

breakfast plates

made to order recipes
available mon thru fri 8am - 10:30am

40 east breakfast 10.95

double egg*, bacon, chicken sausage, or chickpea chorizo^{PB}, with breakfast potatoes, & barrio house toast or corn tortillas^{GF}

vanilla bean pancakes (2) 8.95

vanilla bean crème, manzanilla syrup, & horchata whipped cream
add: banana or strawberries +1.25 ea.

croque la monica 9.95

cage free sunnyside egg*, pressed croissant, béchamel queso, roasted carnitas, fresh herbs, pink onion, & breakfast salad or potatoes

focaccia french toast & berries 9.95

cinnamon focaccia, fresh berries, & house-made manzanilla tea syrup

charro breakfast burrito 9.95

cage free egg, local tortilla, cheese, breakfast potatoes, & salsa
add: avocado +1.95 **add: bacon** +1.95 ea.
bandera style red, green, & béchamel sauces +2.95

steak & eggs - keto^{KF,GF} 15.95

sliced ny strip*, two cage free eggs*, gremolata, & breakfast salad
add: breakfast potatoes +3.95

vegan keto egg bites^{PB,KF,GF} 9.95

two just egg keto bites, chickpea chorizo, vegan cheese, avocado, spinach & mushroom, peppers & micro greens

chef carlotta's tamal breakfast^{GF}

choice of classic or vegan tamal recipe, two cage free eggs*, & potatoes
classic recipes: beef, pork carnitas, chicken tomatillo or corn 11.95
vegan recipes & just egg^{PB}: hola hemp[®] verde or jackfruit red chile 13.95

omelette tartines

cage free egg, barrio house toast, & breakfast salad or potatoes

the house three cheese, house herbs 11.95

la bandera red, green, & béchamel queso sauces 12.95

the lost deli smoked salmon*, capers, onion & goat cheese 14.95

add to the house or la bandera omelettes:

add: chickpea chorizo^{PB} or bacon +1.95 ea

responsible burgers™

our better tasting, better for the planet, responsible burgers™ are a perfectly grilled blend of 70% grass-fed beef & 30% shitake mushroom

morning market 14.95

brioche bun, fried egg*, responsible burger*, american cheese, charro sauce, lettuce, tomato & onion and served with frenched fries or house slaw & cornichon pickle

keto court 14.95

zero bun, responsible burger*, goat cheese, sunnyside egg*, bacon & avocado on wilted spinach with roasted peppers and served with cornichon pickle

add: double responsible patty* +5.95 **sub: vegan beyond burger & cheese^{PB}** +3.95

sides:

2 eggs 3.95 salsa .95 avocado 1.95 fruit 3.95 toast 1.95

breakfast potatoes or fries^{PB} 3.95 corn tortillas^{GF} 1.95

bacon, turkey sausage, or chickpea chorizo^{PB} 3.95 ea.

select recipes: sub egg whites +1.95

or vegan just egg & vegan cheese^{PB} +3.95

lunch plates

made to order recipes
available monday thru friday

brussels & carne seca 9.95^{KF,GF}

brussels tossed with el charro carne seca, queso cotija & lime zest

freebird chicken & fries 10.95^{GF}

crispy corn flour cage free chicken tenders, house sauces, spicy cornichon pickles & frenched fries

barrio goddess salad 10.95

red leaf & mixed greens, torn barrio bread, avocado, heirloom tomato, corn, cucumber, tucson goddess dressing, pink onion, & cotija cheese

add: chicken +4.95 **steak, salmon, or shrimp** +6.95

pasadena street salad 10.95^{PB,GF}

chopped iceberg & napa, parsley, slivered almond, fried rice noodle, orange, sesame, & agave poppy dressing

add: chicken +4.95 **salmon or shrimp** +6.95

city bowl^{GF}

black & brown rice, avocado, roasted brussels, pink onion, mango & fresno glaze with optional choice of protein:

vegan 9.95

add: chicken +4.95 **steak, salmon, or shrimp** +6.95

austin's brown bag 9.95

tuna salad, chicken salad, egg salad, or b.i.t.

overstuffed sandwich recipe choice on barrio grains seed bread with choice of pasta, potato salad, or fruit

add: potato chips +1.85

grilled cheese & today's soup 8.95

barrio grains seed bread, american cheese, & cup of today's soup

add: roasted tomato or poblano +.95 ea. **add bacon** +1.95 ea.

barrio baguettes

warm barrio bread sandwiches choice of house salad or frenched fries

chicken pesto 12.95

three cheese, spinach, basil, cilantro pesto mayo, & roasted sweet peppers

short rib dip 13.95

beef short rib, melted three cheese, onion & mushroom duxelles, & rosemary ancho au' jus

school garden hero^{PB} 13.95

eggplant & calabacitas, panko, olive oil, house red sauce, vegan mozzarella, spinach, basil, & roasted sweet peppers. *note: we donate \$1 from each school garden hero sold to the uofa & tUSD school garden program*

