

breakfast

served daily from **10 a.m. - 3 p.m.**

breakfast sandwich \$7**
croissant, bacon or avocado,
cheddar cheese, fried egg (nf)

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

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

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

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 \$2.5/\$3.5
kombucha \$5
colorado beers \$4
palisade wines \$8 glass/\$25 bottle
mimosa \$7

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
lemon, mango, apple, turmeric
apple, kale, basil, mango
pineapple, strawberry, banana
banana, cacao, pb, hemp protein



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

open wednesday - monday
10 a.m. - 3p.m.
closed tuesdays

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)

sides

- chilled beet chop salad \$3
(veg, gf, nf)
lentil & carrot salad \$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 or on
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 roll-up, choice of side or
piece of fruit, juice box

- pb + banana
grilled cheese
turkey + cheddar
pastrami + 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 \$10/14
mixed greens, fresh herbs, roasted beets,
spicy candied walnuts, goat cheese,
apples, banana bread croutons,
house vinaigrette (veg)

powa hour \$10/14
mixed greens, kale, apple, sauerkraut,
red onion, chia seeds, cucumber, lentils,
carrots, lemon walnut vinaigrette (v, gf)

kale salad \$10/14
kale, quinoa, hummus, marinated artichoke
hearts, feta cheese, cucumber, red onion,
sunflower seeds, red wine vinaigrette
(veg, gf, nf)

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

wild west \$10/14
romaine lettuce, tomato, red onion,
avocado, black beans, goat cheese,
crispy tortilla strips, buttermilk ranch
(veg, gf, nf)

beet salad \$10/14
mixed greens, prosciutto, roasted beets,
sunflower seeds, parmesan cheese,
red wine vinaigrette (gf, nf)

sasquash \$10/14
mixed greens, kale, roasted winter squash,
pear, raisins, toasted walnuts, bleu cheese,
lemon walnut vinaigrette (veg, gf)

paninis

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

turkey \$13
avocado, bacon, cheddar cheese, sliced
tomato, roasted garlic mayo (nf)

grilled chicken \$13
brie cheese, green chilies, red onion,
roasted garlic mayo (nf)

impossible burger \$13
grilled impossible burger patty,
tomato, red onion, cheddar cheese,
pickles, lettuce, mayo (veg, nf)

tuna melt \$13
sliced tomato, pickles, swiss cheese (nf)

portobello \$13
grilled portobello mushroom, hummus,
green herb pesto, feta cheese,
marinated artichoke hearts,
red onion (veg)

reuben \$13
pastrami, sauerkraut, swiss cheese,
red onion, pickles, secret sauce (nf)

black bean burger \$13
grilled black bean patty, red onion,
avocado, tomato, green chilies,
vegan chipotle mayo (v)

grilled 4-cheese \$13
brie+cheddar+swiss+goat cheeses,
sliced tomato (veg, nf)

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january 2021