

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 on a croissant,
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, tomato,
sauerkraut, red onion, bacon bits, toasted
walnuts, house vinaigrette (gf)

avocado toast \$13**
fried egg, sliced tomato, spinach, everything
seasoning, choice of side (veg, nf)

sourdough french toast \$13
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)
april 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



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open every day
8am - 3pm

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

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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
- french fries \$6
- vegan chipotle "mayo" (v, gf)

sides

chips, beet chop salad, french fries,
fennel slaw

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

salads

small \$14 | large \$18

- +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

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

tetragrammaton

spring mix, spinach, apple, raisins, bleu cheese, toasted walnuts, sesame seeds, quinoa, strawberry kombucha vinaigrette (veg, gf)

cobb

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

kale

kale, quinoa, cucumber, red onion, marinated artichoke hearts, sauerkraut, feta cheese, sunflower seeds, bleu cheese dressing (veg, gf)

strawberry

spinach, strawberries, fennel, toasted almonds, goat cheese, strawberry kombucha 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, 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 \$15

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

spicy chicken \$16

grilled chicken breast, jalapenos, avocado, banana peppers, cheddar cheese, chipotle mayo

reuben \$16

pastrami, sauerkraut, red onion, pickles, swiss cheese, secret sauce (nf)

jammin ham \$15

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

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