

BREAKFAST

served daily from 8-10:30am
sides: breakfast potatoes, fresh fruit,
5-grain toast, dressed greens

yogurt and granola parfait 6
fresh fruit and honey (veg, gf)

quinoa breakfast bowl** 11
kale, mixed greens, crispy tofu, sunflower seeds,
quinoa, tomato, avocado toast, 2 eggs (veg, nf)

quiche du jour 9
changes daily, choice of side

cornbread and eggs** 10
warm cornbread, 2 eggs, queso fresco,
spicy salsa verde, avocado (veg, gf, nf)

american breakfast** 10
2 eggs, 5-grain toast, breakfast potatoes, ham,
sausage, bacon, crispy tofu, or avocado (nf)

breakfast burrito 10
potatoes, scrambled eggs, cheddar cheese, green
chilies, black beans, spicy salsa verde and sour cream.
ham, bacon, sausage, tofu, or avocado (nf)

dutch baby pancakes 9
maple syrup and whipped butter, choice of side (veg, nf)

**Consumption of undercooked meat, poultry, eggs, or
seafood may increase the risk of foodborne illnesses.
Please let us know if you have special dietary
requirements or allergies. These items are cooked to
order.

(v=vegan, gf=gluten free, veg=vegetarian, nf=nut free)

DRINKS

hot tea 2.5

bottled lemonades and teas,
juices, sodas, etc 3.5
mexican coca cola 2.5
oj/almond milk/cow's milk 2.5/3.5
happy leaf kombucha 4/6
colorado beers 4
palisade wines 8 glass 25 bottle
hard cider mimosa 5.5

COFFEE AND ESPRESSO

Colorado Legacy Coffees
12oz small, 16oz large

+add: flavors or almond milk 50 cents+

coffee 2/3	mocha 4/5
cappuccino 3/4	cubano 4/5
americano 3/4	latte 3/4
French press 5	cold brew large only 4

FRUIT SMOOTHIES \$6.5

16 oz, choose almond milk or oj

\$1 +add to your smoothie+

+chia, flax, yogurt, kale, hemp protein+

-peach, strawberry, yogurt
-cucumber, pineapple,
mint, lime juice
-mango, banana, pineapple
-apple, kale, basil, mango
-pineapple, strawberry, banana
-banana, cacao, pb,
hemp protein



420 MAIN ST
GRAND JUNCTION, CO
(970) 986-3474

OPEN 7 DAYS A WEEK
BREAKFAST: 8-10:30am
LUNCH: 11-3:30pm

WWW.CAFESOLGJ.COM
WWW.FACEBOOK.COM/CAFESOLGJ

DOWNTOWN LUNCH DELIVERY
FROM 1ST-7TH,
COLORADO TO GRAND

APPETIZERS AND SIDES

chips and guacamole 8
(v, gf, nf)

crispy chickpeas 4
2 dipping sauces (veg, gf, nf)

quiche du jour 9
changes daily, comes with cup of soup or side salad

chilled beet chop salad 3
(veg, gf, nf)

vegan broccoli slaw 3
(v, gf)

boulder potato chips 1.5
(v, gf, nf)

SOUPS

our homemade soups change daily. check today's selection at www.cafesolgj.com or on facebook.com/cafesolgj

COMBOS

1/2 panini, cup of soup, or small salad

soup and panini 13

soup and salad 14

salad and panini 15

KIDS MEALS \$6

half panini or rollup, choice of side or piece of fruit, juice box

pb + banana
grilled cheese
turkey + cheddar
ham + swiss

SALADS

+ADD TO YOUR SALAD+

S1: hard boiled egg, 5-grain toast, avocado
S3: grilled chicken breast, grilled portobello mushroom, tuna salad, prosciutto, grilled veggie burger

cafe sol 9/13

mixed greens, fresh herbs, roasted beets, spicy candied walnuts, goat cheese, apples, banana bread croutons, charred chive vinaigrette (veg)

pear salad 10/14

mixed greens, sliced pear, raisins, bleu cheese, spicy candied walnuts, bleu cheese dressing (veg, gf)

winterfell 9/13

kale, mixed greens, roasted winter squash, toasted walnuts, dates, goat cheese, lemon walnut vinaigrette (veg, gf)

beet salad 10/14

mixed greens, prosciutto, roasted beets, toasted almonds, bleu cheese, red wine vinaigrette (gf)

the new west 9/13

romaine, black beans, quinoa, tomatoes, red onion, guacamole, queso fresco, crispy tortilla strips, charred chive vinaigrette (veg, gf, nf)

happy trails 9/13

kale, mixed greens, apples, dried peaches, granola, croutons, sunflower seeds, almonds, walnuts, chia seeds, sesame seeds, thai peach vinaigrette (v)

cobb 10/14

romaine, bleu cheese, hard boiled egg, bacon, avocado, tomato, red onion, bleu cheese dressing (gf, nf)

greek 9/13

romaine lettuce, tomato, croutons, chickpeas, red onion, queso fresco, kalamata olives, cucumber, red wine vinaigrette (veg, nf)

PANINIS

served with a choice of side
substitute gluten free bread +\$2+

turkey 13

avocado, bacon, cheddar cheese, sliced tomato, roasted garlic mayo (nf)

grilled veggie burger 12

black bean patty, tomato, red onion, queso fresco, guacamole, vegan chipotle mayo (veg)

tuna melt 12

sliced tomato, cucumber, swiss cheese (nf)

grilled 4-cheese 11

brie, swiss, cheddar, goat cheeses, sliced tomato (veg, nf)

chicken guacamole 13

grilled chicken breast, guacamole, bacon, cheddar cheese (nf)

fancy ham and cheese 12

brie cheese, fruit preserves, sliced apple, toasted almonds

hot pastrami 13

sauerkraut, swiss cheese, red onion, pickled jalapenos, kalamata olives, yellow mustard, mayo (nf)

grilled veggie 12

grilled portobello mushroom, seasonal grilled veggies, fresh herb pesto, sauteed greens, sauerkraut (v)

club 13

ham, turkey, bacon, Swiss cheese, red onion, tomato, mayo (nf)

pink pony 12

turkey, cranberry sauce, herb stuffing, mayo (nf)

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