

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 Tofus, Feta Cheese, Mango Salsa,
 Homemade Tzatziki Sauce, Mixed Green.

- California Veggie** 5.50
 Chicken, Turkey or Tofu, Black Beans, Jasmine Rice, Pico
 de Gallo, Guacamole, Red Cabbage.

- Baja Goodness** 5.50
 Chicken, Turkey or Tofu, Feta Cheese, Chopped
 Tomatoes, Homemade Tzatziki Sauce, Red Cabbage.

SNACKERS

- Mini Joy** 5.00
 Turkey, Mozzarella, Cran-Orange Preserve, Mixed Greens.

- Chicken & Cheese Wrap** 5.00
 Chicken, Cheddar Cheese, Honey Mustard, Tomato,
 Mixed Greens.

- Chicken, Black Bean, Rice Bowl** 3.50
 Topped with Cheddar Cheese.

- Mini Caesar Wrap** 5.00
 Chicken, Romaine Lettuce, Parmesan Cheese, Vegan
 Caesar Dressing.

Liquid Energy

Cannonborough BEVERAGE CO.

- 16oz... 2.95 20oz... 3.25
 Hand-crafted all-natural sodas. Grapefruit or Honey Basil.

COFFEE

- 16oz... 1.75 20oz... 1.95
 We proudly serve the finest - 1AA coffees

Dakota Dark Roast A rich dark-roasted coffee made from
 the finest 100% Arabica beans.

Kenya Estate An East African medium blend coffee, grown on
 the slopes of the beautiful volcano, Mount Kenya.

Villa Rey Café Sumatra A rich, heavy roasted blend of
 chocolate and earthy undertones.

- 100% ALL-NATURAL FRUIT SMOOTHIES**

16oz... 5.00
 Mango Madness, Raspberry Vanilla,
 Berry Blast, Strawberry Banana

Breakfast & Muffins

Breakfast served until 11am
All Eggs are Local Farm Fresh Egg Whites
 Available for Additional .49¢

- Classic Bacon, Egg, Cheese** 2.75
 Farm Fresh Eggs or Your Choice of Breakfast Scrambled
 Tofu, Turkey Bacon, Cheddar Cheese.

- Smoked Sausage, Egg, Cheese** 3.95
 Smoked Turkey Sausage, Farm Fresh Eggs, Fresh
 Tomatoes, Cheddar Cheese.

- The Florentine** 3.95
 Farm Fresh Eggs or Choice of Breakfast Scrambled Tofu,
 Fire Roasted Red Peppers, Goat Cheese, Sautéed Spinach.

- Tuscan Morning Wrap** 3.95
 Farm Fresh Eggs or Your Choice of Breakfast Scrambled
 Tofu, Homemade Mozzarella, Vine Ripened Tomatoes,
 Fresh Basil, Balsamic Vinegar Reduction, Spinach.

- Fresh Fields Wrap** 3.95
 Farm Fresh Eggs or Your Choice of Breakfast Scrambled
 Tofu, Sautéed Julienne Zucchini and Squash, Smoked
 Turkey Sausage, Feta Cheese.

- Southwest Breakfast Wrap** 3.95
 Smoked Turkey Sausage, Farm Fresh Eggs or Your Choice
 of Breakfast Scrambled Tofu, Sautéed Peppers and
 Onions, Cheddar Cheese, Jalapeño Jam.

- Scrambled Tofu Wrap** 3.95
 Choice of Breakfast Scrambled Tofu (Breakfast Sausage,
 Herb, Southwest or Plain), Boca Patty, Black Beans, Pico
 de Gallo, in a Flour Tortilla Wrap.

- Vegan Pancakes** 4.95
 Served with Maple Syrup and Fresh Strawberries.

- Traditional Challah French Toast** 5.95
 Served with Fresh Maple Syrup, Fresh Cut Strawberries,
 Powdered Sugar.

- Apple Cinnamon Oatmeal**... 8oz... 3.95... 16oz... 5.95

- Wake-Up Special** 1.95
 Includes your choice of muffin & regular coffee

- Muffins** (Zucchini or Blueberry) 1.25

All Natural
 Foods

80% of our produce
 comes from local farms



**Gift Cards available
 for purchase**

**Catering available for
 any size group or event**



Starting at \$9/person, fresh wraps, salads and
 custom sides available to energize your event!

