

SOL FLOWER *Cafe*

BREAKFAST

Served 8am - 3pm

Smoothie Bowl 10.00

blueberries, spinach, dates, hemp seed, chia seed, coconut, goji berry, fresh seasonal fruit

Devil's Mess Breakfast Burrito 8.75

3 eggs scrambled, Schreiner's chorizo, chilies, onions, spinach, side of fire roasted salsa

The Flanched Flarney Garney 8.25

scrambled egg sandwich, chunky avocado, mayo, ham, cheddar cheese

Baker's Quiche 8.75

eggs, goat cheese, tomatoes, green onions, roasted bell pepper sauce, served with petite green salad

Assorted Baked Goods

see the pastry case for our daily selections

SALADS

The Mediterranean 9.50

mixed greens, garbanzo beans, pickled red onion, roasted bell pepper, olives, feta, red wine vinaigrette

The Chino* 10.50

kale, peppers, cabbage, carrots, cashew, wonton, ginger sesame vinaigrette

Eat the Rainbow 9.50

farmer's market vegetables, spinach, served with three dipping sauces

SOUPS

Small 3.00 | **Large** 6.00

Lentil Curry Coconut Soup

Tomato Soup

SANDWICHES

Grilled Ham and Cheese 10.00

black forest ham, white cheddar, onion marmalade, Noble country bread

Curry Chicken Salad 10.00

curry, mayo, almonds, celery, arugula, 9 grain bread

The Del Real 9.50

roasted bell peppers, cucumbers, sprouts, goat cheese, onion marmalade, avocado, 9 grain bread

BOWLS

The Mezze 11.00

hummus, pickled cauliflower, quinoa tabbouleh

Roasted Vegetable Bowl 10.00

mushrooms, charred broccoli, caramelized onion, sweet potato, tri-color quinoa, tahini dressing

BEVERAGES

Arnold Palmer

3.00

Seasonal Lemonade

3.50

Assorted Soda

2.00

Kombucha

7.00

Freshly Squeezed OJ

3.50

Coconut Water

4.00

Hot Tea

2.50

Iced Tea

2.50

green tea, herbal tea, black tea

COFFEE

Espresso

2.50

Cappuccino

3.50

Americano

3.00 / 4.00

Latte

3.75 / 4.50

Mocha

4.25 / 5.25

Drip Coffee

2.50 / 3.25

Cold Brew

2.75 / 3.50

All menu items are non-medicated and do not contain cannabis

*These items are served raw or undercooked, or contain raw or uncooked ingredients. Consuming raw or undercooked Meats, Poultry, Seafood, Shellfish, or Eggs may increase your risk of foodborne illness. We are not a gluten-free kitchen.