

SPRINGERS & ENERGIZERS

Spring Rolls (Fresh or Baked).....3.95

Hummus & Pita.....4.25

Soups: Tom Yum, Vegan Chili or Soup of the Day.....3.95

-----POWER GYROS-----

Roadside.....5.50
Chicken, Turkey or Tofu, Feta, Mango Salsa, Tzatziki Sauce, Mix Greens

California Veggie5.50
Chicken, Turkey or Tofu, Black Beans, Jasmine Rice, Pico de Gallo, Guacamoe, Red Cabbage

Baja Goodness5.50
Chicken, Turkey or Tofu, Feta, Chopped Tomatoes, Tzatziki Sauce, Red Cabbage

-----SNACKERS-----

Chicken & Cheese Wrap
Chicken, Cheddar Cheese, Honey Mustard, Tomato, Mixed Greens

Chicken, Black Bean, Rice Bowl.....5.00
Topped with Cheddar Cheese

Mini Caesar Wrap.....4.25
Chicken, Romain, Parmesan, Vegan Caesar Dressing

Beverages

Coffee.....small 2.75 large 3.25

Fruit Smoothies 16 oz.....6.95

Bottled Water.....2.25

LaCroix (variety flavors).....2.95

Soda (variety).....2.95

BREAKFAST

Classic Bacon, Egg, Cheese.....3.75
Eggs or your choice of scrambled tofu, turkey bacon, cheddar cheese

Smoked Sausage, Egg & Cheese.....4.95
Smoked Turkey Sausage, Eggs, Tomatoes, Cheddar Cheese

The Florentine.....4.95
Eggs or Choice of Scrambled Tofu, Fire Roasted Red Peppers, Goat Cheese, Saute'd Spinach

Tuscan Morning Wrap.....4.95
Eggs or your choice of scrambled tofu, mozzarella, tomatoes, fresh basil, balsamic vinegar, spinach

Southwest Breakfast Wrap.....4.95
Smoked Turkey Sausage, eggs or your choice of scrambled tofu, saute'ed pepers and onions, cheddar cheese

All wraps can be made as gluten-free sandwich +1

Add a regular coffee +1.50

Bacon Egg & Cheese Wrap: egg, nitrate-free bacon, cheddar cheese 4.95

Smoked Sausage, Egg, Cheese Wrap: smoked turkey sausage, egg, cheddar cheese, tomato 4.95

Egg & Spinach Bowl (GF): egg (or black beans), topped with goat or cheddar cheese on bed of spinach sautéed in coconut oil 4.95

Add chicken, nitrate-free bacon, or smoked turkey sausage +2

Apple Cinnamon Oatmeal 8oz 3.95 16oz 5.95

Muffin 2.95

STORE HOURS

MONDAY-FRIDAY

11 AM to 4PM

Delivery Available: 11 am- 2 pm



**701 Gervais Street
Suite #140
Columbia, SC 29201
Tel: 803-399.9797**

Order online: www.blackbeanco.com

Catering Available at
www.blackbeanco.com

KIDS MENU (*12 yrs & under)

SERVED WITH YOUR CHOICE OF SIDE

Kids Chicken & Cheese Wrap:

Chicken, Cheddar Cheese, Honey Mustard,
Tomato, Mixed Greens
5.00

Kids Chicken, Black Bean Rice Bowl

Topped with Cheddar Cheese
3.50

Kids Chicken, Black Bean Rice Bowl

3.50

SALADS

ADD YOUR CHOICE OF PROTEIN!

