

## PANINIS GF\*

Choice of freshly baked AJ King Multigrain or Sourdough bread; Ezekiel or Locally-Made GF Bread +.75; add avocado +2, house-made vegan, nut-free pesto +.75, side kale chips +4

Cheese choices : Muenster, Cheddar, American, Pepper Jack, Swiss, Mozzarella (locally made), or Vegan

**TURKEY PANINI** turkey, tomato, cheddar, honey mustard 10.45

**MEG MELT** a pressed wrap with avocado, tomato, grilled chicken, jack cheese, honey mustard 10.45

**GRILLED CHICKEN PANINI** grilled chicken, pesto, tomato, onion, American cheese 10.45

**TUNA MELT** tuna salad, American cheese, onion, tomato, watermelon radish 10.45

**PESTO GRILLED CHEESE** pesto, muenster cheese, tomato, red onion 8.25 V

**TURKEY or TOFU REUBEN** organic turkey, Finlandia Swiss, local kraut, spiced thousand island 10.45 V+ Tofu Reuben can be made vegetarian – just ask!

**VEGAN EGG PANINI** house-made vegan chickpea and coconut yogurt egg frittata topped with tomato, spinach, vegan cheese and vegan caramelized onion aioli 8.35 V

**VEGAN STYLE A LA SARAH** tomato, spinach, vegan cheese, avocado, onion 9.95 V

**JANELLE'S POWER SANDWICH** egg whites, spinach, tomato, pesto, on Ezekiel Bread 7.95 GF V

**THE CASA PANINI** local mozzarella, pesto, tomato, spinach 9.85 add avocado +2 V

**SUNNY DAY BURRITO** warm pressed burrito with roasted sweet potato, Cuban black beans, avocado, brown rice, tamarind chutney, pepper jack, served with pico de gallo & sour cream 10.85 V

**EGG & CHEESE PANINI** 7.35 add spinach +.75, tomatoes +.25, onions +.25 V

**SOL EGGS & GREENS** eggs, cheese, sautéed greens, garlic aioli 9.85 V

**VEGGIE BURGER** sweet potato-black bean burger, vegan thousand island, cheddar or vegan cheese, tempeh bacon, crispy shallots, avocado, tomato, greens, brioche bun, side of BBQ kale chips 14.10 V

**1/2 PANINI & CUP OF SOUP** 10.85

## TOASTS GF\* V

**HARDBOILED EGG JUBILEE** pesto, artisan greens, topped with diced hardboiled egg, avocado 8.35

**NUT BUTTER** banana, honey, choice of house-made peanut, almond, or chocolate hazelnut butter 7.85 N add strawberries +.50

**SMASHED AVOCADO** toasted sunflower seeds 8.95 add pico +.75, add an extra avocado +2

## WRAPS GF\*

Choice of plain, spinach, wheat, or Gluten Free wrap; add avocado +2, house-made vegan, nut-free pesto +.75, side kale chips +4

**new SOL BEAN GYRO STUFFED PITA** house made tzatziki, cucumber, tomato, red onion, feta, artisanal greens, choice of chicken or falafel 12.50

**HUMAZING** house-made hummus, tomato, sprouts, carrots, broccoli, cucumber 9.55 V

**THE OLÉ** Cuban black bean mix, avocado, onion, artisan greens, tomato, jack cheese 9.55 V

**ANNIE'S AVO** artisan greens, avocado, tomato, carrots, onion, alfalfa sprouts, dill Havarti cheese 9.55 V

**THE DELIGHTFUL** spinach, avocado, alfalfa sprouts, whipped rosemary goat cheese, apples, sunflower seeds, house balsamic-raspberry vinaigrette 9.55 V

