

# breakfast

served daily from **8 a.m.- 11:00 a.m.**  
sides: breakfast potatoes, fresh fruit,  
5-grain toast, dressed greens

**breakfast salad\*\* \$11**

mixed greens, kale, quinoa, sauerkraut,  
sunflower seeds, heirloom tomato, 2 eggs  
(veg, gf, nf)

**quiche du jour \$10**

changes daily, choice of side

**breakfast sandwich\*\* \$9**

croissant, ham, cheddar cheese, fried egg,  
choice of side (nf)

**american breakfast\*\* \$10**

2 eggs, 5-grain toast, breakfast potatoes  
choose: ham, bacon, sausage, avocado or  
portobello mushroom (nf)

**breakfast burrito \$10**

potatoes, scrambled eggs, cheddar cheese,  
green chilies, black beans, ranchero sauce  
& sour cream. choose: ham, bacon, sausage,  
avocado or portobello mushroom (nf)

**dutch baby pancake \$9**

maple syrup and whipped butter  
choice of side (veg, nf)

**juevos rancheros\*\* \$10**

corn tortillas, black beans, green chilies,  
potatoes, 2 eggs, ranchero sauce, queso  
fresco, green onions (veg, gf, nf)

\*\* consumption of undercooked meat, poultry,  
eggs, or seafood may increase the risk of  
food-borne 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 or iced tea \$2.5

bottled lemonades & teas, \$3.5

juices, sodas, etc \$2.5

mexican coca-cola \$2.5/\$3.5

oj/oat milk/cow's milk \$5

kombucha \$4

colorado beers \$8 glass/\$25 bottle

palisade wines \$7

mimosa \$7

# coffee & espresso

*colorado legacy coffees*

+add: flavors or oat milk 50 cents+

**12oz small, 16oz large**

coffee \$2/\$3

cappuccino \$3/\$4

americano \$3/\$4

french press \$5

mocha \$4/\$5

cubano \$4/\$5

latte \$3/\$4

cold brew (large only) \$4

turmeric latte \$4/\$5

# fruit smoothies \$6.50

16oz, choose oat milk or oj

\$1 +add to your smoothie

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

blueberry, strawberry, banana, cinnamon

mango, dates, yogurt, oat milk

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 - 11 a.m.

lunch: 11 - 3:30 p.m.

downtown lunch delivery

from 1st st. - 7th st.  
colorado ave. - grand ave.

# appetizers

chips & guacamole (v, gf, nf)	\$8
quiche du jour comes with cup of soup or side salad	\$10
crispy chickpeas 2 dipping sauces (veg, nf)	\$4
heirloom tomato app sliced heirloom tomatoes, cucumber, feta cheese, fresh herbs, olive oil, balsamic drizzle (veg, gf, nf)	\$8

# sides

chilled beet chop salad (veg, gf, nf)	\$3
quinoa tabouleh (v, gf, nf)	\$3
boulder potato chips (v, gf, nf)	\$1.5

# soups

our homemade soups change daily.  
check today's selection at  
[www.cafesolgj.com](http://www.cafesolgj.com) or on  
[facebook.com/cafesolgj](https://facebook.com/cafesolgj)

# combos

1/2 panini, cup of soup, small salad	
soup & panini	\$13
soup & salad	\$14
salad & 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+  
\$1 hard boiled egg, 5-grain toast, avocado  
\$3: grilled chicken breast, grilled portobello  
mushroom, tuna salad, prosciutto

cafe sol mixed greens, fresh herbs, roasted beets, spicy candied walnuts, goat cheese, apples, banana bread croutons, house vinaigrette (veg)	\$9/13
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caesar salad romaine lettuce, croutons, heirloom tomato, parmesan cheese, caesar dressing (nf)	\$9/13
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kale salad kale, quinoa, hummus, marinated artichoke hearts, feta cheese, cucumber, red onion, red wine vinaigrette (veg, gf, nf)	\$9/13
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wild west romaine, black beans, tomatoes, red onion, guacamole, queso fresco, crispy tortilla strips, buttermilk ranch (veg, gf, nf)	\$9/13
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beet salad mixed greens, prosciutto, roasted beets, sunflower seeds, parmesan cheese, red wine vinaigrette (gf)	\$10/14
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cobb romaine, bleu cheese, hard boiled egg, bacon, avocado, tomato, red onion, buttermilk ranch (gf, nf)	\$10/14
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summer salad mixed greens, kale, palisade peaches and/or melon, quinoa, goat cheese, cucumber, sunflower seeds, palisade peach vinaigrette (veg, gf, nf)	\$10/14
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# paninis

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

turkey avocado, bacon, cheddar cheese, sliced tomato, roasted garlic mayo (nf)	\$13
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vegan burger grilled impossible burger patty, carmelized peppers and onions, vegan chipotle mayo, sliced tomato, pickles (v)	\$13
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tuna melt sliced tomato, pickles, swiss cheese (nf)	\$12
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chicken guacamole grilled chicken breast, guacamole, bacon, cheddar cheese (nf)	\$13
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portobello grilled portobello mushroom, hummus, green herb pesto, feta cheese, marinated artichoke hearts, red onion (veg)	\$12
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club ham, turkey, bacon, swiss cheese, red onion, tomato, mayo (nf)	\$13
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blt supreme bacon, heirloom tomato, avocado, green herb pesto, mayo, spring mix	\$13
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peachanini prosciutto, brie cheese, palisade peach jam, red onion, balsamic drizzle (nf)	\$13
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august 2020