For information, please call, email,
 or check out our website at
Catering@BlackBeanCo.com

OPEN 7 DAYS

CHARLESTON, SC

James Island • 843.277.2101
 869 Folly Road • Drive-Thru
Downtown • 843.277.0990
 429 King Street • Delivery Available
West Ashley • 843.531.5380
 1529 Savannah Hwy • Drive-Thru

COLUMBIA, SC

Downtown • 803.399.9797
 701 Gervais St., Suite #140
 Delivery Available

www.BlackBeanCo.com
Comments@BlackBeanCo.com



ENERGY FOOD RESTAURANT



OPEN 7 DAYS

Breakfast • Lunch • Dinner

Carry Out
Delivery Downtown
Custom Catering

Order Online:
www.BlackBeanCo.com

Kids Menu

- Kids Thanksgiving Joy** 5.00
Turkey, Mozzarella, Cran-Orange Preserve, Mixed Greens.
- Kids Chicken & Cheese Wrap** 5.00
Chicken, Cheddar Cheese, Honey Mustard, Tomato, Mixed Greens.
- Kids Chicken, Black Bean, Rice Bowl** 3.50
Topped with Cheddar Cheese.
- Kids Mini Caesar Wrap** 5.00
Chicken, Romaine Lettuce, Parmesan Cheese, Vegan Caesar Dressing.

Salads

ADD YOUR CHOICE OF PROTEIN!

Chicken, Turkey, Tofu: 1.00 Half / 2.00 Whole
Shrimp: 2.00 Half or Whole

Make any Salad a Wrap: 2.00 Additional

Half ...Whole

- Mandarin Salad** 4.95 6.95
Mandarin Oranges, Mixed Greens, Scallions, Goat Cheese, Spiced Pecan. Served with a Citrus Vinaigrette.
- East Meets West** 5.95 7.95
Mixed Greens, Tomatoes, Mushrooms, Watermelon Radishes, Marinated Olives, Feta Cheese, Sunflower Seeds, Rice Noodles. Ginger Vinaigrette Dressing.
- Caesar Salad** 3.95 5.95
Romaine Lettuce, Croutons, Parmesan Cheese, Vegan Caesar Dressing.
- Strawberry Fields** 5.95 7.95
Sliced Strawberries, Avocado, Mixed Greens, Spiced Pecans, Goat Cheese. Honey Lemon Ginger Vinaigrette.
- Beet Salad** 9.95
Chicken, Turkey or Tofu, Local Beets, Goat Cheese, Pistachios, Mandarin Oranges, Mixed Greens. Citrus Vinaigrette Dressing.
- Baja Cobb** 9.95
Chicken, Turkey or Tofu, Mixed Greens, Red Onions, Tomatoes, Avocado, Turkey Bacon Bits, Hard Boiled Eggs. Homemade Bleu Cheese Dressing.
- Caprese Salad** 8.95
Fresh Mozzarella, Heirloom Tomatoes, Romaine Lettuce, Basil Oil and Vinegar.

MAKE IT A COMBO! (See Pure Energy Wraps)

Pure Energy Wraps

MAKE IT A COMBO!

Regular: 1.95

Includes 4oz side & regular fountain drink

Large: 2.50

Includes 8oz side & large fountain drink

Premium: 2.95

Includes 4oz side & regular premium drink

Premium Large: 3.25

Includes 8oz side & large premium drink

Choice of Tofu:

Plain, Italian, Southwest or Asian

Add Shrimp: 2.00

- Beach Burrito** 8.95
Roasted Chicken Breast, Black Beans, Rice, Sprouts, Fresh Guacamole, Mango Salsa, Mixed Greens.
- Health Spa Wrap** 7.95
Chicken, Turkey or Tofu, Fresh Mozzarella, Heirloom Tomatoes, Sprouts, Roasted Red Peppers, Mixed Greens, Raspberry Vinaigrette.
- Ginger Palmetto** 8.55
Chicken, Turkey or Tofu, Hearts of Palm, Avocado, Heirloom Tomatoes, Cucumbers, Sprouts, Mixed Greens, Ginger Soy Vinaigrette.
- Festival Wrap** 6.95
Chicken, Turkey or Tofu, Local Mini Squash and Zucchini Steamed to Perfection, Black Beans, Jasmine Rice.
- Heart and Spinach Wrap** 7.95
Artichoke Hearts, Italian Tofu, Goat Cheese, Marinated Olives, Roasted Sweet Peppers, Roasted Tomatoes, Spinach, Basil Oil.
- Spring Street** 7.95
Chicken, Turkey or Tofu, Hummus, Heirloom Tomatoes, Cucumbers, Homemade Tzatziki, Sprouts, Mixed Greens.
- Fresh Wrap** 7.45
Chicken, Turkey or Tofu, Cucumbers, Sprouts, Homemade Tzatziki, Scallions, Mixed Greens.
- Thanksgiving Joy** 7.45
Turkey, Cranberry Dressing, Sprouts, Fresh Mozzarella Cheese, Mixed Greens.

