

The NATIONAL

LUNCH / TAKEAWAY MENU

CALL AHEAD!

GIVE US A RING
(414) 431-6551
OUR HOT SANDWICHES ARE COOKED FRESH AND TAKE TIME. THANKS FOR YOUR PATIENCE.

839 W. NATIONAL AVE., MILWAUKEE 53204
(414) 431-6551 FAX (414) 431-6552 WWW.NATIONALEATS.COM

BREAKFAST

OMELET OR TOFU SCRAMBLE   \$8/TOFU \$9

Two organic, cage-free eggs or seasoned tofu with choice of three of the following: cheddar, provolone, goat or feta cheese, ham, bacon, scallions, tomatoes, spinach, onions, zucchini and peppers. Served with toast.
- Egg whites also available for \$.75.
- Extra egg \$1.00 extra.
- Sub fruit for \$1.00 extra.

BREAKFAST BURRITO   \$9/TOFU \$9.5


Vegan black bean spread, peppers, onions, cheddar cheese. Really big! Served with salsa and avocado.

FRENCH TOAST  \$7

Potato bread, and a Saigon cinnamon batter. Served with real Wisconsin maple syrup.


BREAKFAST SLIDER Ham, bacon or spinach, egg, and cheddar cheese on a bagel or croissant \$5

*** FAV * FRENCH TOASTWICH** \$8
Ham and honey nut cream cheese sandwiched in our french toast. Served with real Wisconsin maple syrup.

VEGETARIAN TOASTWICH Cranberry-nut bread in Saigon cinnamon batter with bananas and orange marmelade cream cheese  \$8

GRANOLA AND YOGURT  \$2.5/5

Granola and a variety of flavored yogurts and fruits.

FRESH FRUIT BOWL with yogurt  \$6

SAMMIES AND WRAPS

ALL SANDWICHES SERVED WITH BLUE CORN CHIPS, AND BLACK BEAN DIP OR HUMMUS.

SUB FRESH FRUIT, SMALL SOUP OR SALAD ADD \$1

BLACK BEAN SANDWICH  \$8

House-made chipotle black bean spread on multigrain bread with leaf lettuce, red onion, tomato, and avocado.

HUMMUS WRAP  \$8

House-made black olive hummus, cucumbers, carrots, tomatoes, red peppers, and greens in whole wheat wrap.

ULTIMATE HAM AND CHEESE \$8.5

Ham and Beechwood's Mango Peno cheese on Vienna bread. Served with mango catsup for dipping.

GROWN-UP GRILLED CHEESE  \$7

Wheat bread with cheddar, goat cheese, tomato, and Italian seasoning. Add bacon for \$1.50

*** FAV * ASIAN TUNA SANDWICH** \$10
Sesame crusted ahi tuna with sauteed organic shitake mushrooms, Braise RSA watercress, and wasabi mayo on a Kaiser roll.

OVEN ROASTED TURKEY CLUB \$9

Roasted Turkey, local-farm bacon, lettuce, tomato, red onion, Beechwood's garden jack cheese and mayo on an herb bollo roll.

PESTO CHICKEN SANDWICH \$8

Grilled chicken, housemade walnut pesto, provolone cheese, lettuce and tomato on a Kaiser roll.

DOOR CTY. CHERRY & CHICKEN SALAD WRAP \$8.5

Chicken, Door County dried cherries, fresh tarragon, lemon, walnuts, and mayo, rolled up with spring greens and tomato in a whole wheat wrap.

COFFEE



Artisan roasted coffee from our friends at Metropolis Coffee Company in Chicago and Anodyne Coffee Co. in Bay View.