**NUTTY CRAN** chicken salad with sliced apples, walnuts, dried cranberries, spinach 9.95 N

**CHICKEN BÁSICO** chicken salad, artisan greens, tomato, carrots 9.95

**TUNA LUNA** tuna salad, artisan greens, monterey jack, chopped sweet pickle relish, tomatoes, carrots 9.95

**PEPPERJACK TUNA** tuna salad, pepper jack cheese, artisan greens, onion, sprouts, tomato 9.95

**JIVE TURKEY** turkey, avocado, jack cheese, onions, tomato, artisan greens, garlic aioli 9.95

**HOUSE-MADE FALAFEL** falafel, hummus, avocado, artisanal greens, cucumber, tomato, onion, zesty vegan ranch 9.55 V

## SOUPS Ask about our soup of the day!

cup 5.75 / bowl 7  
add a ½ slice of AJ King Artisanal Bread +.75

**HOUSE LENTIL** organic lentil soup GF V

**CHICKEN SOUP** house-made

**1/2 PANINI + CUP OF SOUP** 10.75

## SOL KIDS GF\* V

**PB&B** peanut butter, bananas and a drizzle of honey 5.95 N add strawberries +.50

**CLASSIC PB&J** 5.95 N

**GRILLED CHEESE** the classic 5.95

**QUESADILLA** cheese, nutritional yeast 6.75 add spinach +.75, chicken +2 or house grain mix +1.50

**KIDS ACAI BOWL** seasonal fruit, granola 6.50 N

**KIDS YOGURT BOWL** seasonal fruit, granola 5.95 N

**SOL BEAN NICE CREAM** seasonal fruit, granola 5.95 N

**SOL BEAN KIDS MEAL** choice of kids sandwich, quesadilla or yogurt bowl + a juice box + chips and choice of sliced grapes, apples, sliced carrots or raisins 8.25

## BALANCED BOWLS GRAINS & GREENS

choice of grains: brown rice, quinoa or mixed; substitute herbed-lime cauliflower rice +1

**CAULIFORNIA** cauliflower rice, house-made falafel, artisanal greens, watermelon radish, tamarind chutney, pico de gallo, roasted garlic hummus, roasted sunflower seeds, cilantro-mint vinaigrette 13.45 V

**STREET CORN GRAIN BOWL** street corn salad, black bean mix, pico de gallo, avocado, sweet potatoes, artisanal greens, sprinkle of cohita cheese over your choice of grains with chipotle citrus dressing 13.45 V

**THAI** choice of grains, bok choy, roasted sweet potatoes, pineapple, oranges, carrots, bean sprouts, edamame, crispy shallots, tamari almonds, herbs, coconut tahini sauce, topped with roasted chicken or marinated tofu 15.85 V\* N

**MEDITERRANEAN BOWL** choice of grains, hummus, falafel, spinach, tomato, cucumber, onion, crispy chickpeas, olives, feta, choice of dressing 13.35

**THE ALCHEMY BOWL** choice of grains, artisanal greens, hardboiled egg, roasted sweet potatoes, crispy shallots, avocado, roasted garlic hummus, honey-rosemary vinaigrette 13.35 V

**BALI BOWL** choice of grains, sautéed greens, lentil stew, dill Havarti, avocado, shredded carrots, crispy shallots 13.35 V

**TA-KETO BOWL** cauliflower rice, artisanal greens, spinach, pico de gallo, avocado, sour cream, jack cheese, choice of grilled chicken or chicken salad 16.05

## SALADS

**GARDEN EXPRESS** artisanal greens, carrots, tomatoes, shredded beets, cucumbers, broccoli, sprouts 9.35 / 1/2 size 7.55 V

**APPLE STRAWBERRY** sliced apples, strawberries, sunflower seeds, goat cheese, cucumbers, avocado, artisanal greens 12.35 V add grains +2

**SOL BEAN COBB** artisanal greens, hardboiled egg, avocado, dill Havarti, crispy chickpeas, Cuban black beans, edamame, tempeh bacon 13.85 V

House made dressing choices: Rosemary & Local Honey Vinaigrette, Raspberry Balsamic Vinaigrette, Zesty Vegan Ranch, House Lemonette, Chipotle Citrus or Cilantro-Mint Vinaigrette

*add to any balanced bowl or salad...*

local egg + 2.25 • frittata egg + 2.50 • egg whites + 2.50  
marinated tofu + 4 • tempeh bacon + 3  
roasted free range chicken + 4 • edamame + 1.50  
hummus + 2.50 • avocado + 2 • falafel + 2  
roasted chickpeas + 2 • extra dressing + 1.25

# Sol Bean

## JUICE BAR & KITCHEN



Northshore Magazine Reader's Choice  
Best Juice Bar & Best Vegetarian Restaurant

Open Daily  
9 AM - 6 PM

221 South Main Street, Middleton

www.SolBeanMiddleton.com  
978.777.5900

Follow us!



