

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, crispy chickpeas, roasted squash,
walnuts, goat cheese, 2 eggs, lemon walnut
vinaigrette (veg, gf)

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,
juices, sodas, etc \$3.5
mexican coca-cola \$2.5
oj/oat milk/cow's milk \$3.5
kombucha \$6
colorado beers \$5
palisade wines \$9 glass/\$28 bottle
mimosa/beer-mosa single \$7/serves 4 \$22

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+

blackberry, ginger, lime, chaga mushroom
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)

lamb kofta \$10

grilled lamb skewers with cucumber, warm flatbread, red onion, olives, tzatziki sauce, feta cheese

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, kalamata olives, roasted red peppers, sunflower seeds, feta cheese, red wine vinaigrette (veg, gf, nf)

cobb \$11/15

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

the john stamos \$11/15

spinach, quinoa, roasted squash, apple, roasted chickpeas, toasted pumpkin seeds, dried peaches, lemon walnut vinaigrette (v, gf, nf)

pear salad \$11/15

mixed greens, kale, pear, bleu cheese, candied walnuts, raisins, lemon walnut vinaigrette (veg, gf)

beet salad \$11/15

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

small chef salad \$10

mixed greens, ham, turkey, hard boiled egg, swiss cheese, cheddar cheese, bacon sprinkles, red onion, ranch dressing (gf, nf)

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)

gyro burger \$14

grilled lamb patty, cucumber, kalamata olives, red onion, tomato, feta cheese, hummus (nf)

tuna melt \$14

sliced tomato, pickles, swiss cheese (nf)

portobello \$14

caramelized onion, roasted red pepper, roasted chickpeas, feta cheese, fresh herb pesto (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)

chicken guacamole \$14

grilled chicken breast, guacamole, bacon, cheddar cheese (nf)

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oct 2021