

# SOL FLOWER *Cafe*

## BREAKFAST

Served 8am - 3pm

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**Fruit & Granola Bowl** 7.00

seasonal fruit, yogurt, granola

**French Toast** 7.25

brioche bread, butter, fresh berries, maple syrup

**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, bacon, cheddar cheese

**Baker's Quiche** 8.75

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

**Sol Flower Omelet** 8.50

eggs, cheddar cheese, roasted red bell peppers, onion, ham

**Assorted Baked Goods**

see the pastry case for our daily selections

## SOUPS

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**Lentil Curry Coconut Soup** 3.00

**Seasonal Soup** 3.00

## SALADS

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**Caesar Salad\*** 7.95

romaine, croutons, parmesan, caesar dressing

**The Chino\*** 10.50

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

**Copper State Cobb Salad** 10.95

romaine, tomato, egg, turkey, bacon, avocado, pickled red onion, red wine vinaigrette

## SANDWICHES

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**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, Noble multigrain bread

**Turkey Club** 9.50

turkey, bacon, spinach, tomato, mayo, Noble multigrain bread

**BBQ Pork Sandwich** 9.50

rotisserie pork, BBQ sauce, coleslaw, Noble bun

## BOWLS

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**Wellness Bowl** 10.50

black jasmine rice, seasonal vegetables, sweet & spicy stir fry sauce.

**Sonoran Bowl** 11.00

green chili pork, black beans, peppers, onion, salsa, guacamole, cilantro

## BEVERAGES

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**Arnold Palmer**

3.00

**Lemonade**

3.50

**Assorted Soda**

2.00

**Kombucha**

7.00

**Freshly Squeezed OJ**

3.50

**Hot Tea**

2.50

**Iced Tea**

2.50

green tea, black tea

## COFFEE

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**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

\*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.