Fuel your Heart and Sol

GF = Gluten Free V = Vegetarian NF = Nut Free N = Contains Nuts  
GF\* = May be modified to be Gluten Free by substituting a Gluten Free wrap or bread  
V\* = May be modified to be Vegetarian with the substitution of a Vegetarian protein

## COLD-PRESSED JUICES GFV 12oz

Our cold-pressed juices deliver clean, vibrant and energizing nutrition to fuel your "sol".

\*Selection is subject to change based upon availability

**GREEN FUEL+** cucumber, celery, kale, spinach, parsley, lemon, E3 live 10

**LEMON ZINGER** cucumber, spinach, kale, lemon ginger, apple 9

**MAUI SUNRISE** pineapple, apple, lime, ginger, mint 9

**HEART BEET** beet, carrot, apple, lemon, ginger 9

**SOL BEAN SPLASH** carrot, apple, orange, ginger, turmeric 9

**GOLDEN GREENS** pineapple, cucumber, celery, kale, spinach, ginger, mint 9

## HEALTH SHOTS GFV

**GINGER** 2oz 4.50

**GINGER TURMERIC** 2oz 4.50

**FIRE SHOT** ginger, turmeric, apple cider vinegar, lemon, honey, cayenne pepper 2oz 4.50

**ELDERBERRY SHOT** elderberries, honey, apple, cinnamon, clove, lemon, ginger 2oz 4.50

**WHEATGRASS** nature's perfect multi-vitamin, one ounce is equal in nutritional value of over 2 lbs. of vegetables - cleaning, detoxing & energizing 1oz 3.25 / 2oz 4.25

## FRESCAS GFV 12oz

**HIBISCUS PUNCH** herbal blend of elderberries, grapes, currants, rosehips, hibiscus, and rooibos 5.25

**GINGER TURMERIC FRESCA** lemon, ginger, turmeric, agave, filtered water 5.25

## Want a custom juice?

Ask our team members for more information!

**GF** = Gluten Free **V** = Vegetarian **NF** = Nut Free **N** = Contains Nuts  
**GF\*** = May be modified to be Gluten Free by substituting a Gluten Free wrap or bread  
**V\*** = May be modified to be Vegetarian with the substitution of a Vegetarian protein

Before placing your order, please inform your server if someone in your party has a food allergy. 9/22

## Sol Bean Nice Cream

house-made, gluten free, vegan N  
made with all natural superfood ingredients\*

SMALL 5 • LARGE 6

### SUNDAES

Choice of vanilla, chocolate or seasonal Nice Cream

**GRANOLA & FRUIT** choice of granola, strawberries, bananas, apples, grapes 8 / 9 N

**CHOCOLATE** topped with chocolate bark, chocolate hazelnut butter, raw brownie bites, sliced strawberries 9.25 / 10.25 N

**SALTED CARAMEL** salted caramel sauce, cookie dough crumbles, sliced banana 9.25 / 10.25 N

#### ADD:

Strawberries +1.50

Bananas +1.00

Granola +1 N

Peanut Butter +1.75 N

Cookie Dough Crumbles, Raw Brownie Bites or Chocolate Bark +1.75

Chocolate Hazelnut Butter or Salted Caramel Sauce +2.25 N

\*Sol Bean Nice Cream contains nuts! Before placing your order, please speak with our staff if you have a nut allergy

## ADD TO ANY SMOOTHIE OR SMOOTHIE BOWL

Coconut Flakes + 1.50

Honey + 1

Chlorella + 1

Spinach +1.25

Dates +1.50 for 2

House-Made

Peanut Butter + 1.75 N

House-Made

Almond Butter +1.75 N

House-Made Chocolate

Hazelnut Butter +2.25 N

Raw Cacao Nibs +1.50

Maca Root +1.50

Avocado +2

Kale +1.25

Vegan Protein Powder +2.25

Whey Protein Powder +2.25

Chia Seeds +1.50

Flax Seeds +1.50

Hemp Seeds +1.50

Mint Oil +.75

Blue Majik + 1.75

Organic Yogurt +2.00

Goji Berries +1.50

Sol Bean Nice Cream N

Just a Taste +2.50

2 Scoops +5

All our Smoothies and Juices are **Gluten Free & Vegetarian**  
Our Smoothie Bowls may be modified to be **Gluten Free** with the substitution of **Gluten Free Granola**.

