

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 10.95

MEG MELT a pressed wrap with avocado, tomato, grilled chicken, jack cheese, honey mustard 10.95

GRILLED CHICKEN PANINI grilled chicken, pesto, tomato, onion, American cheese 10.95

TUNA MELT tuna salad, American cheese, onion, tomato 10.95

PESTO GRILLED CHEESE pesto, muenster cheese, tomato, red onion 8.75 V

TURKEY or TOFU REUBEN organic turkey, Finlandia Swiss, local kraut, thousand island 10.95 V+
Tofu Reuben can be made vegetarian – just ask!

VEGAN STYLE A LA SARAH V2 now with tofu - spinach, avocado, tofu, vegan cheese, pesto, tomato, onion 10.95 V

JANELLE'S POWER SANDWICH egg whites, spinach, tomato, pesto, on Ezekiel Bread 8.45 GF V

THE CASA PANINI local mozzarella, pesto, tomato, spinach 10.35 add avocado +2 V

SUNNY DAY BURRITO warm pressed burrito with roasted sweet potato, Cuban black beans, avocado, brown rice, Monterey jack cheese, pico, corn salsa, served with sour cream 11.35 V

EGG & CHEESE PANINI 7.85 add spinach +.75, tomatoes +.25, onions +.25 V

VEGGIE BURGER sweet potato-black bean burger, vegan thousand island, cheddar or vegan cheese, crispy shallots, avocado, tomato, artisanal greens, on a vegan roll 14.60 V

COMBO MEAL 1/2 panini and cup of soup 11.35

TOASTS GF* V

SMASHED AVOCADO mashed avocado, everything bagel seasoning, sprouts 9.40
add pico +.75, hard boiled eggs +2.25

HUMMUS TOAST hummus, sliced avocado, sprinkle of feta, sprouts 9.40

NUT BUTTER banana, honey, choice of house-made peanut, almond, or chocolate hazelnut butter 8.30 N
add strawberries +.50

HARDBOILED EGG JUBILEE pesto, artisan greens, topped with diced hardboiled egg, avocado 8.80

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

SOL BEAN GYRO STUFFED PITA house-made tzatziki, cucumber, tomato, red onion, feta, artisanal greens, choice of chicken or falafel 12.70

HUMAZING house-made hummus, tomato, sprouts, carrots, broccoli, cucumber 9.95 V

THE OLÉ Cuban black bean mix, avocado, onion, artisan greens, tomato, jack cheese 9.95 V

ANNIE'S AVO artisan greens, avocado, tomato, carrots, onion, alfalfa sprouts, dill Havarti cheese, honey rosemary dressing 10.50 V

THE DELIGHTFUL spinach, avocado, alfalfa sprouts, whipped rosemary goat cheese, apples, sunflower seeds, house balsamic-raspberry vinaigrette 10.50 V

NUTTY CRAN chicken salad with sliced apples, walnuts, dried cranberries, spinach 10.50 N

PEPPERJACK TUNA tuna salad, pepper jack cheese, artisan greens, onion, sprouts, tomato 10.75

CHICKEN BÁSICO chicken salad, artisan greens, tomato, carrots 10.50

TUNA LUNA tuna salad, artisan greens, monterey jack, chopped sweet pickle relish, tomatoes, carrots 10.75

JIVE TURKEY turkey, avocado, jack cheese, onions, tomato, artisan greens, garlic aioli 10.75

HOUSE-MADE FALAFEL falafel, hummus, avocado, artisanal greens, cucumber, tomato, onion, zesty vegan ranch 10.50 V

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

MAC 'N CHEESE 6.50 N

GRILLED CHEESE the classic 6.05

QUESADILLA cheese, nutritional yeast 6.85
add spinach +.75, chicken +2 or house grain mix +1.50

KIDS ACAI BOWL seasonal fruit, granola 6.75 N

KIDS YOGURT BOWL seasonal fruit, granola 6.25 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 8.35

Before placing your order, please inform your server in someone in your party has a food allergy. We process nuts in our facility. Our Nice Cream is also made with nuts.

BALANCED BOWLS GRAINS & GREENS

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

STREET CORN GRAIN BOWL street corn salad, black bean mix, pico de gallo, avocado, sweet potatoes, artisanal greens, sprinkle of cotija cheese over your choice of grains with chipotle citrus dressing 13.75 V

MEDITERRANEAN BOWL choice of grains, hummus, falafel, spinach, tomato, cucumber, onion, roasted chickpeas, olives, feta, choice of dressing 13.75

THE ALCHEMY BOWL choice of grains, artisanal greens, hardboiled egg, roasted sweet potatoes, crispy shallots, avocado, roasted garlic hummus, honey-rosemary vinaigrette 13.75 V

BALI BOWL choice of grains, spinach, lentil stew, dill Havarti, avocado, shredded carrots, crispy shallots 13.75 V

TA-KETO BOWL cauliflower rice, artisanal greens, spinach, pico de gallo, avocado, sour cream, jack cheese, choice of grilled chicken or chicken salad 16.25

SALADS

house-made dressing choices: Rosemary & Local Honey Vinaigrette, Raspberry Balsamic Vinaigrette, Zesty Vegan Ranch, Chipotle Citrus, or Honey Mustard

SIMPLE SIDE SALAD artisanal greens, shredded carrots, tomatoes, shredded beets, cucumber, broccoli, sprouts 6.50 V

APPLE STRAWBERRY sliced apples, strawberries, sunflower seeds, goat cheese, cucumbers, avocado, artisanal greens 15.50 V add grains +2

SOL BEAN COBB artisanal greens, hardboiled egg, avocado, dill Havarti, roasted chickpeas, Cuban black beans, edamame 15.50 V

add to any balanced bowl or salad...

