.75*

*Fajitas- slices of green and red bell peppers and onions in a rich fajita marinade served with black bean dip, guacomole, salsa, and flour tortillas*

*(with tofu \$7.75, with portobello \$7.75, with chicken \$9.75, with shrimp \$12.00)*

**MAKE IT A MEXICAN PLATE-- \$4.50-- Order any burrito, tostada or quesadilla as a plate--includes guacamole, Mexican rice and tortilla chips**

**SMOOTHIES & JUICES & Beverages**

Banana Coconut Smoothie \$5.00 made with soy milk

Strawberry Yogurt Smoothie \$4.25

Blueberry Smoothie \$4.25

Peach Smoothie \$4.25

Mango Banana Smoothie \$5.00 made with soy milk

Five Fruit Smoothie \$5.00 made with soy milk

Add Spiru-tein or Source of Life (add \$1.00)

Carrot Juice, small \$2.50, Med \$3.50, Lg \$4.50

Carrot Blend (celery, parsley, beet, apple, cucumber and/or ginger) sm \$3.50, med \$4.50, lg \$5.50

Bottled Water - \$1.50

Cans Coke, Diet

Coke, Sprite - \$1.00

**Sweets & Treats**

Chocolate Chip Cookie \$ 1.75

Twice Chocolate Chip Cookie \$ 1.75

Molasses Cookie \$ 1.75

Peanut Butter Cookie \$ 1.75

Oatmeal Cookie \$ 1.75

(estimated prices, subject to change)

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