Pure Energy Wraps

- Almost Summer** 8.95
Chicken, Mandarin Oranges, Goat Cheese, Candied Almonds, Rice Noodles, Arugula, Raspberry Vinaigrette.
- Honey Turkey Bacon Club** 8.55
Turkey, Smoked Turkey Bacon, Vermont Cheddar, Heirloom Tomatoes, Sprouts, Mixed Greens, Homemade Honey Mustard. . . Made with Local Honey.
- Black and Blue** 7.95
Chicken, Turkey or Tofu, Blue Cheese, Avocado, Fig Balsamic Vinaigrette, Black Beans, Jasmine Rice, Mixed Greens.
- Baja Style** 7.95
Turkey, Spicy Goddess Sauce, Green Onions, Jasmine Rice, Pico de Gallo, Fresh Guacamole, Mixed Greens.
- Southwest Chicken** 8.95
Roasted Chicken, Black Beans, Jasmine Rice, Fresh Local Sweet Corn, Roasted Tomatoes, Spicy Southwest Chipotle Sauce, Shredded Carrots, Parmesan Cheese, Mixed Greens.
- Gouda Baby** 8.75
Chicken, Turkey or Tofu, Gouda Cheese, Roasted Red Peppers, Sprouts, Basil Oil, Spicy Dijon Mustard, Local Arugula.
- Rosemary Chicken Salad Wrap** 8.95
Roasted Chicken Salad, Green Onions, Celery, Raisins, Yogurt, Fresh Rosemary, Dijon Mustard, Pecans, Sprouts, Mixed Greens.
- The International Wrap** 9.95
Turkey, Hummus, Guacamole, Artichoke Hearts, Pico de Gallo, Goat Cheese, Spicy Goddess Sauce, Mixed Greens.

Sides

Our Famous Homemade Yogurt & Granola

4 oz...1.49 8 oz...3.95 16 oz...5.95

Your Choice of Cous Cous, Pasta Salad, Potato Salad or Fruit Salad

4 oz...99 8 oz...1.75 16 oz...2.50

Pure Vegan Wraps

Choice of Tofu:

Plain, Italian, Southwest or Asian

- Green Beach Burrito (Energy Booster)** 7.95
Black Beans, Jasmine Rice, Ricotta, Mango Salsa, Fresh Guacamole, Roasted Tomatoes, Mixed Greens. Tofu Added Upon Request.
- Super Asian** 7.25
Asian Tofu, Shaved Carrots, Shaved Candied Almonds, Snow Peas, Crispy Noodles, Spinach. Hoisin Dressing.
- Green Spring Street** 6.95
Hummus, Tomatoes, Cucumber, Sprouts, Carrots, Banana Peppers, Mixed Greens. Tofu Added Upon Request.
- Green Ginger Palmetto** 7.95
Hearts of Palm, Tomatoes, Cucumbers, Sprouts, Avocado, Mixed Greens. Ginger Soy Dressing. Tofu Added Upon Request.
- Mega Veggie (Energy Booster)** 6.95
Broccoli, Edamame, Carrots, Sunflower Seeds, Shaved Candied Almonds, Chopped Apples, Mixed Greens.
- Green Festival Wrap** 6.95
Black Beans, Jasmine Rice, Avocado, Steamed Local Zucchini and Squash. Tofu Added Upon Request.
- Spinach Love** 6.95
Tofu, Spinach, Marinated Roasted Tomatoes, Sprouts, Roasted Red Peppers. Raspberry Vinaigrette.
- Portabella Wrap** 9.95
Marinated Portabella Mushrooms, Dijon Mustard, Roasted Red Peppers, Onions, Fresh Spinach.

MAKE IT A COMBO! (See Pure Energy Wraps)

ORDER ONLINE!!!



BlackBeanCo.com
Point...Click...Deliver*

*DOWNTOWN LOCATION ONLY

