

breakfast

served mon - fri from **8 - 11:00 am**
sides: breakfast potatoes, fresh fruit,
sourdough toast, dressed greens

quiche du jour \$11
changes daily, choice of side (nf)

breakfast sandwich \$11**
croissant, arugula, pesto cream cheese
spread, fried egg. choose: ham, bacon or
avocado, choice of side (nf)

american breakfast \$12**
2 eggs, sourdough toast, breakfast potatoes
choose: bacon, ham, sausage, avocado
or portobello mushroom (nf)

breakfast burrito \$12
potatoes, scrambled eggs, cheddar cheese,
green chilies, black beans, ranchero sauce
& sour cream. choose: bacon, ham, sausage,
avocado or portobello mushroom (nf)

breakfast salad \$13**
arugula, kale, quinoa, goat cheese, 2 eggs,
tomato, toasted almonds, red wine vinaigrette
(veg, gf)

sourdough french toast \$11
2 slices, maple syrup and butter, choice of
side (veg, nf)

smoked salmon breakfast \$13
cold smoked salmon on sourdough toast,
fried egg, avocado, green onions, everything
seasoning, choice of side (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,
juices, sodas, etc \$3.5
mexican coca-cola \$2.5
oj/oat milk/cow's milk \$3.5
kombucha \$6
colorado beers \$5
palisade wines \$9 glass/\$28 bottle
mimosa/beermosa single \$7/serves 4 \$22

Wc Y Y / Y g d f Y g g c L
+\$1 add vanilla, caramel, seasonal syrup,
oat milk, extra shot+
Iced drinks = large sizes only

V c h h c a ` Y g g ` X f] d ` W \$3/\$4 Y
americano \$3/\$4
latte \$4/\$5
cappuccino \$4/\$5
mocha \$4.5/\$6
cubano \$4.5/\$6
cold brew \$5
cold brew latte \$6
turmeric latte \$4.5/\$6
chai \$4.5/\$6

fruit smoothies \$8

+\$1 add: kale, chia, yogurt,
hemp protein, pb+
carrot, mango, pineapple, lime
mango, dates, yogurt, strawberry
lemon, mango, apple, turmeric
apple, kale, basil, mango
pineapple, strawberry, banana
banana, cacao, pb, yogurt
pineapple, cucumber, mint, lime



420 main st grand junction, co
(970) 986-3474

open 7 days a week

lunch mon - fri
11 am - 3 pm

breakfast mon - fri
8 am - 11 am

breakfast & lunch sat-sun
served all day, 8 am - 3 pm

downtown lunch delivery
from 1st st. - 7th st.
colorado ave. - grand ave.

appetizers

crispy chickpeas \$5

2 dipping sauces (veg, nf)

chips & guacamole \$9 (v, gf, nf)

burrata cheese \$10

sourdough toast, arugula, green onion,
EVOO, balsamic drizzle (veg, nf)

sides

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

lentil & carrot 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](https://www.facebook.com/cafesolgj)

combos

1/2 panini, cup of soup, small salad

soup & panini \$14

soup & salad \$15

salad & panini \$16

kids meals \$7

half panini or roll-up, choice of side or
piece of fruit, juice box

pb + banana

grilled cheese

turkey + cheddar

ham + swiss

salads

+add to your salad+

\$2 hard boiled egg, sourdough toast,
avocado, quinoa

\$4: grilled chicken breast, grilled portobello
mushroom, tuna salad, prosciutto, cold smoked
salmon

cafe sol \$11/15

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

beet salad \$11/15

mixed greens, prosciutto, roasted beets,
red wine vinaigrette (gf, nf)

the bob saget \$11/15

mixed greens, apples, bleu cheese, raisins,
toasted walnuts, red onion, strawberry ginger
vinaigrette (veg, gf)

boring green salad \$11/15

romaine, cucumber, tomato, red onion, carrot,
roasted beets, croutons, feta cheese, buttermilk
ranch (veg, nf)

cobb \$11/15

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

kale salad \$11/15

kale, quinoa, artichoke hearts, cucumber,
vinaigrette (v, nf)

strawberry salad \$11/15

arugula, strawberries, toasted almonds, mandarin
oranges, cucumber, green onion, sesame seeds,
strawberry ginger vinaigrette (v, gf)

paninis

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

turkey \$14

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

black bean burger \$14

grilled black bean patty, red onion,
guacamole, tomato, green chilies,
vegan chipotle mayo (v)

chicken guacamole \$14

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

grilled chicken \$14

grilled chicken breast, ham, provolone, tomato,
dijonaise, arugula (nf)

portobello \$14

fresh herb pesto, grilled portobello mushroom,
artichoke hearts, red onion, sun-dried
tomatoes, goat cheese (veg)

smoked salmon \$14

pesto cream cheese spread, cucumber, red
onion, artichoke hearts, mixed greens

sol bird \$14

sliced turkey, sun-dried tomatoes, pesto cream
cheese spread, green onion, pickles, arugula,
goat cheese

tuna melt \$14

sliced tomato, pickles, provolone cheese (nf)

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feb 2022