

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 \$12**
fried egg, cheddar cheese, choose: ham,
bacon, avocado, choice of side (nf)

american breakfast \$13**
2 eggs, sourdough toast, breakfast potatoes
choose: bacon, ham, turkey sausage, pulled
pork, avocado, or portobello mushroom (nf)

breakfast burrito \$14
potatoes, scrambled eggs, cheddar cheese,
green chilies, black beans, smothered in
ranchero sauce & topped with sour cream
choose: bacon, ham, turkey sausage, pulled
pork, avocado, or portobello mushroom (nf)

breakfast salad \$13**
2 eggs, kale, mixed greens, roasted winter
squash, quinoa, onion, tomatoes, toasted
almonds, goat cheese, red wine
vinaigrette (veg, gf)

veggie hash \$12**
2 eggs, roasted winter squash, potatoes,
black beans, green chilies, avocado, corn
tortillas (veg, gf, nf)

dutch baby pancakes \$12
maple syrup, whipped butter, 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.

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

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 wed - mon

8am - 3pm

closed tuesday

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

order online!

www.cafesolgj.com

apps & snacks

- crispy chickpeas \$6
- 2 dipping sauces (veg, gf, nf)
- chips & guacamole \$9
(v, gf, nf)
- quiche du jour \$13
- cup of soup or side salad
- salad upgrade \$4

sides

chips, beet salad, southwest quinoa salad

combos

1/2 panini, cup of soup, small salad

- soup & panini \$15
- soup & salad \$16
- salad & panini \$17

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, portobello

cafe sol \$13/18

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

beet salad \$13/18

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

bob barker \$13/18

mixed greens, spinach, roasted squash, cucumber, toasted almonds, quinoa, red onion, goat cheese, banana bread croutons, spiced peach vinaigrette (veg)

cobb \$13/18

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

kale salad \$13/18

kale, quinoa, red onion, tomato, roasted red pepper, cucumber, hummus, sunflower seeds, red wine vinaigrette (v, gf)

pear salad \$13/18

spinach, pear, candied walnuts, bleu cheese, raisins, spiced 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, swiss cheese (nf)

FunGi \$15

pesto, hummus, roasted red pepper, red onion, portobello mushroom, goat cheese (veg)

cuban \$16

ham, slow roasted pork shoulder, pickles, swiss cheese, mustard (nf)

the chubbs \$16

ham, turkey, sliced pear, mayo, red onion, brie cheese (nf)

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