

SOL FLOWER *Cafe*

BREAKFAST

.....

Served 8am - 3pm

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

Garden Burrito (veg) 8.25

eggs, cilantro, roasted red peppers, sautéed onion, cherry tomatoes, rice, black beans, cheddar cheese, avocado, flour tortilla, side of roasted salsa

The Diego 8.25

turkey, bacon, eggs, swiss cheese, romaine, tomato, chipotle mayo, english muffin

The Flanned 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

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

SALADS

.....

Strawberry Fields Salad (veg) 9.25

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

Mediterranean Hummus Plate (veg) 10.00

hummus, tomatoes, red onion, cucumbers, mint, parsley, feta, red wine vinaigrette, pita

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

roisserie pork, BBQ sauce, coleslaw, Noble bun

Chicken Panini 9.50

shredded chicken, bacon, mozzarella, sautéed spinach, roasted tomatoes, basil pesto, Noble ciabatta

Roast Beef Panini 10.00

roast beef, caramelized onions, provolone, cherry tomatoes, arugula, horseradish cream sauce, Noble ciabatta

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

BEVERAGES

.....

Arnold Palmer 3.00

Lemonade 3.50

Assorted Soda 2.50

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

All Beverages Contain 25MG CBD

.....

Abuela's CBD Hot Chocolate 7.00

CBD Cherry Limeade 7.00

Strawberry Banana CBD Smoothie 8.00

Pina Colada CBD Smoothie 8.00

Strawberry Daiquiri CBD Smoothie 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.