

breakfast

served from **8 - 11:00 am daily**
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**
spinach, kale, quinoa, goat cheese, tomato,
red onion, toasted walnuts, greek dressing,
choice of egg (veg, gf)

avocado toast \$12
sourdough toast, avocado, cucumber,
spinach, feta, bacon bits, everything
seasoning, fried egg, choice of side (gf, nf)

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

sides

- broccoli slaw
- chips
- beet salad

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

apps & snacks

crispy chickpeas \$6
2 dipping sauces (veg, gf, nf)

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

boulder potato chips \$1.5
(v, gf, nf)

burrata \$12

cherry tomatoes, olive oil, balsamic drizzle,
everything seasoning, & sourdough toast
(nf, veg)

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

salads

+add to your salad+

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

\$4: grilled chicken breast, tuna salad,
prosciutto, portobella

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)

pauley shore \$12/17

spinach, quinoa, blue cheese, toasted walnuts,
peaches, apple, everything seasoning, peach
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, roasted red pepper, marinated artichoke
hearts, quinoa, cucumber, feta, hummus,
sunflower seeds, red wine vinaigrette (veg, gf)

monument salad \$12/17

romaine, black beans, tomato, guacamole,
roasted red pepper, green chilies, crispy tortilla
strips, green chili ranch (veg, gf, nf)

birkenstock \$12/17

spinach, kale, peaches, granola, raisins, red
onion, cucumber, spicy candied walnuts, peach
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 \$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)

toadstool \$15

grilled portobello mushroom, pesto, hummus,
roasted red pepper, marinated artichoke
hearts, goat cheese (veg, nf)

super blt \$16

pesto mayo, local tomatoes, mixed greens,
avocado, bacon (nf)

peaches \$16

ham, mayo, red onion, jalapeno, brie cheese,
peaches (nf)

chicken pesto \$16

chicken, pesto mayo, shaved parmesan
cheese, red onion, tomato, spinach (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.

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