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|------------------------------|--------|
| HOUSE CUP | \$4.25 |
| COFFEE TO GO (12 OZ) | \$4.5 |
| COFFEE TO GO (16 OZ) | \$4.7 |
| ICED COFFEE (16 OZ) seasonal | \$2 |
| COFFEE REFILL | \$5 |

ESPRESSO

1 SHOT/2 SHOTS
ESPRESSO \$1.5/\$1.75

CAPPUCCINO \$2.5/\$3
straight espresso with textured milk

LATTE \$3/\$3.25
espresso made with steamed milk, textured

MOCHA \$3.25/\$3.75
espresso made with steamed milk and hot fudge, topped by foamed milk

AMERICANO \$2
straight espresso with hot water

1 SHOT/2 SHOTS

RED EYE \$2/\$2.5
coffee and espresso

MACCHIATTO \$1.85/\$2
espresso "marked" with foamed milk

BREVE \$3.25/\$3.75
straight espresso with half and half


CON PANNA \$1.75/\$2
straight espresso with whipped cream

CAFÉ AU LAIT \$2.75
coffee and steamed milk

ITALIAN MELT \$8.5
*** FAV *** Locally-made salami, red onion, tomato, provolone cheese, and olive tapenade on vienna bread.

THE YOUNG TURK \$8
Turkey with orange-marmelade cream cheese on a cranberry bread with lettuce and tomato.

WALNUT BURGER  \$8.5
Made at the Trempealeau Hotel, served with roasted garlic mayo, lettuce, tomato on a Kaiser roll.

VEGETARIAN MUFFALETTA  \$8
Olive tapenade, provolone and goat cheese, red peppers, spinach and tomato on a Kaiser roll.

BLACK BEAN AND MANGO QUESADILLAS \$8
House-made black bean dip, mango jalapeno cheese, and mangoes grilled in a whole wheat wrap
Add chicken for \$1

COFFEE



LET US CATER YOUR NEXT EVENT!
CALL 414.431.6551 FOR DETAILS

SPECIALS AND FUN ABOUNDS ON OUR TWITTER & FACEBOOK PAGES!
SEE NATIONALEATS.COM FOR LINKS

SPECIALTY DRINKS

MEXICAN MOCHA \$3.75

FROSTED MOCHA \$3.75

MOCHA BLANCO \$3.75

ORGANIC CHAI LATTE \$3 (12 OZ) \$3.50 (16 OZ)

STEAMER \$2.25

HOT COCOA \$2.45 (12 OZ) \$2.25 (16 OZ)

TEA / ICED \$2.25

ICED AND BLENDED DRINKS

ICED LATTE \$3/3.25

ICED MOCHA \$3.25/3.75

ICED AMERICANO \$2

ICED ORGANIC CHAI LATTE \$3 (12 OZ) \$3.50 (16 OZ)

ITALIAN SODA \$2.5

FRAPPE \$3.75
chocolate, vanilla, or caramel

ORGANIC FRUIT SMOOTHIE \$4

SODAS AND FRUIT JUICES ALSO AVAILABLE

COFFEE



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FREE DELIVERY FOR ORDERS OVER \$100

CALLING ALL ARTISTS
SELL YOUR CRAFTS AT THE NATIONAL
EMAIL EMILY@NATIONALEATS.COM


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SOME OF OUR LOCAL VENDORS:
What makes our food so good?


| | |
|---------------|---------------------------------|
| Braise RSA | Walker's Square Farmer's Market |
| Simple Soyman | West Allis Farmers Market |
| Verns Cheese | Outpost Foods Cooperative |
| Spice House | Wisconsin Honey Cooperative |

SALADS

TOP OFF YOUR SALAD Add Chicken \$2.5 or Tuna Steak \$4

GARDEN SALAD  \$7
Grape tomatoes, red onions, carrots, red peppers, cucumbers, and pumpkin seeds and on mixed greens with house-made balsamic dressing

DRIED FRUIT AND NUT SALAD  \$8
Dried fruit, nuts and feta cheese on a bed of baby spinach with our balsamic dressing

LEMON CAPER TUNA STEAK SALAD  \$10
Sesame crusted tuna steak, tomatoes, carrots, cucumbers, red onion and goat cheese on mixed greens with lemon caper dressing.

SOUP HOUSEMADE WITH ROLL
Truly house-made soups with local, farm-raised and sustainable ingredients. Each day features a special, inventive and delicious creation!

\$4 - 12 OZ OR \$5 - 16 OZ

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VEGAN OPTION AVAILABLE
VEGETARIAN
VEGAN