

## ~ 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. \$6.25

### Yogurt Bowl - \$4.75

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) Sweeten w/ honey or Agave Nectar & brown sugar (if desired)

Add Ons: Fruit-choice of strawberry, banana, apple, (.50)

Dried blueberries, walnuts, yogurt, (.75)

or Rainforest or Goji Berry Granola (\$1.00)

### Sol Bean Cereal- \$4.25

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

## ~ Smoothies ~

20 oz. - \$5.25

12 oz. - \$4.50

### Berry Bliss

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

### Mangolicious

Mango, banana, pineapple and OJ

### Tropical Splash

Pineapple, strawberry, banana and OJ

*Specialty Smoothies Made with Organic Rainforest Berries:*

### Açaí (Ah-sigh-ee) \$5.75, \$4.75

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 \$5.75, \$4.75

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

### The Warrior \$5.75, \$4.75

A blend of Acai, Acerola, Banana & apple juice

### Berry Strong \$7.00

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

\* NOW offering SMOOTHIE BOOSTERS \*See board for choices.\*



## ~ Fresh Squeezed Juices ~

12 oz. - \$4.50 • 20 oz. - \$5.50

### Green Fuel

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

### Lemon Zinger

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

### Cuke Cooler

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

### Sol Bean Splash

Carrot, apple, orange, ginger- invigorating and 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. -\$2.50 • 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 per juice.*

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



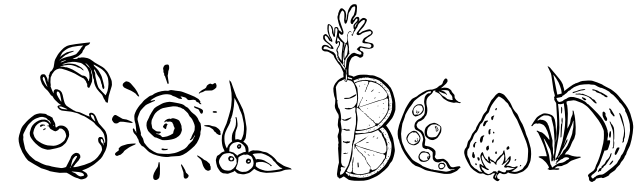
## Kids Menu: (12 and under please)

### PB&B:

Peanut Butter sandwich with bananas and a drizzle of honey \$3.95

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

Best Vegetarian  
 and  
 Best Coffee Shop  
 on The North Shore

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 in's welcome; Please call at least a half hour in advance for large orders.

[www.SolBeanCafe.com](http://www.SolBeanCafe.com)

Before placing your order, please inform your server if a person in your party has a food allergy.

Updated 03/30/11

## ~ Wraps ~

Served on your choice of Plain, Spinach, Tomato, Wheat or Garlic & Herb...\$6.70

### Humazing

A light, yet filling wrap with our own homemade hummus, tomato, sprouts, carrots, broccoli and cucumber

### The Olé

House black bean mix with avocado red onion, green leaf lettuce, tomato and jack cheese

### Annie's Avo

Lettuce, avocado, tomato, carrots, onion, alfalfa sprouts & havarti dill cheese

### The Delightful

Spinach, goat cheese, avocado, alfalfa sprouts, apples and pine nuts with raspberry vinaigrette

### Nutty Cran

Chicken salad w/ sliced apples, dried cranberries and walnuts, over spinach

### Chicken Básico

Chicken salad w/ lettuce, tomato and carrots

### Tuna Luna

Tuna salad on a bed of leaf lettuce, chopped sweet pickle relish, tomatoes, grated carrots and cheddar jack cheese

### Tuna Uva

Tuna salad on a bed of lettuce, grapes, carrot and sprouts

### Pepperjack Tuna

Tuna salad fresh ground pepper, jack cheese lettuce, sprouts, tomato and onion

### The Casa Bagel - \$6.50

Fresh Mozzarella, pesto, tomato, spinach (w/ avo \$7.25)  
(also great as a wrap or salad \$6.75)

## Sol Bean Caters

\*Ask us about our Wrap platters for parties & functions

## ~ Salads ~

Choose- Leaf lettuce, Spinach or both. Dress with New House Basil Lemonette, Raspberry Vinaigrette, Buttermilk Ranch, Balsamic Vinaigrette, Garlic Peppercorn or Honey Mustard

### Garden Express - \$6.50 (1/2 size \$4.75)

Carrots, tomatoes, shredded beets, cucumbers and sprouts

### Magnolia Pear Salad - \$7.25

Sliced Pears w/ walnuts, goat cheese

### Sol Bean Spinach Salad - \$7.25

Topped with dried cranberries, walnuts, gorgonzola, onion, olives and cucumber

### Costa Del Sol - \$7.25

A Mediterranean style salad with cucumbers, red onion, black olives, feta, carrots and croutons

### Apple Strawberry - \$7.75

Sliced Apples and strawberries, pine nuts, gorgonzola, cucumbers and avocado

### Summer Salad - \$7.75

Spinach, orange wedges, apple slices, avocado, havarti dill cheese, sunflower seeds & mixed sprouts

### Life Passion Salad - \$7.25

Dried apricots, celery, carrots, flax seeds, raisins & sunflower seeds. (Great as a wrap too)

### Deluxe: w/ avo & goat cheese - \$7.95

### Lucy's Blu - \$7.75

Dried blueberries, goat cheese, cucumber, pistachios and avocado.

\*Add a scoop of protein to any salad to create a healthy meal that will fill you up, without bringing your energy down.

Scoop of Home Made Hummus - \$1.25

Our Own Black Bean Mix - \$1.25

Avocado - \$1.75

Chicken or Tuna Salad - \$2.00

Grilled Chicken - \$2.25

\*\* Many Gluten Free Options Available \*\*

## ~ Coffee ~

- ☞ fresh brewed from our private roaster
- ☞ loose leaf teas
- ☞ lattes
- ☞ iced coffee and teas

## ~ Soups & more... ~

2 - 3 choices daily (seasonal)

Cup - \$3.75 Bowl - \$4.95 (add jack cheese \$.50)

**Bagels: \$1.50/ \$2.12 w/ cream cheese**

(add \$.75 P.B., \$.50 Jelly)

**Breakfast Bagels \$3.95 (add meat, \$1.00)**

Made with Organic Eggs or Egg Whites Spinach, onions, tomato and cheese

**Ham B-Fast Bagel** The Original, with Ham

**Plain Egg and Cheese Bagel**

**Greek Style Bagel** w/ Egg, spinach, tomato and feta

**Humazing Bagel \$4.50** Great breakfast or light lunch.

Bagel w/ hummus, tomato, carrots & lettuce.

**Peanut Butter & banana Bagel Sandwich \$3.95**

(Add a drizzle of chocolate or honey to make it extra delicious)

## ~ Paninis ~

\* Paninis are made to order. We recommend calling ahead if you are in a hurry.

\***Turkey or Ham - \$6.70\*\***

Tomato, Jack cheese and honey mustard

\***Meg Melty - \$6.75**

Avocado, Grilled Chicken, Tomato, Shredded Jack Cheese with a drizzle of honey mustard. A hot wrap pressed on our panini grill.

\***Grilled Chicken Panini - \$6.70\*\***

All natural Grilled chicken, pesto, tomato, onion and American cheese

**Tuna Melt - \$6.70\*\***

Our delicious tuna salad melted with American cheese, onion and tomato

**Pesto Grilled Cheese - \$5.50\*\***

Pesto, tomato and muenster cheese  
or

**Vegan Style a la Sarah - \$6.70**

Tomato, spinach, vegan cheese, avocado and onion

**Basic Grilled Cheese - \$4.25**

Add Tomato, .75

\*\* (Add Avo to any Panini - \$1.00)

Check our facebook page for regular specials!

