

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, or avocado
(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, or avocado
(nf)

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

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

avocado toast \$12
sourdough toast, avocado, sliced tomato,
arugula, egg salad, everything seasoning,
choice of side (veg, 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 \$5
colorado beers \$6
colorado wines \$9 glass/\$32 bottle
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, avocado, 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)

pita chips & dip \$8

baked pita chips, caramelized onion yougurt dip, fresh herbs, EVOO (v, nf)

sides

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

chilled corn 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, small salad

soup & panini \$15

soup & salad \$15

salad & panini \$16

quiche & salad \$16

quiche & panini \$16

kids meals \$8

half panini or roll-up, choice of side or
piece of fruit, juice box
pb + banana or jam
grilled cheese
turkey + cheddar
ham + swiss

salads

+add to your salad+

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

\$4: grilled chicken breast, grilled marinated
eggplant, egg 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)

pear salad \$12/17

arugula, sliced pear, goat cheese, craisins,
toasted walnuts, gf pumpkin bread croutons,
lemon walnut vinaigrette (veg, gf)

cobb \$12/17

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

kale salad \$12/17

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

figgy bits \$12/17

arugula, candied walnuts, dried figs, bleu
cheese, bacon bits, jam drizzle, lemon walnut
viniagrette (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 eggplant \$14

grilled marinated eggplant, fresh herb pesto,
caramelized onion yogurt spread, feta cheese,
arugula, tomato (veg)

reuben \$16

pastrami, saeurkraut, swiss cheese, pickles,
secret sauce (nf)

egg salad \$16

sliced tomato, spring mix (veg, nf)

ham & pear \$16

sliced pear, red onion, bleu cheese, dijon
mustard (nf)

the chill will \$16

sliced turkey, green chilies, brie cheese, red
onion, roasted garlic mayo (nf)

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oct 2022