Signature Smoothies
Made with organic Rainforest berries:
Acai (Ah-sigh-ee)
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.

Gingerberry
Strawberries, banana, raspberries, cherries, acai, ginger and orange juice. Excellent source of antioxidants, vitamin C and aids in digestion. $8.90
Recommended add: Chia Seeds $1.25

Berry Strong
High energy, organic super fruits, plus proteins and acai, strawberry, blueberry, raspberry, banana and mango blended with skim milk and choice of protein powder. $8.90

Sweet Indulgence
Banana, peanut butter, espresso, chocolate syrup, vanilla and soy. When you want something sweet and energizing. $8.25

Find us on Facebook for specials, hour changes and more!

Superfood Smoothies
Made with ingredients considered to be superfoods because of their high vitamin and minertal contents and health giving properties. These smoothes serve as excellent meal replacements. They will fill you up and give you your daily dose of required nutrition.

Purple Rain
Blueberries, dates*, raw almond butter, banana, almond milk. Energy, anti-oxidant, protein rich. This sweet and delicious smoothie will make you feel like a Prince. $7.75

Strawberry Fields
Strawberries, banana, almond butter, almond milk, agave. There's no better snack than a handful of almonds. Enjoy this protein energy rich, brain food snack in a sweet, delicious, healthy smoothie. $8.25

Green Lotus
Cucumber, celery, kale, apple, spinach, lemon, flax seed, pineapple, mango, banana, agave, coconut water. Get your greens in this tasty whole foods smoothie. Hydrating, loaded with fiber and potassium, a green smoothie, as opposed to a juice is a complete food with all of the vegetable fiber in tact. Fiber benefits our elimination system and helps in the absorption of sugars. A satisfying 24 oz! $11.25

Mint Chocolate Chip
Banana, raw cacao nibs, spinach, chlorella, mint oil, flax, date*, almond milk. Filled with health supporting chlorella, anti-oxidants from raw cacao, rejuvenating date and soothing mint oil (aids in digestion), this smoothie is like having a creamy mint chocolate chip ice cream, except it's good for you. $7.75

Bunny Boost
Carrots, dates, spices, banana and soy milk. A custard favorite, drink like a bunny and enjoy this creamy, delicious, vitamin rich (A, B complex, K) smoothie. $7.75
Add a scoop of almond butter to make it more of a meal and increase protein and nutrient content for $1.50

Mango Pop
Mango, banana, pineapple, coconut water, mint oil. A refueling smoothie with the electrolytes of coconut water and the healthy fats of mango. $8.25

Blue Avo
Blueberries, spinach, strawberries, avocado and almond milk. An antioxidant power punch with Omega 3s, healthy fats, protein and more. A filling, healthy meal in a cup. $7.75

The Hannah Banana: Post-Workout Smoothie
Banana, raw cacao, peanut butter, agave, coconut water. Rehydrate (coconut water is more hydrating than Gatorade), replenish and refuel. Potassium in banana and coconut water helps to build muscles. $7.75
With espresso - add $7.50
For even more nutrition, also delicious with spinach - add $7.50

Tropical Colada
Coconut water, pineapple, mango, spinach, coconut butter. $8.25
Substitute kale for spinach.

Mango Colada
Mango, banana, watermelon, flax oil, chia seeds. A smoothie with all the benefits of a mango smoothie, plus the healthy fats and proteins of chia seeds. $8.25

TIP: Due to whole food nature of smoothies, it is recommended to pre-digest smoothies by slashing in your mouth before swallowing instead of your stomach doing all the work. Unless noted, Superfood Smoothies are 16 oz.

Smoothes
12 oz. $5.25 • 20 oz. $6.75

Berry Bliss
Mixed berries, strawberries, blueberries and raspberries with banana and apple juice.

Mangolicious
Mango, banana, pineapple and OJ

Tropical Splash
Pineapple, strawberry, banana and OJ

TIP: Kids love these smoothies. Add a handful of kale or spinach. We promise your children (and husbands) won't know the difference.

SMOOTHE BOOSTERS
Spinach, $0.75
Dates $1.25 for 2
Almond Butter $0.50
Flax Seeds $0.50
Raw Cacao Nibs $1.00
Hemp Seeds $1.25
Avocado $2.00
Kale $1.25
Substitute Soy or
Vegan Protein Powder $1.75
Almond Milk for Juice $1.75
Whey Protein Powder $1.75
Coconut Water $2.25

Blue Avo
Coconut water, pineapple, mango, spinach, coconut butter. $8.25
Substitute kale for spinach.

Rice Protein Powder $1.25
Chia Seeds $1.25
Almond Butter $0.50
Flax Seeds $0.50
Raw Cacao Nibs $1.00
Hemp Seeds $1.25
Avocado $2.00
Substitute Soy or
Vegan Protein Powder $1.75
Almond Milk for Juice $1.75
Whey Protein Powder $1.75
Coconut Water $2.25

Fresh Squeezed Juices
12 oz. $5.95 • 20 oz. - $7.75

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

Cake Cooler
Cucumber, apple, ginger, pear and grape.

