

breakfast

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

quiche du jour \$11
changes daily, choice of side (nf)

breakfast sandwich \$11**
croissant, fried egg, cheddar cheese.
choose: ham, bacon or avocado
choice of side (nf)

american breakfast \$12**
2 eggs, sourdough toast, breakfast potatoes
choose: bacon, ham, avocado
or portobello mushroom (nf)

breakfast burrito \$12
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 \$11
maple syrup and whipped butter
choice of side (veg, nf)

breakfast salad \$13**
spinach, kale, heirloom tomato, radish, quinoa,
roasted beets, goat cheese, sunflower seeds,
2 eggs, red wine vinaigrette (veg, gf, nf)

pulled pork breakfast \$13**
slow roasted pork shoulder, tortilla chips,
ranchero sauce, black beans, green chilies,
avocado, 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, \$3.5
juices, sodas, etc \$2.5
mexican coca-cola \$3.5
oj/oat milk/cow's milk \$6
kombucha \$5
colorado beers \$9 glass/\$28 bottle
palisade wines single \$7/serves 4 \$22
mimosa/beermosa

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 \$8

+\$1 add: kale, spinach, chia, yogurt,
hemp protein, pb+

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
pineapple, cucumber, mint, lime



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 \$5
2 dipping sauces (veg, nf)
chips & guacamole \$9 (v, gf, nf)
heirloom tomato appetizer \$10
cucumber, radish, feta cheese, fresh herbs,
EVOO & balsamic glaze (veg, 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.cafesolgi.com or on
facebook.com/cafesolgi

combos

- 1/2 panini, cup of soup, small salad
soup & panini \$14
soup & salad \$15
salad & panini \$16

kids meals \$7

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

- cafe sol \$11/15
mixed greens, fresh herbs, roasted beets,
spicy candied walnuts, goat cheese,
apples, banana bread croutons,
house vinaigrette (veg)

- kale salad \$11/15
kale, quinoa, hummus, cucumber, red onion,
heirloom tomato, sunflower seeds, feta cheese
(veg, gf, nf)

- cobb \$11/15
romaine, bleu cheese, hard boiled egg,
bacon, avocado, tomato, red onion,
buttermilk ranch (gf, nf)

- wild west \$11/15
romaine lettuce, tomato, red onion,
guacamole, black beans, goat cheese,
crispy tortilla strips, buttermilk ranch
(veg, gf, nf)

- berry salad \$11/15
spinach, kale, fresh berries, cucumber,
radish, spicy candied walnuts, apple,
goat cheese, red onion, palisade
peach ginger vinaigrette (veg, gf)

- beet salad \$11/15
mixed greens, prosciutto, roasted beets,
sunflower seeds, parmesan cheese,
red wine vinaigrette (gf, nf)

- open sesame \$11/15
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

- turkey \$14
avocado, bacon, cheddar cheese, sliced
tomato, roasted garlic mayo (nf)

- impossible burger \$14
grilled impossible burger patty,
tomato, red onion, cheddar cheese,
pickles, lettuce, mayo (veg, nf)

- blt supreme \$14
heirloom tomato, bacon, green herb
pesto, avocado, mayo, spring mix

- tuna melt \$14
sliced tomato, pickles, swiss cheese (nf)

- portobello \$14
grilled portobello mushroom, hummus,
green herb pesto, feta cheese,
heirloom tomato, red onion (veg)

- cuban \$14
pulled pork, sliced ham, swiss cheese,
pickles, mustard (nf)

- black bean burger \$14
grilled black bean patty, red onion,
guacamole, tomato, green chilies,
vegan chipotle mayo (v)

- grilled chicken guacamole \$14
heirloom tomato, guacamole, cucumber,
jalepeño, swiss cheese, spring mix (nf)

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july 2021