

breakfast

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

quiche du jour \$12
changes daily, choice of side (nf)

breakfast sandwich \$11**
fried egg, cheddar cheese, choose: ham,
bacon, 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 \$13
potatoes, scrambled eggs, cheddar cheese,
green chilies, black beans, smothered in
ranchero sauce & topped with sour cream
choose: bacon, ham, sausage, avocado or
portobello mushroom (nf)

breakfast salad \$13**
spring mix, kale, quinoa, sauerkraut, red onion,
tomato, 2 eggs, toasted almonds, feta cheese
(veg, gf)

sourdough french toast \$12
2 slices, maple syrup and butter, choice of
side (veg, nf)

avocado toast \$12
sourdough toast, arugula, avocado, tomato,
fried egg, goat cheese, 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 \$6
colorado wines \$8 glass/\$12 can
mimosa/beermosa single \$8/serves 4 \$25

coffee & espresso

+\$1 add vanilla, caramel, seasonal syrup,
oat milk, extra shot+
Iced drinks = large sizes only

bottomless drip coffee \$3/\$4
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 \$9

+\$1 add: kale, chia, yogurt,
hemp protein, pb+

- peach, banana, coconut
- mango, date, yogurt, strawberry
- lemon, mango, apple, ginger
- 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 wednesday - monday

8am - 3pm

closed tuesday

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

appetizers

crispy chickpeas \$6

2 dipping sauces (veg, nf)

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

burrata cheese \$12

sourdough toast, roasted beets, arugula,
EVOO, honey, everything seasoning (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 \$15

soup & salad \$15

salad & panini \$16

kids meals \$8

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, chicken salad, prosciutto

cafe sol \$12/17

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

beet salad \$12/17

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

the crunch \$12/17

arugula, apple, raisins, cucumber, toasted
almonds, grapenuts, peach jalapeño
vinaigrette (v)

boring green salad \$12/17

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

cobb \$12/17

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

kale salad \$12/17

kale, quinoa, cucumber, hummus, red onion,
sauerkraut, feta cheese, sunflower seeds,
house vinaigrette (veg, gf, nf)

el diablo \$12/17

spring mix, jalapeños, banana peppers, spicy
candied walnuts, red onion, goat cheese, peach
jalapeño vinaigrette (veg, gf)

paninis

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

turkey \$16

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 \$16

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

grilled chicken \$16

grilled chicken breast, ham, swiss cheese,
tomato, dijonaisse, arugula (nf)

portobello \$14

grilled portobello mushroom, fresh herb pesto,
hummus, red onion, tomato, cucumber, feta
cheese (veg)

chicken salad \$16

sliced tomato, spring mix (nf)

club \$16

ham, turkey, roast beef, swiss cheese, pickles,
tomato, onion, mayo (nf)

roast beef \$16

sauerkraut, red onion, pickles, dijonaisse,
jalapeños, swiss cheese (nf)

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may 2022