

breakfast plates

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

40 east breakfast 11.95

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

vanilla bean pancakes (2) 11.95

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

croque la monica 13.95

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

tomatillo huevos rancheros^{GF} 12.95

fresh tomatillo pesto, two cage free eggs over easy*, roasted heirloom tomato salsa, corn tostadas, charro refritos, pink onion & cilantro
add: chicken +5.95 shrimp +6.95 steak or salmon +7.95

focaccia french toast & berries 12.95

cinnamon crisp 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 +2.95 ea.
bandera style red, green, & béchamel sauces +2.95

keto egg bites! (plant-based)^{PB,KF,GF} 13.95

two just egg keto bites, chickpea chorizo, vegan cheese, avocado, wilted 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 carnisas, chicken tomatillo or corn 12.95
vegan recipes & just egg^{PB}: hola hemp® verde or jackfruit red chile 14.95

always @ the pantry: the monica cold bar
selection of fresh salads, fruit, yogurt,
granola & overnight oats
2.95 each or 3 for 8.95

steak & eggs - keto^{KF,GF} 19.95

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

omelette tartines

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

the house three cheese, house herbs 13.95

la bandera red, green, & béchamel queso sauces & cotija 14.95

the lost deli smoked salmon*, capers, onion & goat cheese 15.95

add to the house or la bandera omelettes:
add: chickpea chorizo^{PB} or bacon +2.95 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

the jules* 16.95

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

corner market* 15.95

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

double keto court* 18.95

double patty, goat cheese, sunnyside egg*, bacon & avocado on wilted spinach

add sunnyside egg* +1.95 double responsible patty* +5.95 bacon +2.95

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

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, chicken

sausage, or chickpea chorizo^{PB} 3.95 ea. select recipes: egg whites +1.95

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

barrio toasts

house-baked barrio grains bread with super seeds, sourdough, & choice of recipes: avocado & arugula 10.95, peanut butter, banana & granola 8.95, smoked salmon citrus 12.95, goat cheese, balsamic & beets 9.95

lunch plates

made to order recipes
available monday thru friday

city bowl 9.95^{PB, GF}

black & brown rice, avocado, roasted brussels, pink onion, mango & fresno glaze, plant-based or add choice of protein:
add: chicken +5.95 shrimp +6.95 steak or salmon +7.95

keto chicken & artichoke skewers (3)^{KF, GF} 14.95

chicken, artichoke, peppers, zucchini, olive tapenade, & goddess sauce

brussels & carne seca 13.95^{KF, GF}

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

barrio goddess salad 9.95

choice of creamy goddess dressing or burgundy vinaigrette
red leaf & mixed greens, barrio bread croutons, avocado, heirloom tomato, corn, cucumber, pink onion, & cotija cheese
add: chicken +5.95 shrimp +6.95 steak or salmon +7.95

austin's stuffed sandwiches 10.95

choice of: tuna salad, chicken salad, egg salad, or b.i.t.
overstuffed sandwich recipe choice on house baked barrio grains seed bread with choice of pasta, potato salad, or fruit add potato chips +1.85

pasadena street salad 9.95^{PB, GF}

chopped iceberg & napa, parsley, slivered almond, crispy rice noodle, orange, sesame, & agave poppy dressing
add: chicken +5.95 shrimp +6.95 salmon +7.95

spicy freebird chicken sandwich 14.95

crispy corn flour chicken, brioche, chipotle honey slaw, & frenched fries

grilled cheese & today's soup 10.95

barrio grains seed bread, american cheese, & cup of today's soup
add: roasted tomato or poblano +.95 ea. add bacon +2.95

freebird chicken & fries 13.95^{GF}

crispy corn flour chicken tenders, house sauces, & frenched fries

barrio baguettes

warm barrio bread sandwiches choice of house salad or frenched fries

chicken pesto 13.95

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

short rib dip 14.95

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

school garden hero^{PB} 13.95

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

responsible burgers™

our better tasting, better for the planet, responsible burgers™ are a blend of 70% grass-fed beef and 30% shitake mushroom perfectly grilled and served with frenched fries or house slaw & cornichon pickle

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. ©8.22.2022 Flores Concepts, LLC

daily pantry bowls

rotate monday thru friday & weekends after brunch

monday & wednesday

bbq chicken rice bowl 13.95
prickly pear bbq chicken with black beans, grilled vegetables & peppers over mesquite rice

tuesday & thursday

tucsonyaki chicken & rice 14.95
a tucson teriyaki with mesquite rice & vegetables

friday, saturday, & sunday

quesabirria rice bowl 15.95
adobo marinated beef, fresh cilantro, onion, & queso over black beans & cilantro rice

our house baked pastries and desserts are also available for takeout, please call or stop by for our daily recipe rotation

www.themonicatucson.com | 40 e. congress | 520.645.1922

the monica

hand-pulled pizzas made with az barrio bread grains **five cheese** 12.95
blend of asiago, parmesan, fontina, provolone, fresh mozzarella & house sauce

la margherita 13.95
heirloom tomato, basil, mozzarella & house sauce

meatball margherita 14.95
grass-fed albondiga beef meatballs

pepperoni & mozzarella 14.95
add hot honey drizzle +1

barrio & burrata 14.95
barrio pizzezza, creamy burrata, roasted tomato, arugula, olive oil gremolata & balsamic

