drinks

assorted teas/juices	$4.5
assorted sodas/waters	$3.5
oj/oat milk/cow's milk	$3.5
kombucha	$7.5
colorado beers	$7
palisade wines	$10 can
mimosa/beermosa	single $9/serves 4 $30

coffee & espresso

+$1 add vanilla, caramel, seasonal syrup, oat milk, extra shot+
Iced drinks = large sizes only

coffee, hot or iced	$3.5
americano	$3/$4
latte	$4/$5
cappuccino	$4/$5
mocha	$4.5/$6
cubano	$4.5/$6
turmeric latte	$4.5/$6
chai	$4.5/$6
matcha	$5.5/$6.5

fruit smoothies $10

+$1 add: kale, chia, yogurt, hemp protein+

- strawberry, peach, pineapple, lemon
- apple, kale, basil, mango
- pineapple, strawberry, banana
- mango, strawberry, pineapple
- peach, pineapple, banana
- mango, peach, strawberry

**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.

(veg=vegetarian, v=vegan, gf=gluten free, nf=nut free) october 2026

Cafe SOL

open every day
9am - 2:30pm

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

• order online •
• delivery available •
• we cater •

www.cafesolgj.com

all day breakfast

sides: breakfast potatoes, fresh fruit, toast $4

breakfast sandwich $16**
croissant, 2 fried eggs, cheddar cheese,
choose: bacon, ham or avocado, choice of side (nf)

breakfast burrito $16**
eggs, potatoes, black beans, cheddar cheese,
green chilies, choose bacon, ham, pulled pork or
avocado, side of salsa and sour cream (nf)

dutch baby pancake $16
whipped butter and maple syrup, choice of side (veg, nf)

2 egg breakfast $15**
breakfast potatoes, sourdough toast.
choose: bacon, avocado, ham, or
slow roasted pork shoulder (nf)

avocado toast $16**
sourdough toast, avocado, tomato,
2 fried eggs, everything seasoning, choice of side (nf)

pulled pork breakfast skillet $18**
slow roasted pork shoulder, potatoes, green chilies,
black beans, 2 eggs, sour cream

veggie hash $17**
roasted butternut squash, potatoes, roasted beets, sliced
tomato, black beans, red onion, 2 eggs, side of toast

slice of quiche (changes daily) $14
choice of side

apps, snacks, sides

side french fries $5
side beet chop salad $4
side potato chips $3
side lentil salad $4
crispy chickpeas app $8
2 dipping sauces (veg, gf, nf)
side salad $10
choice of caesar salad or simple green salad
slice of quiche (changes daily) $14
choice of side
grilled cheese sandwich $9
grilled ham or turkey & cheddar $11

grain bowls $18

choice of grilled chicken breast, avocado,
slow roasted pork shoulder, or 2 eggs**

breakfast bowl
brown rice and quinoa, bacon, salsa, black beans, kale,
green chilies, sliced tomato, red onion (gf, nf)

greek bowl
quinoa, cucumber, red onion, kalamata olives, crispy
chickpeas, kale, feta cheese, red wine vinaigrette (gf, nf)

cafe bowl
quinoa and brown rice, kale, roasted beets, pears,
toasted walnuts, everything seasoning,
fresh herb vinaigrette (gf)

salads $18

+add to your salad+
$3: *hard boiled egg, avocado, quinoa*
$5: *grilled chicken breast*
$7: *tuna salad, chicken salad*

cafe sol
mixed greens, fresh herbs, roasted beets, spicy candied
walnuts, goat cheese, apples, banana bread croutons,
house vin (veg)

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

caesar
romaine, tomato, cucumber, roasted garlic croutons,
parmesan cheese, caesar dressing (nf)

pear
mixed greens, sliced pear, craisins, bleu cheese,
candied walnuts, red wine vinaigrette (veg, gf)

beet
mixed greens, roasted beets, granola, sliced apples,
goat cheese, sunflower seeds, red wine vinaigrette
(veg, gf)

winter
kale, roasted winter squash, toasted pumpkin seeds,
quinoa, sliced apple, house vin (veg, gf, nf)

sandwiches

comes with choice of side
substitute a GF wrap or GF everything bagel for $2

turkey panini $19
avocado, bacon, cheddar, sliced tomato,
roasted garlic mayo (nf)

tuna melt panini $18
sliced tomato, pickles, cheddar cheese (nf)

black bean burger $17
grilled black bean patty, avocado, red onion, tomato,
green chilies, vegan cashew chipotle mayo,
toasted sourdough (v)

grilled chicken caesar wrap $18
tomato, parmesan cheese (nf)

chicken salad croissant $19
chicken salad, sliced apple, toasted walnuts, spring mix

cuban panini $19
slow roasted pork shoulder, ham, swiss cheese, pickles,
yellow mustard (nf)

combos $16

pick 2:

- side caesar salad
- simple side salad
- cup of soup
- slice of quiche
- half turkey & cheddar panini
- half ham & swiss panini
- half tuna salad on sourdough
- avocado toast

deluxe combos $25

pick 2: any half salad, bowl of soup, half sandwich
(wraps and croissants excluded)