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the jules* 14.95

delux focaccia, 3 cheese blend, grilled onion, arugula, & dijon mayo

corner market* 14.95

brioche bun, american cheese, charro sauce, pickle, lettuce, tomato & onion

keto court* 15.95

zero bun, goat cheese, sunnyside egg*, bacon & avocado on wilted spinach

add sunnyside egg* +1.95 **double responsible patty*** +5.95

substitute vegan beyond burger & vegan cheese^{PB} +1.95

sides: fruit +1.95 mashed or fries, salad, or soup +3.95

PB plant-based GF gluten free KF keto friendly

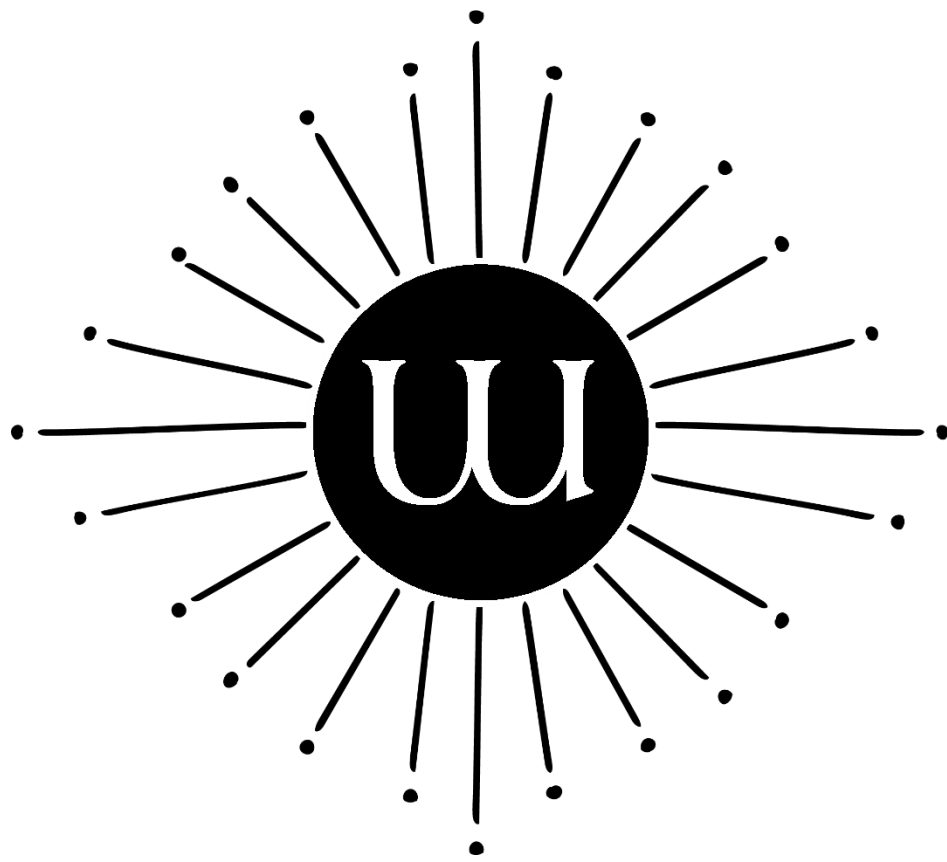
*Note: eating raw or undercooked proteins can cause certain food borne illnesses and we are not a facility without known allergens and cannot guarantee against cross contamination. We cook with grass-fed beef, cage-free eggs, natural chicken, sustainable seafood, and source local produce & ingredients whenever possible. Recipes and content subject to availability & prices are subject to change without notice.

Group events & caterings are subject to a 20% gratuity fee. Sorry, we do not warranty 3rd party app delivery orders. © 2.22.2022 Flores Concepts, LLC

our fresh pantry recipes & pizzas are also available for takeout,
please call or stop by for our daily recipe rotation

the monica

the pantry pizzas salads chili pastas grab n' go & more barrio breads



happier hours monday thru friday 3-6 pm weekend brunch sat & sun 8am-3pm

*please call or visit us for our daily pantry, pizza, & weekend brunch recipes

takeout menu*

dinner plates

made to order recipes

shareables

panecito 9.95
bread plate of warm barrio delux focaccia, rosemary & olive tapenade, goat cheese, olive oil, balsamic, roasted garlic & wilted spinach

brussels & carne seca 9.95 ^{KF, GF}
brussels tossed with el charro carne seca, queso cotija & lime zest

albondigas béchamel 11.95
meatball trio to share, béchamel queso, seared mushroom, onion, duxelles, & barrio bread crostini

mini chimis banderas 10.95
green chile cheddar chimis in red, green, & béchamel queso sauces

freebird chicken 10.95 ^{GF}
crispy corn flour cage free chicken tenders, house sauces, spicy cornichon pickles & frenched fries

entrées

each served with wilted spinach, wild grain rice, and choice of frenched fries or mashed potatoes with french onion gravy

short rib rústico ^{GF} 18.95
braised short rib* & rosemary ancho au'jus

steak or chicken a la monica ^{GF} 18.95 / 16.95
pan seared ny strip steak* or chicken breast, au poivre peppercorn sauce

salmon citrón ^{GF} 18.95
seared salmon*, citrus chimichurri, & shaved lemon

sides: mashed or fries, salad, or soup +3.95

pasta & salads

enjoy any pasta and salad with a protein add on of:
add: chicken +4.95 steak, salmon, or shrimp +6.95

tia's pasta 11.95 ^{PB}
vermicelli fideo pasta, chickpea chorizo, braised portobello, kalamata, artichoke, roasted tomato, sauce of olive oil gremolata
no grains recipe with wilted spinach ^{GF} +1.95

barrio goddess salad 10.95
red leaf & mixed greens, torn barrio bread, avocado, heirloom tomato, corn, cucumber, tucson goddess dressing, pink onion, & cotija cheese

pasadena street salad 10.95 ^{PB, GF}
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www.themonicatucson.com