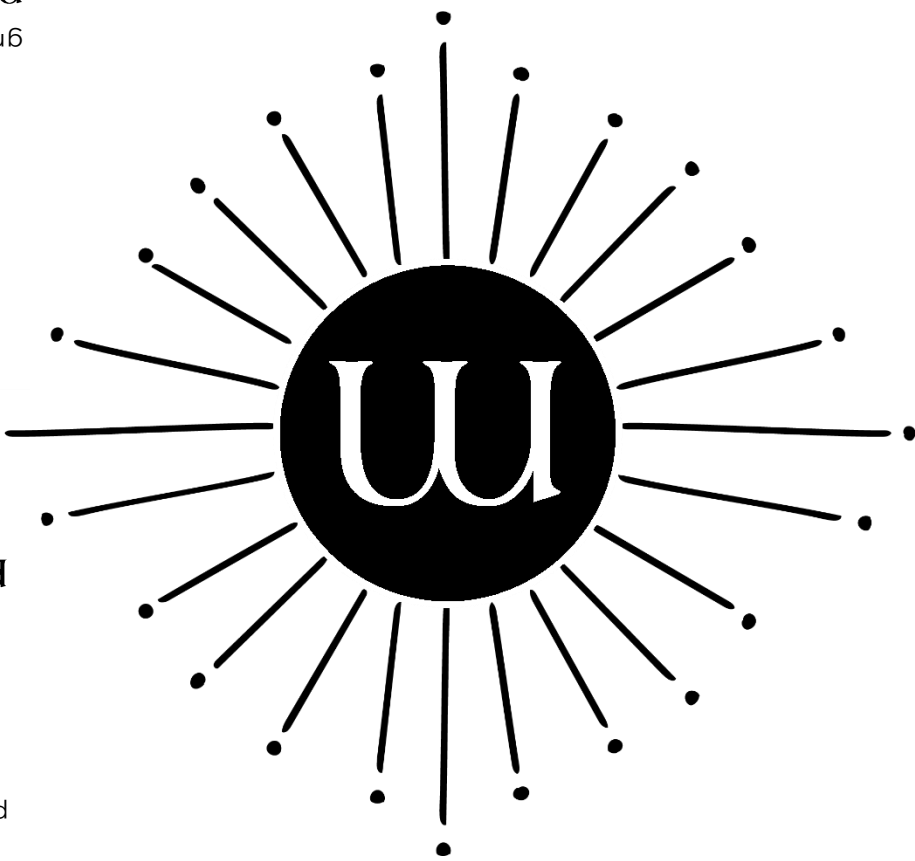
the charrovida PB 14.95
plant-based cheese, chickpea chorizo, mixed peppers, mushroom, & house sauce

don's the g.o.a.t. 14.95
goat cheese, fig, rosemary, arugula & balsamic

carne seca blanca 15.95
el charro carne seca, four cheese blend, grilled onion, poblano, & sautéed mushroom

prickly pear bbq chicken 14.95
prickly pear bbq sauce, mozzarella, fresh cilantro, & pink onion

add a house salad for \$5.95



#madewithlove
takeout menu*

happier hours
mon – fri 2-6 pm
\$2 off a lot of stuff!

weekend brunch
sat & sun 8am-3pm

the pantry
pizzas, salads, bowls, chili, & grab n' go

and always featuring
barrio breads & barrio grains
by don guerra

dinner plates

made to order recipes

shareables

panecito 10.95
bread plate of warm barrio delux focaccia, rosemary & olive tapenade, goat cheese, olive oil, balsamic, roasted garlic & wilted spinach

brussels & carne seca 13.95 ^{KF, GF}
brussels tossed with el charro carne seca, queso cotija & lime zest

keto chicken & artichoke skewers (3) ^{KF, GF} 14.95
chicken, artichoke, peppers, zucchini, olive tapenade, & goddess sauce

mini chimis banderas 12.95
green chile cheddar chimis in red, green, & béchamel queso sauces

freebird chicken 13.95 ^{GF}
crispy corn flour cage free chicken tenders, house sauces, spicy cornichon pickles & frenched fries

cauliflower & corn nuts ^{GF} 11.95
crispy cauliflower & corn nuts, tapatio & agave glaze, with goddess sauce

barrio chips & dips 12.95
spinach & artichoke dip, crispy barrio bread chips, charro house salsa

entrées

each served with wilted spinach, wild grain rice, and housemade mashed potatoes with french onion gravy

short rib rústico ^{GF} 22.95
braised short rib* & rosemary ancho au'jus

ny steak or chicken a la monica ^{GF} 24.95 / 18.95
pan seared ny strip steak* or chicken breast, au poivre peppercorn sauce

salmon citrón ^{GF} 22.95
seared salmon*, citrus chimichurri, & shaved lemon

pasta & salads

enjoy any pasta and salad with a protein add on of:
add: chicken +5.95 shrimp +6.95 steak or salmon +7.95

tia's pasta 15.95 ^{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 9.95
choice of creamy goddess dressing or burgundy vinaigrette
red leaf & mixed greens, barrio bread croutons, avocado, heirloom tomato, corn, cucumber, pink onion, & cotija cheese

pasadena street salad 9.95 ^{PB, GF}
chopped iceberg & napa, parsley, slivered almond, fried rice noodle, orange, sesame, & agave poppy dressing

responsible burgers™

our better tasting, better for the planet, responsible burgers™ are a blend of 70% grass-fed beef and 30% shitake mushroom perfectly grilled and served with frenched fries or house slaw & cornichon pickle

the jules* 16.95

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

corner market* 15.95

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

double keto court* 18.95

double patty, goat cheese, sunnyside egg*, bacon & avocado on wilted spinach

add sunnyside egg* +1.95 **double responsible patty*** +5.95 **bacon** +2.95

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

sides: fruit +2.95 mashed or fries, salad, or soup +4.95

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

www.themonicatucson.com | 520-645-1922