Chicken, Turkey, Tofu +2
Shrimp +3

Mandarin Salad: Mandarin Oranges, Mixed Greens, Scallions, Goat Cheese, Spiced Pecan with a Citrus Vinaigrette.....7.95

East Meets West: Mixed Greens, Olives, Tomatoes, Shitake Mushrooms, Feta Cheese, Watermelon Radishes, Sunflower Seeds, Rice Noodles, Ginger Soy Dressing
8.95

Caesar Salad: Romaine Lettuce, Croutons, Parmesan Cheese, Vegan Caesar Dressing
6.95

Strawberry Fields: Sliced Strawberries, Avocado, Mixed Greens, Spiced Pecans, Goat Cheese, Honey Lemon Ginger Vinaigrette.....8.95

Beet Salad: Chicken, Local Beets, Goat Cheese, Mandarin Oranges, Mixed Greens, Citrus Vinaigrette Dressing.....9.95

Baja Cobb: Chicken, Mixed Greens, Red Onion, Tomatoes, Avocado, Turkey Bacon Bits, Hard Boiled Eggs, Homemade Bleu Cheese Dressing.....9.95

PURE ENERGY WRAPS

Make IT A SALAD +2.00

CHOICE OF TOFU:

Plain, Italian, Southwest or Asian
SUBSTITUTE SHRIMP +3.00
Extra Sauce +.50

Beach Burrito: Roasted Chicken Breast, Black Beans, Rice, Fresh Guacamole, Mango Salsa, Mixed Greens.....8.95

Spring Street: Chicken, Turkey or Tofu, Hummus, Tomatoes, Cucumbers, Homemade Tzatziki, Mixed Greens.....8.95

Fresh Wrap: Chicken, Turkey or Tofu, Cucumbers, Homemade Tzatziki, Scallions, Mixed Greens.....7.95

Almost Summer: Chicken, Mandarin Oranges, Goat Cheese, Candied Almonds, Rice Noodles, Arugula, Raspberry & Citrus Vinaigrette.....8.95

Baja Style: Turkey, Spicy Goddess Sauce, Scallions, Jasmine Rice, Pico de Gallo, Guacamole, Mixed Greens.....8.95

Honey Turkey Bacon Ranch: Turkey, Smoked Turkey Bacon, Vermont Cheddar, Tomatoes, Sprouts Mixed Greens, Homemade Honey Mustard.....9.95

Black & Blue Wrap: Chicken, Turkey or Tofu, Blue Cheese, Avocado, Fig Balsamic Vinaigrette, Black Beans, Jasmine Rice, Mixed Greens.....8.95

Southwest Chicken: Roasted Chicken, Black Beans, Jasmine Rice, Sweet Corn, Roasted Tomatoes, Spicy Southwest Chipotle Sauce, Shredded Carrots, Parmesan Cheese, Mixed Greens.....8.95

The International Wrap: Turkey, Hummus, Goat Cheese, Gaucamole, Artichoke Hearts, Pico de Gallo, Mixed Greens, Spicy Goddess Sauce.....9.95

PURE VEGAN WRAPS

CHOICE OF TOFU:

Plain, Italian, Southwest or Asian

Green Beach Burrito: Black Beans, Jasmine Rice Mango Salsa, Guacamole, Roasted Tomatoes, Mixed Greens.....7.95

Super Asian: Asian Tofu, Shaved Carrots, Crispy Noodles, Candied Almonds, Edamame, Spinach, Hoisin Dressing.....7.95

Green Spring Street: Hummus, Tomatoes, Sprouts, Cucumber, Carrots, Banana Peppers, Mixed Greens.....7.95

Green Ginger Palmetto: Hearts of Palm, Sprouts, Cucumber, Tomatoes, Avocado, Mixed Greens, Ginger Soy Dressing8.95

Mega Veggie: Broccoli, Edamame, Carrots, Shaved Candied Almonds, Sunflower Seeds, Mixed Greens Chopped Apples.....7.95

Green Festival Wrap: Black Beans, Avocado, Jasmine Rice, Steamed Zucchini & Squash....7.95

Portabella Wrap: Marinated Portabella Mushrooms, Dijon Mustard, Roasted Red Peppers, Onions, Spinach.....9.95

SIDES

Yogurt & Granola

4oz \$2.25 , 8oz \$4.25, 16oz \$7.25

Cous Cous (V), Pasta Salad (V), Potato Salad (GF) or Fruit Salad

, 4oz \$1.75 8oz \$3.95 16oz \$6.95

**Gluten free items may have had contact with other items containing gluten*