

~ **Breakfast Bowls** ~

Açaí Bowl (Ah-sigh-ee)*

Acai, strawberries, and banana blended w/ apple juice, and topped with a big scoop of granola and sliced strawberries & bananas. A delicious vitamin and mineral rich, filling meal. \$5.75

Yogurt Bowl - \$4.50

A mix of fresh cut fruit served over yogurt topped with a scoop of granola.

Comes with: Apples, Strawberries, Grapes & Bananas

Oatmeal Bowl- \$3.25

Organic Oatmeal (daily varieties)

Comes with honey, maple syrup or Agave Nectar and brown sugar (if desired) Add Fruit (strawberry, apples & cinnamon, bananas, raisons, walnuts),

Soy Milk or Yogurt .50¢ each

Sol Bean Cereal- \$3.75

Your choice of milk & granola, topped with strawberries & bananas.

~ **Smoothies** ~ 20 oz. - \$4.75

Berry Bliss

Mixed Berries; strawberries, blueberries & raspberries w/ banana and apple juice

Mangolicious

Mango, Banana, and pineapple with OJ

Tropical Splash

Pineapple, strawberry, banana & OJ

Specialty Smoothies Made with Organic Rainforest Berries:

Açaí (Ah-sigh-ee)* \$5.00

A Brazilian berry with extraordinary amounts of Vitamin A and rich with minerals such as calcium, phosphorus and iron blended with banana, strawberry and apple juice

Cold Blaster \$5.25

Acerola Berry, an Amazon Cherry containing over 1000 mg. of Vitamin C, blended with banana, strawberries and orange juice

Warrior \$5.25

A blend of acai*, Amazon Cherry, Banana & apple juice

**Blended w/ guarana a natural caffeine*

Berry Strong \$7.00

High Energy, Organic Super Fruits, + Protein and 1400% Daily Vitamin C, açaí, acerola, strawberry, blueberry, raspberry, banana & mango blended with skim milk and choice of protein powder

* NOW offering SMOOTHIE BOOSTERS *See insert for choices.*

~ **Fresh Squeezed Juices** ~

12 oz. - \$3.65 20 oz. - \$4.50

Green Fuel

Energy rich & cleansing made with cucumbers, celery, spinach and kale.

Lemon Zinger

Cucumber, spinach, kale, apple & lemon (for those who find an all green juice a little too green)

Cuke Cooler

Cucumber, apple, ginger, pear and grape. Refreshing & Nourishing.

Sol Bean Splash

Carrot, apple, orange, ginger- invigorating & replenishing.

Garden Harvest

Carrot, celery, beet, and kale. An energizing drink with a full batch of vitamins and minerals.

Detox

Carrot, celery, beet and hot pepper (some like it hot)

Apple Twist

Apple, orange, pear, lemon & lime - sweet and delicious

Tango

Carrot, apple, beet, lemon and ginger

~ **Wheatgrass** ~

Nature's Perfect Multi-Vitamin. One ounce is equal in nutritional value to over 2 lbs. of vegetables. Cleansing, detoxing and energizing. Have a shot alone or add to a veggie juice.

1 oz. - \$2.25 2 oz. - \$4.00

B.Y.O.V (Bring Your Own Veggies) Program

Bring your own veggies & we will juice them for you. Skip having to clean the juicer. \$2.00 service charge.

**Please note Sol Bean reserves the right to refuse spoiled vegetables.*

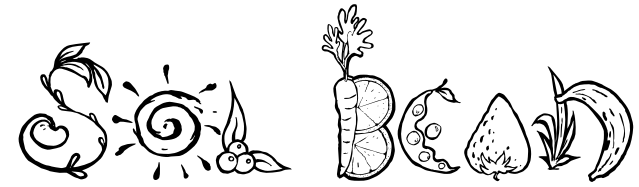


Kids Menu: (12 and under please)

PB&B:

Peanut Butter sandwich with bananas and a drizzle of honey \$3.50
The classic PB&J is also available (add a drizzle of chocolate to make it extra yummy)

If you see it on our menu & your kids would like it, let us know & we will cater an item to your child's portions & taste.



Thank you for Voting us...
#1 Coffee Shop
#1 Restaurant for Lunch
#1 Restaurant for Takeout
#1 Restaurant for Breakfast

Relax Refresh Refuel



~ **Gourmet Coffee, Juice Bar and Healthy Eatery** ~

Sol Bean Café

119 S. Main Street
Middleton, MA



~ hours ~
Monday - Friday: 6:30 - 6
Saturday: 8 - 4
Sunday: 8:30 - 4:00

978.777.5900

Call ins welcome; Please call at least a half hour in advance for large orders.

www.SolBeanCafe.com

