

BREAKFAST

served daily from 8-10:30am

sides: breakfast potatoes, fresh fruit, 5-grain toast, dressed greens

breakfast panini 10

ham or bacon, fried onions, scrambled egg, cheddar cheese, tomato, roasted garlic mayo, choice of side (nf)

*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 pancake

-maple syrup and whipped butter 9

-peanut butter, banana, walnuts 11
choice of side (veg)

**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

cubano 4/5

cappuccino 3/4

latte 3/4

americano 3/4

cold brew

French press

large only 4

5

turmeric

mocha 4/5

latte 4/5

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

-peach, 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)

green chile polenta fries 6
goat cheese, fruit preserves (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)

greek quinoa salad 3
(v, gf, nf)

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)

kale salad 9/13

kale, hummus, quinoa, marinated artichoke hearts and chickpeas, kalamata olives, cucumbers, red onion, sunflower seeds, lemon walnut vinaigrette (v, gf)

beet salad 10/14

mixed greens, prosciutto, roasted beets, sunflower seeds, parmesan cheese, red wine vinaigrette (gf)

the garth brooks 9/13

romaine, black beans, tomatoes, red onion, guacamole, queso fresco, combread croutons, green chile buttermilk ranch (veg, gf, nf)

chef salad 10/14

mixed greens, ham, bacon, turkey, hard boiled egg, swiss cheese, cheddar cheese, red wine vinaigrette (nf)

winterfell 9/13

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

cobb 10/14

romaine, bleu cheese, hard boiled egg, bacon, avocado, tomato, red onion, green chile buttermilk ranch (gf, nf)

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

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)

hot pastrami 13

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

bacon! and grilled 3-cheese 12

brie, swiss, cheddar, bacon!, sliced tomato (nf)

roast beef 13

tomato, cheddar cheese, fried onions, pickled jalapeños, dijonnaise (nf)

chicken guacamole 13

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

portobello 12

grilled portobello mushroom, hummus, fresh herb pesto, marinated artichoke hearts, kalamata olives, tomato (v)

club 13

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

grilled chicken 12

grilled chicken breast, sliced apple, swiss cheese, sauerkraut, dijonnaise (nf)