Sol Bean Splash
Carrot, apple, orange, ginger – invigorating and replenishing.

Garden Harvest
Carrot, celery, brussel 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 and lime - sweet and delicious.

Tango
Carrot, apple, beet, lemon and ginger.

B.Y.O.V. (Bring Your Own Veggies)
Bring your own veggies and we will juice them for you. Skip having to clean the juicer. $2.00 service charge per juice.

Wheatgrass
Nature's perfect multi-vitamin. One ounce equals in nutritional value to over 2 lbs. of vegetables. Cleansing, detoxing and energizing. 1 oz. $2.75 • 2 oz. $4.90

Ginger Shot
1 oz. $1.95 • 2 oz. $3.90

SMOOTHIE BOOSTER BENEFITS
Chlorella: Like wheatgrass, chlorella provides a concentrated dose of chlorophyll, is a healthy fiber, restores a healthy pH level and helps to detox heavy metals and pesticides.
Dates: Anti-inflammatory, muscle re-building properties.
Raw Soaked Almonds: Excellent source of healthy protein, fiber and omega 3s.
Raw Cacao: Immune boosting, anti-oxidants and "bliss chemicals".
Maca Root: Helps to rebuild the immune system. Often suggested for those with Chronic Fatigue or hormone imbalances to improve homestasis and get back to functioning well. Increases energy and brain functioning.
Avocado: Healthy, Omega 3s for brain, heart health and optimal immune functioning.
Kale: Calorie for calorie, kale is more nutritious than any other vegetable and is rich in minerals such as iron and magnesium and is high in Vitamins A, C, K, B6.
Vegan Protein Powder: A more easily digestible and assimilated protein powder than its dairy counterpart. Ours is organic made with sprouted vegetables.

Whey Protein Powder: By popular demand, we carry this protein powder to build muscle mass.

Rice Protein: Easily digestible form of protein.
Flax Seeds: High in Omega 3s. Flax seeds are a good source of essential Fiber, they help with inflammation, protect against heart disease, cancer and diabetes, help to lower blood pressure and are a concentrated source of lignan phytonutrients.
Hemp Seeds: A healthy source of vegetarian protein that provides healthy fats, protein and omega 3s.
Mint Oil: Soothing, aids in digestion.
Chia Seeds: Ch-Ch-Ch-Ch-Chia! Yes those chia seeds are loaded with calcium, magnesium and iron and are a good source of Omega 3s, fiber, antioxidants and protein. Chia seeds, considered a superfood, have a mild, nutty flavor are easily digestible.

Thanks for voting us...
SOL BEAN CATERERS! Ask us about our wrap platters for parties and functions!

Wraps
Served on your choice of plain, spinach, tomato, wheat or garlic and herb wrap
Add avocado to any wrap for $1.25
Any wrap can be made into a salad or vice-versa

Humazing
A light, yet filling wrap with our own homemade hummus, tomato, sprouts, carrots, broccoli and cucumber. $7.75

The Olé
House black bean mix with avocado red onion, green leaf lettuce, tomato and jack cheese. $7.75

Annio’s Ave
Lettuce, avocado, tomato, carrots, onion, alfalfa sprouts and harradill dill cheese. $7.75

The Delightful
Spinach, goat cheese, avocado, alfalfa sprouts, apples and pine nuts with raspberry vinaigrette. $7.75

Nutty Cran
Chicken salad with sliced apples, dried cranberries and walnuts, over spinach. $7.75

Chicken Básico
Chicken salad with lettuce, tomato and carrots. $7.75

Tuna Luma
Tuna salad on a bed of lettuce, chopped sweet pickle relish, tomatoes, sprouts, carrots, and jack cheese. $7.75

Tuna Luna
Tuna salad on a bed of lettuce, chopped sweet pickle relish, tomatoes, green leaf lettuce, tomato and jack cheese. $7.75

Pepperjack Tuna
Tuna salad fresh ground pepper, jack cheese lettuce, sprouts, tomato and onion. $7.75

Jive Turkey
Turkey, avocado, jack cheese, onion, and tomato lettuce. $7.75

The Casa Wrap
Fresh mozzarella, pesto, tomato, spinach. $7.75

Add avocado - add $1.25

Salads
Choose leaf lettuce, spinach or both. Dress with our house basil lemonette, raspberry vinaigrette, buttermilk ranch, balsamic vinaigrette, garlic pepperoncini or honey mustard

Garden Express
Carrots, tomatoes, shredded beets, cucumbers, broccoli and sprouts. $7.15 • 1/2 size $5.25

Magnolia Pearl Salad
Sliced Pears with walnuts, goat cheese. $8.75

Sol Bean Spinach Salad
Topped with dried cranberries, walnuts, gorgonzola, onion, olives and cucumber. $8.50

Costa Del Sol
A Mediterranean style salad with cucumbers, red onion, black olives, feta, carrots and croutons. $8.50

