

# breakfast

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

**quiche du jour \$13**  
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, green onion, tomato, 2  
eggs, jalapeno, sunflower seeds, feta cheese,  
grilled green onion vinaigrette (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, goat  
cheese, choice of side (veg, nf)

**grapefruit brulee \$10**  
half grapefruit, raw sugar, choice of side (v)

\*\*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+

- peach, banana, coconut
- mango, date, yogurt, strawberry
- mango, yogurt, honey, cardamon
- apple, kale, basil, mango
- pineapple, strawberry, banana
- strawberry, blackberry, raspberry
- pineapple, avocado, mint, lime, jalapeno



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

open seven days a week

8am - 3pm

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

we cater!

[www.cafesolgj.com](http://www.cafesolgj.com)

# apps & snacks

- crispy chickpeas \$6
- 2 dipping sauces (veg, gf, nf)
- chips & guacamole \$9 (v, gf, nf)
- falafel \$10
- olive, cucumber, tomato, tzatziki (v, gf, nf)
- chilled beet chop salad \$3  
(veg, gf, nf)
- broccoli slaw \$3  
(v, gf, nf)
- boulder potato chips \$1.5  
(v, gf, nf)
- quiche du jour \$13
- cup of soup or side salad
- salad upgrade \$4

# combos

- 1/2 panini, cup of soup, small salad
- soup & panini \$15
- soup & salad \$15
- salad & panini \$16

# kids meals \$8

choice of side or  
piece of fruit, juice box

## breakfast

- kids american 1 egg, bacon, toast
- french toast sticks, real maple syrup

## lunch

- grilled cheese
- turkey + cheddar
- ham + cheddar
- quesadilla, guacamole

# salads

+add to your salad+  
\$2 hard boiled egg, sourdough toast,  
avocado, quinoa, falafel  
\$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)

strawberry salad \$12/17  
arugula, strawberry, quinoa, jalapeños,  
goat cheese, sunflower seeds, jalapeño  
strawberry vinaigrette (veg, gf)

cobb \$12/17  
romaine, bleu cheese, hard boiled egg, bacon,  
avocado, tomato, red onion,  
green chili ranch (gf, nf)

kale salad \$12/17  
kale, quinoa, hummus, red onion, olives,  
cucumber, feta cheese, sunflower seeds,  
grilled green onion vinaigrette (veg, gf, nf)

monument salad \$12/17  
romaine, black beans, guacamole, green onion,  
tomatoes, jalapeños, crispy tortilla strips,  
green chili ranch (veg, gf, nf)

bacharach salad \$12/17  
mixed greens, arugula, broccoli slaw,  
shredded carrot, cucumber, celery,  
toasted cashews, sesame seeds,  
grilled green onion vinaigrette (v, 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 \$15  
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)

the roast beast \$16  
roast beef, jalapeños, fried onion,  
honey bbq, cheddar (nf)

da club \$16  
sliced ham, turkey, bacon, mayo, red onion,  
tomato, cheddar (nf)

the three amigos \$15  
cheddar cheese, brie cheese, goat cheese,  
tomato (veg)

falafel \$16  
falafel, cucumber, pesto, hummus, goat cheese,  
tomatoes, olives (veg)

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