

# 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, roasted winter squash,  
red onion, tomato, 2 eggs, toasted walnuts,  
feta cheese (veg, gf)

**dutch baby pancake \$12**  
maple syrup and butter, choice of side  
(veg, nf)

**avocado toast \$12**  
sourdough toast, avocado, sliced tomato,  
arugula, fried egg, everything seasoning,  
choice of side (veg, nf)

**veggie hash \$13**  
winter squash, potatoes, black beans, peppers  
& onions, zucchini, 2 eggs, sourdough toast  
(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.

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

# sides

- chilled beet chop salad \$3  
(veg, gf, nf)
- broccoli slaw \$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](http://www.cafesolgj.com) or on  
[facebook.com/cafesolgj](https://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, tuna 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)

- winterfell \$12/17
- mixed greens, arugula, toasted walnuts, quinoa  
craisins, roasted winter squash, goat cheese,  
apple cider 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, olives, crispy  
capers, cucumber, feta cheese, sunflower seeds,  
house vinaigrette (veg, gf, nf)

- sleepy bear \$12/17
- arugula, apples, cucumber, figs, toasted  
cashews, coconut, sunflower seeds, raisins, jam  
drizzle, apple cider vinaigrette (v, gf)

- chef salad \$12/17
- mixed greens, ham, turkey, hard boiled egg,  
cheddar cheese, bacon, red wine vinaigrette  
(gf, nf)

# 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)

- tuna melt \$16
- sliced tomato, pickles, cheddar cheese (nf)

- roast beef \$16
- jalapeños, bleu cheese, peppers & onions,  
horseradish mayo (nf)

- Ham & brie \$16
- sliced ham, brie cheese, red onion, apples,  
jam (nf)

- pink pony \$16
- sliced turkey, herb stuffing, cranberry sauce,  
mayo (nf)

- the squash \$15
- roasted winter squash, grilled zucchini, hummus,  
tomato, fresh herb pesto, red onion (v)

(veg=vegetarian, v=vegan,  
gf=gluten free, nf=nut free)  
jan 2023