Apple Strawberry
Sliced Apples and strawberries, pine nuts, gorgonzola, cucumbers and avocado. $9.35

Summer Salad
Spinach, orange wedges, apple slices, avocado, harradill dill cheese, sunflower seeds and mixed sprouts. $9.35

Life Passion Salad
Dried apricots, celery, carrots, flax seeds, raisins and sunflower seeds. (Great as a wrap too.) $8.50

Lucy’s Blu
Dried blueberries, goat cheese, cucumber, pistachios and avocado. $9.35

ADD ONSIDES to create a healthy meal that will fill you up, without bringing your energy down.
HOMEMADE HUMMUS - $1.50
Our own black bean mix - $1.90
Avocado - small $1.25, large $2.90
Chicken or tuna salad - $2.75
Grilled chicken - $3.00 • Quinoa - $3.00
Extra dressing - 75¢

Janelle’s Power Breakfast
Enjoy the original or add a drizzle of chocolate or honey to make it extra delicious. $4.50

Jenny’s Fussion Bowl
Organic tri-colored quinoa with blanched kale, crushed almonds, carrots, beets, broccoli, cranberries with homemade ginger tahini dressing. $8.25

Mexicali Bowl
Tri-colored organic quinoa, black beans, spinach, tomato, onion, jack cheese with house dressing. $8.25

Some like it hot: Ask for a dash of hot sauce. No charge.

Athena Bowl
Organic tri-colored quinoa, feta, hummus, olives, spinach, tomatoes, cucumbers, carrots. $8.25

Bali Bowl
Organic tri-colored quinoa, spinach, vegan lentil soup, avocado, dill, harissa, carrots. $9.25

A meal of vegetables and quinoa, or quinoa and beans, is a dieter's dream: high in vitamins, minerals and protein, while low in fat and calories.

DON’T FORGET ABOUT OUR ADD ONSIDES!
*Please note while quinoa is gluten free, some of the ingredients may not be or may have come in contact with gluten.
Please specify any allergies before ordering.

WE OFFER MANY GLUTEN FREE CHOICES...
including locally baked gluten free bread, salads, soups, desserts and other menu items.

Soups
2 - 3 choices daily (seasonal)
Small $4.25 • Medium $5.50 • Large $6.75
Add jack cheese for 50¢

Tuna Melt
Our delicious tuna salad melted with American cheese, onion and tomato. $7.75

Pesto-Glazed Cheese
Pesto, tomato and mozzarella cheese. $5.95

Basic Grilled Cheese
$4.50
With tomato - add 75¢

Veggie Melt
Spinach, broccoli, carrots, beets, tomato, Jack cheese and honey mustard on a pressed wrap. $7.75

Kids Menu
(12 and under please)
PB&G
Peanut butter sandwich with bananas and a drizzle of honey. $3.95

Classic PB&J is also available (add a drizzle of chocolate and/or strawberries to make it extra yummy)

Grilled Cheese
$4.50
If you see it on our menu and your kids would like it, let us know and we will cater an item to your child’s portions and taste.

Yogurt Bowl
A mix of fresh cut fruit drizzled over yogurt topped with a scoop of granola. Comes with apples, strawberries, grapes and bananas. $6.29 + 1/2 size $4.75

Oatmeal Bowl
Organic oatmeal. Sweetened with honey or Agave Nectar and brown sugar (if desired) $3.75

Add Ons: Fruit choice of strawberry, banana or apple - add 50¢
Dried blueberries, walnuts, yoghurt - add 75¢
Rainforest or Goji Berry Granola - add $1.50

Sol Bean Cereal
Your choice of milk and granola, topped with strawberries and bananas. $3.25

Bagels
$1.50 each • With cream cheese - add $7.94
With peanut butter - add $7.54 • With jelly - add 50¢

BREAKFAST BAGELS
Our delicious breakfast bagels (or even lunch) are made with organic eggs or egg whites. Add ham or turkey to any bagel for $1.30

The Original
Organic Eggs (or egg whites if requested), spinach, onions, tomato and cheese. $5.25

Plain Egg and Cheese Bagel
$3.00

Greek Style Bagel
With egg, spinach, olives, tomato and feta. $5.25

Humazing Bagel
Great breakfast or light lunch. Bagel with hummus, tomato, carrots and lettuce. $5.25

The Casa Bagel
Fresh mozzarella, pesto, tomato, spinach. $7.75
With avocado - add $1.25

Peanut Butter and Banana Bagel Sandwich
Enjoy the original or add a drizzle of chocolate or honey to make it extra delicious. $4.50

Janelle’s Power Breakfast
Egg whites, spinach, tomato and pesto on Ezekial bread. $5.25

Iced Coffee and House Brewed Iced Teas
Fresh brewed from our private roaster

Premium Loose Leaf Teas
Seasonal Lattes
Award Winning Cold Brewed Iced Coffee and House Brewed Iced Teas

Coffee & Teas