



The Beanery



CAFE *and* BAKERY

.....
301-737-0777 or order online www.thebeaneryandcafe.com

Starters

Good for Sharing, great for meals

MEDITERRANEAN PLATE

Daily hummus, roasted peppers, mixed olives, gigante beans, assorted veggies, & olive oil \$11

AVOCADO TOAST

Avocado spread on toast with sliced avocado, cumin, shaved root veggies, kale and a sprinkle of chia seeds \$9

Add Egg .75 Add Smoked Salmon \$2.95

SOUP OF THE DAY SMALL \$4 LARGE \$6

Wraps

All items come with your choice of bean salad, kale slaw, Beanery house salad

AVOCADO TURKEY WRAP

Sliced Avocado, Turkey and tomato with mixed greens and a lemon mustard aioli. \$9.5

THE EARTHY CHICKPEA

Chickpea mash with mixed greens, avocado, red onions and tomatoes \$10

SALMON WRAP

Baked salmon and goat cheese with mixed greens, tomatoes, and spicy mayo. \$12

HARVEST CHICKEN WRAP

Chicken, thick cut bacon and our favorite cranberry chutney wrapped in a garlic tortilla with mixed greens. \$10

Daily Quiche w/ Petite Salad \$8.5

Salads

Add the following protein to any salad: Chicken \$4, Lump Crab \$6, Salmon \$5.5

VEGAN KALE CAESAR

House-made vegan caesar dressing with "parmesan" and crunchy chickpeas. \$11

WINTER SALAD

Mixed bed of greens and kale topped with goat cheese, candied pecans, blueberries, avocado, hemp seeds and acai dressing \$11

THE BEANERY HOUSE

A blend of greens and arugula tossed in extra virgin olive oil and seasoned with a dash of sea salt, topped with tomatoes, cucumbers and shaved parmesan.

WHOLE \$8.5 HALF \$5

Paninis and More

All items come with your choice of bean salad, kale slaw or Beanery house salad

CHESAPEAKE GRILLED CHEESE

Cheddar cheese and swiss with lump crab and spicy mayo and a dash of old bay. \$10.5

CUBAN

Cuban pork, ham, pickles, mustard and swiss cheese on a baguette, pressed until golden brown \$9

CHICKEN BACON GRUYERE

Chicken breast with thick cut bacon, tomato jam and gruyere pressed on brioche bread \$8.5

THE PBC

A twist on a classic! Peanut Butter, Cheddar and our house blueberry jam toasted on our brioche. \$9

Sandwiches

All items come with your choice of bean salad, kale slaw or Beanery house salad

TUNA SALAD

House made tuna salad on a fresh baked croissant with greens. \$6.50

BEET REUBEN

Thick sliced marbled rye, sauerkraut, vegan cheese, and house sauce \$9

THE CALI

Toasted sunflower multigrain with hummus, avocado, cucumbers, roasted red peppers, arugula, onion, and tomato \$8.75

Breakfast All Day

Breakfast sandwiches served with arugula salad. All sandwiches come on croissants, upgrade to a bagel for \$1

THE MEATLESS ITALIAN

Egg, tomato, gruyere with arugula, house pesto and balsamic glaze \$5.50

NO FRILLS

Bacon, egg and cheddar \$5.50

TOASTED BAGEL \$2.25

Add Cream Cheese .75

Add Bacon & Cream Cheese 1.75

BAGEL & LOX

Toasted and smeared with cream cheese and capers \$7.95

SWEET & SAVORY CHIC

Chicken, egg, bacon, strawberries, gruyere and arugula \$6

THE BEAN-RITO!

Egg, ham, onion, avocado, tomato jam, and greens \$6

FRUIT PARFAIT

Greek yogurt layered with house made granola, fruit, honey and chia seeds to start your morning off right! \$6

MORNING OATS

Oats with brown sugar, walnuts and berries \$3.75

Breakfast Quiche of the Day \$7.25

Served till 10:30am

Protein Packed Smoothies \$9

All shakes contain at least 25g of Protein, 1B CFU of probiotics, 5.4 g of BCAA's and a full serving of super foods and greens!

Choose your milk: Soy, Coconut, Almond, Cashew, Whole, 2% or Skim

Choose your flavor

CHOCOMINT

Our signature smoothie with chocolate protein, almond butter, pure peppermint extract and raw cacao nibs

MATCHA MIA

Vanilla protein blended with energizing green tea matcha powder, and Madagascar vanilla

THE ELVIS

Chocolate protein, peanut butter, bananas and raw cacao nibs

BEANERY'S BEET

Our Vanilla Protein with beets, kale and strawberries!