



# BREAKFAST

Add bacon or sausage to any item below +1.25/pc

- Capital City Breakfast Sandwich** 5.95  
Fresh egg, bacon, Wisco aged cheddar, sriracha-tomato spread, & spinach served on a Barriques rosemary cheddar scone.
- Chorizo Huevos Wrap** 5.95  
Scrambled eggs, chorizo, Barriques black bean salsa, potatoes & Wisconsin aged cheddar cheese in a flour tortilla.
- Avocado Jack Wrap** 5.95  
Scrambled eggs, pepper jack cheese, tomato, avocado, & spinach in a flour tortilla. (VG)
- Breakfast Sandwich** 2.75  
Fresh egg with Wisco aged cheddar served on a Barriques breakfast roll. (VG) Upgrade your bread to a rosemary cheddar scone for \$1.00
- Crustless Quiche** 3.95  
Personal sized, homemade fresh egg quiche. Choose Ham & Swiss or Veggie
- Granola & Milk** 3.95  
A big bowl of Barriques granola served with milk.
- Chobani Yogurt Parfait** 4.25  
Vanilla Greek yogurt with blueberries & raspberries topped with Barriques granola.

# MARKET BOWLS

- The Wingra** - Bacon-braised brussel sprouts, apple, dried cranberries, smoked almonds, greens & maple-balsamic vinaigrette. (DF)(GF) 9.95
- The Sugar River** - Pesto marinated fresh mozzarella, roma tomato, garlic edamame, toasted pine nuts & maple-balsamic vinaigrette. (GF)(VG) 8.95
- The Winter Waubesa** - Curry roasted cauliflower, lightly pickled shredded beets, sunflower, pumpkin and sesame seeds, greens & tahini dressing. (GF)(DF)(V) 8.95
- The Mendota** - Black bean-corn-pepper salsa, avocado, tomato, greens & chipotle-ranch. (GF)(VG) 7.95
- The Kegonsa** - Spiced chickpeas, cucumber-tomato relish, marinated carrots, greens & lemon-basil vinaigrette. (DF)(GF)(V) 7.95

## CHOOSE A BASE

- |   |  |  |
|---|--|--|
| <b>Fresh Greens</b><br>blend of spring mix, spinach & romaine | <b>Power Grains</b><br>wild, red & long-grain brown rice, split peas & sprouted amaranth | <b>Mixed Quinoa</b><br>red, white & black quinoa |
|---|--|--|

- ADD**
- |                                |                         |
|--------------------------------|-------------------------|
| Herb Roasted Chicken.....1.75  | Crumbled Feta.....0.75  |
| Smoked Pulled Pork.....2.00    | Wisco Cheddar.....1.00  |
| Balsamic Glazed Tofu..... 1.50 | Avocado.....1.25        |
| Bacon.....1.25                 | Barriques Roll.....0.50 |

# SANDWICHES & WRAPS

Served with Zapp's potato chips or mixed greens

Substitute a cup of soup +2.50

- California Turkey** 8.45  
Smoked turkey breast, romaine, tomato, avocado, with lemon-tarragon mayo on Clasen's artisan sourdough.
- Pork Quesadilla** 8.55  
Pulled pork, pepper jack, Wisconsin aged cheddar, sautéed peppers & onions with a side of chipotle ranch.
- Power Burrito** 8.25  
Power grains, pepperjack cheese, chicken, black bean salsa, romaine, & chipotle ranch in a flour tortilla.
- Roast Beef Melt @ Fitchburg Only** 8.55  
Shaved roast beef with melted Wisconsin aged cheddar, horseradish mayo, & tomato on a Barriques onion roll.
- Chucky Tuna** 7.45  
Barriques tuna salad, Wisconsin aged cheddar, and tomato on Clasen's artisan sourdough.

- Greek Quesadilla** 7.95  
Marinated artichokes, roasted red peppers, greek olives, spinach, feta and mozzarella with a side of tzatziki sauce. (VG)  
add herb chicken for 1.75

- Pesto Grilled Cheese** 7.95  
Boursin Cheese, Wisconsin aged cheddar, spicy kale-basil pesto & tomato on toasted Clasen's artisan sourdough. (VG)

- BBQ Chicken Ranch Wrap** 7.45  
Barbecue roasted chicken with tomato, bacon, spinach, & ranch in a flour tortilla.

# SNACKS

- The Mediterranean Experience** 8.75  
Red pepper hummus and olive tapenade served with grilled pita, marinated artichokes, feta, red peppers, tomato, & zucchini. (VG)
- The Mini Med** 5.45  
Red pepper hummus and olive tapenade served with grilled pita, red peppers, tomato, & zucchini. (VG)

# SOUPS & CHILI

Served with a Barriques roll. Chili available seasonally.

- |                    |                     |
|--------------------|---------------------|
| Soup cup.....3.75  | Chili cup.....4.65  |
| Soup bowl.....4.75 | Chili bowl.....5.75 |

(DF) - Dairy Free (GF) - Gluten Friendly (V) - Vegan (VG) - Vegetarian

Monroe—284-9463 // Middleton—824-9463 // Fitchburg—277-9463 //  
West Wash—268-6264 // Old Sauk—828-9502 // Park St—819-6787 //  
Atwood—286-1500 // University —709-1164 //  
www.barriquesmarket.com

PICK ONE