## Sol Bean Smoothie Bowls

Granola choices: rainforest N, maple flax GF, NF and rotating special granola N

**THE ORIGINAL ACAI BOWL** Rainforest Alliance organic acai, topped with strawberries, banana, granola 12

**SUPER ACAI BOWL** topped with coconut, peanut butter, cacao nibs, granola, strawberry, banana 14.75 N

**PITAYA BOWL** pineapple, strawberries, coconut water topped with pineapple, strawberry, kiwi, coconut, granola 13

**COMBO ACAI & PITAYA BOWL** topped with pineapple, strawberries, banana, granola 13

**MANGO BOWL** mango, pineapple, banana, ginger, coconut water topped with strawberries, banana, kiwi, granola, coconut 12

**PLUMERIA BOWL** Acai or Pitaya Bowl topped with Sol Bean Nice Cream, strawberries, pineapple, green apple, granola, cacao nibs 14.75 N

**DIVI BOWL** half mango/half pitaya base topped with granola, pineapple, coconut, strawberries, banana 12.50

**HANG TEN** ride the blue wave with blended coconut water, guanabana, banana, and blue majik (a superfood blue green algae shown to increase energy, vitality and endurance) topped with kiwi, apple, pineapple, coconut, granola 13.25

**UNICORN BOWL** The Hang Ten + mango + acai base - topped with coconut, banana, strawberries, pineapple, granola 14

**THRIVE BOWL** our green smoothie bowl made with mango, pineapple, dates, banana, avocado, spinach, coconut milk, topped with granola, pineapple, coconut, honey drizzle 12

**CHERRY BOMB BOWL** made with strawberry, cherry, banana, cacao nibs, almond milk, topped with strawberries, almonds, cacao nibs, granola, dried cherries 13 N

**YOGURT BOWL** organic yogurt topped with strawberries, apple, grape, banana, granola 8.75  
**Vegan Option** with 4 oz. Coco June Vegan Yogurt 6.50

## SIMPLE SMOOTHIES (Kids' favorites) GF

12oz 6.50 / 20oz 9

**BERRY BLISS** strawberries, blueberries, raspberries, banana, apple juice

**MANGOLICIOUS** mango, pineapple, banana, orange juice

**TROPICAL SPLASH** pineapple, strawberry, banana, orange juice

## Sol Bean Smoothies GFV

substitute soy, almond or coconut milk +.80  
coconut water +2.50 in any Smoothie or Smoothie Bowl

## SUPERFOOD SMOOTHIES

**ACAI** acai berries, banana, strawberry, apple juice 12oz 8.50 / 20oz 9.50

**PITAYA** pitaya, blueberry, strawberry, banana, coconut water 12oz 8.75 / 20oz 9.75

**GINGERBERRY** acai, strawberry, banana, raspberry, cherry, ginger, orange juice 16oz 11

**BERRY STRONG** acai, strawberry, blueberry, raspberry, mango, almond milk, whey protein powder or vegan protein powder 24oz 12 N

**PURPLE RAIN** blueberries, banana, dates, almond butter, almond milk 16oz 11 N

**STRAWBERRY FIELDS** strawberries, banana, almond butter, almond milk, agave 16oz 11 N

**HYDRATE SHAKE** blue majik, banana, blueberries, coconut water, vanilla Sol Bean Nice Cream, flax - muscle recovery to the max 16oz 11.50 N

**BLUE AVO** blueberries, spinach, strawberries, avocado, almond milk 16oz 11 N

**GREEN LOTUS** cucumber, celery, kale, apple, spinach, lemon, flax seed, pineapple, mango, banana, agave, coconut water 24oz 12.75

**MINT CHOCOLATE CHIP** banana, raw cacao nibs, spinach, chlorella, mint oil, flax, date, almond milk 16oz 11 N

**FUNKY MONKEY** avocado, cashews, banana, peanut butter, dates, maca, hemp, almond milk 16oz 12 N

**THE HANNAH BANANA** banana, raw cacao, house-made peanut butter, agave, coconut water 16oz 11 N

**COLDBUSTER** carrot juice, mango, pineapple, strawberry 16oz 11

**TROPICAL COLADA** pineapple, mango, spinach, coconut butter, coconut water 16 oz 11

## Order Online

www.SolBeanMiddleton.com