



970-589-6345

<http://www.grubgofersonline.com>

Cafe Sol

Soups

Our homemade soups change daily.

Check today's selection at

www.cafesolgj.com or on

[Facebook.com/cafesolgj](https://www.facebook.com/cafesolgj)

Appetizers and Sides

Chips and Guacamole (v, gf, nf)	\$8.40
Crispy Chickpeas 2 dipping sauces (veg, gf, nf)	\$4.20
Quiche du jour Changes daily, comes with cup of soup or side salad.	\$9.45
Chilled beet chop salad (veg, gf, nf)	\$3.15
Vegan broccoli slaw (v, gf)	\$3.15
Boulder potato chips (v, gf, nf)	\$1.58

Kids Meals \$6.00

half panini or roll up, choice of side or piece of fruit. Juice box Click to choose options

PB & Banana	\$6.30
Grilled Cheese	\$6.30
Turkey and Cheddar	\$6.30
Ham and Swiss	\$6.30

Combos

1/2 Panini, cup of soup or small salad	
soup and panini	\$13.65
soup and salad	\$14.70
salad and panini	\$15.75

Salads

+Add to your salad+ \$1- Hard boiled egg, 5-grain toast, avocado \$3- grilled chicken breast, grilled portobello mushroom, tuna salad, prosciutto, grilled veggie burger. Click to choose options. * Click item to choose small or large salad and other options.

Cafe Sol Salad

Mixed greens, fresh herbs, roasted beets, spicy candied walnuts, goat cheese, apples, banana bread croutons, charred chive vinaigrette (veg)

Pear Salad

mixed greens, sliced pear, raisins, bleu cheese, spicy candied walnuts, bleu cheese dressing (veg, gf)

Winterfell Salad

kale, mixed greens, roasted winter squash, toasted walnuts, dates, goat cheese, lemon walnut vinaigrette (veg, gf)

Beet Salad

mixed greens, prosciutto, roasted beets, toasted almonds, bleu cheese, red wine vinaigrette.

The New West Salad

romaine, black beans, quinoa, tomatoes, red onion, guacamole, queso fresco, crispy tortilla strips, charred chive vinaigrette. (gf)

Happy Trails Salad

kale, mixed greens, apples, dried peaches, granola, croutons, sunflower seeds, almonds, walnuts, chia seeds, sesame seeds, thai peach vinaigrette. (v)

Cobb Salad

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

Greek Salad

romaine lettuce, tomato, croutons, chickpeas, red onion, queso fresco, kalamata olives, cucumber, red wine vinaigrette. (veg, nf)

Fruit Smoothies \$6.50

16 oz choose almond milk or oj \$1 + add to your smoothie+ +chia, flax, yogurt, kale, hemp protein+ Click to choose options

peach, strawberry, yogurt	\$6.83
cucumber, pineapple, mint, lime juice	\$6.83
mango, banana, pineapple	\$6.83
apple, kale, basil, mango	\$6.83
pineapple, strawberry, banana	\$6.83
banana, cacao, pb, hemp protein	\$6.83

Coffee and Espresso

Colorado Legacy Coffees 12 oz small, 16 oz large * add: flavors or almond milk 50 cents* Click to choose options

Coffee & Espresso- Click to choose.

Drinks Options

Drinks- Click to choose.

Paninis

Served with a choice of a side. Substitute gluten free bread for \$2 Click to choose options

Turkey Panini avocado, bacon, cheddar cheese, sliced tomato, roasted garlic mayo (nf)	\$13.65
Grilled Veggie Burger black bean patty, tomato, red onion, queso fresco, guacamole, vegan chipotle mayo (veg)	\$12.60
Tuna Melt Panini sliced tomato, cucumber, swiss cheese (nf)	\$12.60
Grilled 4-Cheese Panini brie, swiss, cheddar, goat cheeses, sliced tomato (veg, gf)	\$11.55
Chicken Guacamole Panini grilled chicken breast, guacamole, bacon, cheddar cheese (nf)	\$13.65
Fancy Ham and Cheese Panini brie, fruit preserves, sliced apple, toasted almonds	\$12.60
Hot Pastrami Panini sauerkraut, swiss cheese, red onion, pickled jalapenos, kalamata olives, yellow mustard, mayo (nf)	\$13.65
Grilled Veggie Panini grilled portobello mushroom, seasonal grilled veggies, fresh herb pasta, sauteed greens, sauerkraut (v)	\$12.60
Club Panini ham, turkey, bacon, Swiss cheese, red onion, tomato, mayo (nf)	\$13.65
Pink Pony Panini turkey, cranberry sauce, herb stuffing, mayo (nf)	\$12.60