

**BEANS & BARLEY - CALL THE MEAL MOBILE 414-763-1925 FOR DELIVERY
OR PLACE ORDER ONLINE AT
WWW.THEMEALMOBILE.COM**

HOT SOUPS

Vegetarian Chili Bowl (Served w/Roll & Butter) \$ 4.25 Quart (No Roll/Butter) \$ 8.00

SALADS

Tuna Salad Plate (Served with Roll) \$ 9.50 Chicken Salad Plate (Served with Roll) \$ 9.50
Garden Salad - Leaf lettuce, red cabbage, carrot, cucumber, alfalfa sprouts, tomato, broccoli, green pepper, cauliflower, shoyu sunflower seeds and cashews. Sm \$5.50, Lg \$7.50

Caesar Salad - Romaine lettuce, our own croutons and Romano cheese, topped with delicious Caesar dressing. Sm \$4.50, Lg \$6.50

SIDES & APPETIZERS

HUMMUS DIP & PITA - Tahini, lemon juice, garlic, chickpeas and olive oil with a dash of paprika, served with warm (locally made) pita bread. \$4.50

CHIPS & SALSA - El Rey tortilla chips served with our popular home made mild salsa. \$3.75

GUACAMOLE & CHIPS - Avocado spiced with red onion, cilantro, jalapeño pepper and cumin, served with El Rey tortilla chips and our own salsa. \$6.99

BLACK BEAN DIP WITH CHEESE QUESADILLA - Beans & Barley's own black bean dip served with an appetizer cheese quesadilla. \$4.50

ARTICHOKE PARMESAN DIP- **WITH FRENCH BREAD** Our artichoke parmesan dip is made with garlic, mayonnaise, Dijon mustard and parmesan cheese, served with warm French bread. \$5.50

COLD SANDWICHES

Chicken Pinenut Salad - Made with lemon-shallot mayo, with lettuce & tomato on French bread \$ 8.75

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

Roasted Turkey - Slices of our own perfectly seasoned baked turkey breast, with cucumber, tomato, horseradish, mayo, lettuce and red onion on whole wheat \$8.00

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. \$6.00

Egg Salad - Served with soy-sunflower seeds and sprouts on whole wheat \$ 6.00

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

MAKE IT A BAG LUNCH WHICH INCLUDES COOKIE, POTATO SALAD, FRUIT CUP - \$4.50

HOT SANDWICHES

Grilled Chicken Sandwich- Grilled boneless chicken breast with the days marinade, served on a crusty bun, with roasted red pepper butter, lettuce, tomato and scallions. \$ 8.75

Grilled Portobello Sandwich - Marinated Portobello mushroom grilled and served on Italian stirato roll, W/ roasted red pepper & lettuce \$ 8.25

Smoked Turkey & Swiss Melt - Thinly sliced smoked turkey served on toasted rye with lettuce, tomato, mayo, Dijon mustard and melted Swiss Cheese \$ 9.25

Balsamic Tofu Sandwich - Balsamic-marinated tofu, spinach, red onion, pepperoncini, & vegannaise on toasted, seeded demi-baguette \$ 8.75

Tofu Burger - Vegetarian tofu and vegetable patty toasted and served on a sandwich bun with mayo, lettuce and tomato \$ 7.75

Walnut Burger - A seasoned walnut & cheese patty, served on a rustic sandwich bun with mayo, lettuce and tomato \$ 9.25

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 Grilled Cheese- \$5.75 add tomato .50, add avocado 1.25

Smoked Provolone & Roasted Tomato - Slices of locally made smoked provolone and oven roasted tomato served on a stirato roll with our basil pesto mayo. \$8.50

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 chips and choice of mild, medium or hot salsa

Basic Burrito - Refried Beans, Mexican white cheese, tomato & onion 5.50

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

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 \$ 8.50

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 \$ 7.00

Black Bean & Quesadilla - Large flour tortilla folded over refried beans, Mexican white cheese, tomato, scallions, black olives - served with salsa and sour cream \$7.00

Chicken Quesadilla - Just like the Cheese Quesadilla, but filled with cheese and salsa chicken \$ 8.50

Sweet Potato & Bean Burrito - oven roasted sweet potatoes, black beans, Mexican rice, and guacamole \$7.00

Black Bean Tostadas - Two crisp-toasted corn tortillas with black beans, cheese, tomato, scallions, black olives and lettuce - served with salsa and sour cream \$7.00

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 \$8.50, with portobello \$8.50, with chicken \$10.50)

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 \$4.95 made with soy milk

Strawberry Yogurt Smoothie \$4.95

Blueberry Smoothie \$4.95

Peach Smoothie \$4.95

Mango Banana Smoothie \$4.95 made with soy milk

Five Fruit Smoothie \$4.95 made with soy milk

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

Carrot Juice, small \$2.50, Lg 3.50

Carrot Blend (celery, parsley, beet, apple, cucumber and/or ginger) sm \$3.25, Lg 4.25

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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