

# SOL FLOWER *Cafe*

## BREAKFAST

Served 8am - 3pm

### Fruit & Granola Bowl (veg) 7.00

seasonal fruit, yogurt, granola

### French Toast (veg) 7.25

brioche bread, butter, fresh berries, maple syrup

### Avocado Toast\* (veg,df) 7.95

Noble 9-grain bread, crushed avocado, cherry tomatoes, shaved red onion, shaved radish, 6-minute egg, sprouts, chimayo chili powder

### The Flanched Flarney Garney 8.25

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

### Sol Flower Omelet (gf) 8.50

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

### Devil's Mess Breakfast Burrito (df) 8.75

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

### Assorted Baked Goods

see the pastry case for our daily selections

## BOWLS

### Wellness Bowl (v) 10.50

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

### Sonoran Bowl (df) 11.00

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

## SALADS

### Strawberry Fields Salad (veg) 9.25

arugula, romaine, strawberries, shaved fennel, toasted oats, toasted coconut, goat cheese, chia seed dressing

### Greek Salad (veg, gf) 9.50

romaine, garbanzo beans, cucumber, bell pepper, tomato, red onion, olives, feta, oregano vinaigrette

### Copperstate Cobb Salad (gf) 10.95

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

## SANDWICHES

### Grilled Ham and Cheese 7.95

black forest ham, white cheddar, Noble country bread

### Del Real (veg) 8.95

arugula, cucumber, roasted bell pepper, crushed avocado, goat cheese, daikon sprouts, Noble 9-grain 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

ADD 25MG CBD TO ANY MENU ITEM FOR \$4.00

v-vegan veg-vegetarian gf-gluten free df-dairy free

## BEVERAGES

Arnold Palmer 3.00

Lemonade 3.50

Assorted Soda 2.50

Freshly Squeezed OJ 3.50

Hot Tea 2.50

Iced Tea 2.50

green 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

## CBD DRINKS

Abuela's CBD Hot Chocolate (25mg) 7.00

CBD Cherry Limeade (25mg) Strawberry 7.00

Banana CBD Smoothie (25mg) 8.00

Pina Colada CBD Smoothie (25mg) 8.00

Strawberry Daiquiri CBD Smoothie (25mg) 8.00

\*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.