

# breakfast

served mon - fri from **8 - 11:00 am**  
sides: breakfast potatoes, fresh fruit,  
sourdough toast, dressed greens

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

**breakfast sandwich\*\*** \$10  
croissant, fried egg, cheddar cheese.  
choose: ham, bacon or avocado  
choice of side (nf)

**american breakfast\*\*** \$11  
2 eggs, sourdough toast, breakfast potatoes  
choose: bacon, ham, pulled pork, avocado  
or portobello mushroom (nf)

**breakfast burrito** \$11  
potatoes, scrambled eggs, cheddar cheese,  
green chilies, black beans, ranchero sauce &  
sour cream. choose: bacon, ham, pulled pork,  
avocado or portobello mushroom (nf)

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

**breakfast salad\*\*** \$12  
kale & mixed greens, quinoa, carrots, lentils,  
sesame roasted peanuts, avocado, 2 eggs,  
red wine vinaigrette (veg, gf)

**pulled pork breakfast\*\*** \$12  
slow roasted pork shoulder, tortilla chips,  
ranchero sauce, black beans, green chilies,  
fried egg, goat cheese (gf, 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/beermosa single \$7/serves 4 \$22

# 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 7 days a week

breakfast mon - fri 8 - 11 am

lunch mon - fri 11 am - 3 pm

weekend brunch 8 am - 3 pm

downtown lunch delivery

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

# appetizers

- crispy chickpeas \$4  
2 dipping sauces (veg, nf)
- hummus platter \$8
- crispy corn chips, assorted veggies & pickles, extra virgin olive oil (v, gf, 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.cafesolgj.com](http://www.cafesolgj.com) or on  
[facebook.com/cafesolgj](https://facebook.com/cafesolgj)

# 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
- ham + swiss

# salads

+add to your salad+  
\$1 hard boiled egg, sourdough 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, palisade peach ginger vinaigrette (v, gf, nf)

- 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)

- open sesame \$10/14  
spinach, cucumber, mandarin oranges, sesame roasted peanuts, crispy wontons, sesame seeds, palisade peach ginger vinaigrette (v)

# paninis

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

- spring pig \$13  
sliced ham, banana peppers, swiss cheese, tomato, red onion, green herb pesto mayo
- 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)

- cuban \$13  
pulled pork, sliced ham, swiss cheese, pickles, mustard (nf)

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

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march 2021