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

SOUPS

Ask about our soup of the day!

cup 5.90 / bowl 7.15
add a ½ slice of AJ King Artisanal Bread +.75

HOUSE LENTIL organic lentil soup GF V

CHICKEN SOUP house-made

Sol Bean

JUICE BAR & KITCHEN

EST. 2006



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

PINK PASSION strawberry, orange, apple, pear, pineapple 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

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 12.75

SUPER ACAI BOWL topped with coconut, peanut butter, cacao nibs, granola, strawberry, banana, house-made chocolate heart 15.50 **N**

PINK DRAGON BOWL pineapple, strawberries, dragon fruit, coconut water topped with pineapple, strawberry, kiwi, coconut, granola 13.50

MANGO BOWL mango, pineapple, banana, ginger, coconut water topped with strawberries, banana, kiwi, granola, coconut 12.50

DIVI BOWL half mango/half acai base topped with granola, pineapple, coconut, strawberries, banana 13

UNICORN BOWL Blue Majik Nice Cream + mango + acai base - topped with coconut, banana, strawberries, pineapple, granola 15.25 **N**

THRIVE BOWL our Green smoothie bowl made with mango, pineapple, dates, banana, avocado, spinach, coconut milk, topped with granola, pineapple, coconut, honey drizzle 12.50

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

1 Scoop + 3

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 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 9 / 20oz 10

PINK DRAGON pitaya, blueberry, strawberry, banana, coconut water 12oz 9.50 / 20oz 10.50

GINGERBERRY acai, strawberry, banana, raspberrry, cherry, ginger, orange juice 16oz 11.50

BERRY STRONG acai, strawberry, blueberry, raspberrry, mango, almond milk, whey protein powder or vegan protein powder 24oz 12.50 **N**

TROPICAL COLADA pineapple, mango, spinach, coconut butter, coconut water 16 oz 11.50

PURPLE RAIN blueberries, banana, dates, almond butter, almond milk 16oz 11.50 **N**

STRAWBERRY FIELDS strawberries, banana, almond butter, almond milk, agave 16oz 11.50 **N**

HYDRATE SHAKE blue majik, banana, blueberries, coconut water, vanilla Sol Bean Nice Cream, flax - muscle recovery to the max 16oz 12 **N**

GREEN LOTUS cucumber, celery, kale, apple, spinach, lemon, flax seed, pineapple, mango, banana, agave, coconut water 24oz 13.25

FUNKY MONKEY avocado, cashews, banana, peanut butter, dates, maca, hemp, vanilla extract, almond milk 16oz 12.50 **N**

THE HANNAH BANANA banana, raw cacao, house-made peanut butter, agave, coconut water 16oz 11.50 **N**

COLDBUSTER carrot juice, mango, pineapple, strawberry 16oz 11.50

SIMPLE SMOOTHIES (Kids' favorites) GF

12oz 6.75 / 20oz 9.25

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

MANGOLICIOUS mango, pineapple, banana, orange juice

TROPICAL SPLASH pineapple, strawberry, banana, orange juice

Sol Bean Nice Cream N

CONTAINS NUTS. Our house-made vegan ice cream, made with superfood ingredients, including cashews.

Flavors: Chocolate, Vanilla or Blue Majik **N**
Top with house-made chocolate hazelnut butter 2.25, cacao nibs 1.50, chocolate heart 1.50

SCOOP OF NICE CREAM 3 **N**

SMALL NICE CREAM 5 **N**

CHOCOLATE SUNDAE Nice cream topped with chocolate hazelnut butter, cacao nibs & chocolate heart 10 **N**

GRANOLA AND FRUIT Nice cream topped with house-made granola, strawberries and bananas 8.50 **N**

ADD A SCOOP to any smoothie bowl for extra creamy deliciousness 3 **N**

Sol Bean Caters

Wrap Platters • Small Bites • Crudites
Large Salads and Grain Bowls
Smoothies • Mini-Acai Bowls
Large Cambros of Hibiscus Punch

Inquire for more information on our catering options.

Sol Bean opened in Middleton in May 2006. From our small space on 114 to our current location, we are dedicated to offering a delicious selection of healthy food options and freshly made juices. We strive to provide a well-rounded approach to healthy eating that emphasizes the importance of fresh, whole, superfood ingredients. We believe “good for you” food and beverages should be as delicious as they are nutritious. We are passionate about community involvement, customer service, including service to our team members. Thank you for all of your support. We are thrilled to be here these many years later.

CHECK OUT OUR MONTHLY SPECIALS
featuring local and seasonal ingredients

Order Online

www.SolBeanMiddleton.com

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