

# breakfast

served daily from **8 a.m. - 11:00 a.m.**  
sides: breakfast potatoes, fresh fruit,  
multi-grain toast, dressed greens

**quiche du jour** \$10  
changes daily, choice of side

**breakfast sandwich\*\*** \$10  
croissant, bacon, cheddar cheese, fried egg,  
choice of side (nf)

**american breakfast\*\*** \$10  
2 eggs, multi-grain toast, breakfast potatoes  
choose: bacon, sausage, avocado or  
portobello mushroom (nf)

**breakfast burrito** \$10  
potatoes, scrambled eggs, cheddar cheese,  
green chilies, black beans, ranchero sauce &  
sour cream. choose: bacon, sausage, avocado  
or portobello mushroom (nf)

**dutch baby pancake** \$10  
maple syrup and whipped butter  
choice of side (veg, nf)

**veggie hash\*\*** \$12  
potato/winter squash/black bean hash,  
warm corn tortillas, 2 eggs, avocado  
(veg, gf, nf)

**breakfast salad\*\*** \$12  
kale, spring mix, quinoa, roasted winter  
squash, toasted walnuts, sauerkraut,  
2 eggs (veg, gf)

\*\* 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.

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

# drinks

hot or iced tea \$2.5  
bottled lemonades & teas, \$3.5  
juices, sodas, etc \$2.5  
mexican coca-cola \$2.5/\$3.5  
oj/oat milk/cow's milk \$5  
kombucha \$4  
colorado beers \$8 glass/\$25 bottle  
palisade wines \$7  
mimosa

# coffee & espresso

*colorado legacy coffees*  
+add: flavors or oat milk 50 cents+  
**12oz small, 16oz large**

coffee \$2/\$3  
cappuccino \$3/\$4  
americano \$3/\$4  
french press \$5  
mocha \$4/\$5  
cubano \$4/\$5  
latte \$3/\$4  
cold brew (large only) \$4  
turmeric latte \$4/\$5

# fruit smoothies \$6.50

16oz, choose oat milk or oj  
\$1 +add to your smoothie  
+chia, flax, yogurt, kale, hemp protein+

blueberry, strawberry, banana, cinnamon  
mango, dates, yogurt, oat milk  
peach, banana, pineapple  
apple, kale, basil, mango  
pineapple, strawberry, banana  
banana, cacao, pb, hemp protein



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

open 7 days a week

breakfast: 8 - 11 a.m.

lunch: 11 - 3:30 p.m.

downtown lunch delivery

from 1st st. - 7th st.  
colorado ave. - grand ave.

# appetizers

|                                      |      |
|--------------------------------------|------|
| quiche du jour                       | \$10 |
| comes with cup of soup or side salad |      |
| crispy chickpeas                     | \$4  |
| 2 dipping sauces (veg, nf)           |      |
| chips and corn pico                  | \$7  |
| (v, gf, nf)                          |      |

# sides

|                         |       |
|-------------------------|-------|
| chilled beet chop salad | \$3   |
| (veg, gf, nf)           |       |
| quinoa tabouleh         | \$3   |
| (v, gf, nf)             |       |
| boulder potato chips    | \$1.5 |
| (v, gf, nf)             |       |

# soups

our homemade soups change daily.  
check today's selection at  
[www.cafesolgi.com](http://www.cafesolgi.com) or on  
[facebook.com/cafesolgi](https://facebook.com/cafesolgi)

# combos

|                                      |      |
|--------------------------------------|------|
| 1/2 panini, cup of soup, small salad |      |
| soup & panini                        | \$13 |
| soup & salad                         | \$14 |
| salad & panini                       | \$15 |

# kids meals \$6

half panini or rollup, choice of side or  
piece of fruit, juice box

|                  |
|------------------|
| pb + banana      |
| grilled cheese   |
| turkey + cheddar |
| ham + swiss      |

# salads

+add to your salad+

\$1 hard boiled egg, multi-grain toast, avocado  
\$3: grilled chicken breast, grilled portobello  
mushroom, tuna salad, prosciutto

|   |        |
|---|--------|
| cafe sol  | \$9/13 |
| mixed greens, fresh herbs, roasted beets,<br>spicy candied walnuts, goat cheese,<br>apples, banana bread croutons,<br>house vinaigrette (veg) |        |

|   |         |
|---|---------|
| pear salad  | \$10/14 |
| mixed greens, sliced pear, bleu cheese,<br>craisins, spicy candied walnuts,<br>bleu cheese dressing (veg, gf) |         |

|  |        |
|--|--------|
| kale salad   | \$9/13 |
| kale, quinoa, hummus, marinated artichoke<br>hearts, feta cheese, cucumber, red onion,<br>sunflower seeds, red wine vinaigrette<br>(veg, gf, nf) |        |

|  |         |
|--|---------|
| beet salad   | \$10/14 |
| mixed greens, prosciutto, roasted beets,<br>sunflower seeds, parmesan cheese, red<br>wine vinaigrette (gf) |         |

|  |         |
|--|---------|
| el fresco  | \$10/14 |
| romaine, sliced tomato, avocado,<br>black beans, corn pico, red onion,<br>crispy tortilla strips, goat cheese,<br>buttermilk ranch (veg, gf, nf) |         |

|   |         |
|---|---------|
| cobb  | \$10/14 |
| romaine, bleu cheese, hard boiled egg,<br>bacon, avocado, tomato, red onion,<br>buttermilk ranch (gf, nf) |         |

|   |         |
|---|---------|
| the winterfell  | \$10/14 |
| mixed greens, kale, roasted squash,<br>apple, dates, toasted walnuts,<br>bleu cheese dressing (veg, gf) |         |

# paninis

served with a choice of side,  
substitute gluten free bread +\$2

|  |      |
|--|------|
| turkey   | \$13 |
| avocado, bacon, cheddar cheese, sliced<br>tomato, roasted garlic mayo (nf) |      |

|   |      |
|---|------|
| impossible burger   | \$13 |
| grilled impossible burger patty,<br>carmelized peppers and onions,<br>pickles, cheddar cheese,<br>roasted garlic mayo (veg, nf) |      |

|   |      |
|---|------|
| tuna melt                                 | \$12 |
| sliced tomato, pickles, swiss cheese (nf) |      |

|   |      |
|---|------|
| portobello  | \$12 |
| grilled portobello mushroom, hummus,<br>green herb pesto, feta cheese, marinated<br>artichoke hearts, red onion (veg) |      |

|  |      |
|--|------|
| reuben   | \$13 |
| pastrami, sauerkraut, swiss chesse, red onion,<br>pickles, secret sauce (nf) |      |

|  |      |
|--|------|
| pink pony  | \$13 |
| turkey, herb stuffing, cranberry sauce,<br>mayo (nf) |      |

|  |      |
|--|------|
| peachanini   | \$13 |
| prosciutto, brie cheese, palisade peach jam,<br>red onion, balsamic drizzle (nf) |      |

|  |      |
|--|------|
| black bean burger  | \$13 |
| grilled black bean patty, red onion,<br>tomato, avocado, lettuce,<br>vegan chipotle mayo (v) |      |

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october 2020