

# 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, sausage, 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, sausage, avocado, or  
portobello mushroom (nf)

**breakfast salad\*\* \$13**  
2 eggs, mixed greens, kale, quinoa, fennel,  
tomato, goat cheese, walnuts, red wine  
vinaigrette (veg, gf)

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

**dutch baby pancake \$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)  
feb 2024

# 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 \$6  
colorado beers \$7  
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+

- blueberry, kale, banana, oats
- strawberry, peach, pineapple, lemon
- mango, pineapple, banana
- blueberry, apple, peach, spinach
- peach, banana, coconut
- apple, kale, basil, mango
- pineapple, strawberry, banana



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](http://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

sweet potato app \$9  
roasted sweet potato, maple streusel, yogurt  
sauce(veg,gf)

## sides

chips, beet chop salad, sw 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, breakfast potatoes
- french toast sticks, maple syrup

### lunch

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

# salads

combo \$10 | regular \$14 | share \$20

+add to your salad+  
\$2 hard boiled egg, sourdough toast,  
avocado, quinoa  
\$4: grilled chicken breast, tuna salad,  
prosciutto, portobello

### cafe sol

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

### beet salad

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

### winter salad

spinach, apple, fennel, quinoa, toasted walnuts,  
blue cheese, rosemary walnut vinaigrette  
(veg, gf)

### cobb

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

### kale salad

kale, quinoa, cucumber, red onion, marinated  
chickpeas, feta, sunflower seeds, chimichurri  
drizzle, red wine vinaigrette (veg, gf)

### redlands salad

kale, mixed greens, fennel, craisins, feta, toasted  
almonds, pomegranate pearls, rosemary walnut  
vinaigrette (veg, gf)

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# 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, avocado, red onion,  
tomato, jalapeno, vegan chipotle mayo (v)

### chicken guacamole \$16

grilled chicken breast, guacamole, bacon,  
cheddar cheese (nf)

### tuna melt \$16

sliced tomato, pickles, swiss cheese (nf)

### mushroom panini \$15

grilled portobello mushroom, feta, fennel, red  
onion, pesto (veg)

### sweet potato panini \$15

roasted sweet potato, roasted beets, feta,  
pesto, mixed greens (veg)

### chimichurri chicken panini \$16

grilled chicken, tomato, red onion, mayo,  
chimichurri sauce, mixed greens, swiss cheese

### jammin ham panini \$15

ham, house jam, jalapeno, brie, (nf)

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