


BREAKFAST MENU

Weekdays until 12. Weekends all day.  Vegan  Gluten-free

BREAKFAST SANDWICHES & TOASTS

Adds: Bacon 1, Red Mountain Sausage 2, Fresh Avocado 2, Cream Cheese .75, Wayfare Plant-based "Sour Cream" 1 .

Subs: Make it gluten-free with Gluten-free Bagel or Gluten-free Toast 1 .

Make it vegan with Wayfare plant-based "Cream Cheese"  or plant-based "Egg" 1 .

Brooklyn Salmon Bagel

House-cured wild salmon, capers, pickled red onion, arugula and cream cheese on a works bagel. 11

English Muffin Sandwich

Shirred egg with bacon and Sola sauce on a whole grain English muffin. 6

Breakfast Bagel Sandwich

Scrambled free range egg with cheddar on a plain or works bagel. 6

Chickpea Frittata Bagel

Chickpea frittata with rioja sauce, hummus, arugula and tomato. 6

Vegan Breakfast Bagel

Plant-based vegan scramble, dairy-free cream cheese, spinach and tomato. 7


Avocado Toast

Fresh avocado on whole grain bread with meyer lemon oil, sea salt and harissa toasted chickpeas. 4.25

Hummus Toast

Harissa hummus with baby arugula, tomato, pickled red onion and spinach on whole grain bread. 4.25

Toasted Bagel

Traditional new york style - choose from plain, the works or cinnamon raisin. 2.25  gluten-free 3.25

Toast or English Muffin

Served with butter and Sola's mixed berry preserves. 2.25



SCRAMBLES, WRAPS & BOWLS

Subs: Plant-based "Egg" 1 .

Today's Scramble

Free-range eggs with select market ingredients. Cup 5 / Bowl 8

Scrambled Eggs

Free-range scrambled eggs. 4

Yucatan Wrap Or Bowl

Eggs, black beans, rioja sauce, cheddar, creamy cilantro-cashew sauce, yukon golds, on a whole grain wrap or over quinoa. 9

Chickpea Frittata

A plant-based chickpea frittata with rioja sauce. 4

Gluten-Free Vegan Breakfast Bowl

Quinoa, berries, pumpkin seeds, golden raisins, zattar-toasted chickpeas and maple syrup. Cup 7 / Bowl 10 Adds: Greek yogurt 2, Steamed Almond Milk 1

Shirred Eggs

Eggs baked with tomato, chives & cheddar.

One for 4 / Two for 7

SOLA BAKED GOODS

Please see our displays for today's bakery selections and gluten-free items.

SOLA WAFFLE BAR

(Please allow at least 10 minutes)

Adds: fresh berries 2, chocolate chips 1, egg 4, bacon-stuffed 1

Almond Meal Buttermilk Waffle

Sola waffle batter grilled to order. Served with butter and real maple syrup. One waffle 6.50 two waffles 12

Vegan Coconut Almond Meal Waffle

Sola's coconut almond meal waffle with Wayfare butter and sour cream. 6.50 / 12

FRENCH-STYLE QUICHE

Please see our case for today's selections

Traditional Crust Slice 7

Gf Crust Slice 8

Crustless Mini Quiche 4

MORNING GRAINS & SIDES

Granola

House-made granola sweetened with maple syrup, MT honey. Cup 5 / Bowl 8

Yogurt Parfait

House-made granola, greek yogurt and berries. Cup 6 / Bowl 9

"Oatmeal"

House-made granola with steamed milk, almond or coconut milk. Cup 6 / Bowl 9

Fresh Yukon Gold Breakfast Potatoes 4

Red Mountain Sausage 2

Bacon 1

LUNCH MENU

11 am - 3 pm  Vegan  Gluten-free

WRAPS & SANDWICHES

Adds: Bacon 1, Fresh Avocado 2.

Subs: All Sandwiches can be made gluten-free with our Sola Gluten-free Bread 1 .

Plant Love Wrap

Grilled asparagus, roasted mushrooms, tomato, cashew green sauce and organic greens in a whole grain wrap. 9

Turkey Club

Roasted turkey, bacon, red onion, tomato, organic greens, herb aioli on whole grain bread. 10

Curried Chicken Salad

Free-range chicken, curried mayo, celery, red onion, golden raisins, parsley, arugula on croissant or in a whole grain wrap. 10

Tuna Salad

Albacore, celery, dijon, mayo, arugula on croissant or in a whole grain wrap. 10

Hot BBQ Pork

Braised Montana Natural Pork shoulder in house-made BBQ sauce topped with house-made slaw. 11

Hot Vegan Sandwich

A delicious, savory combination of fresh in-season vegetables on ciabatta. 12

Hot Thai Chicken Meatball

Free-range chicken in a thai red curry sauce topped with cilantro, pickled veggies on ciabatta. 12

Hot Tuna Melt

House-made tuna salad with melted cheddar topped with arugula, served open-faced on ciabatta. 11

ENTREE SALADS

Adds: Free-range Chicken 5, House-cured Wild Salmon 7, Chickpea Frittata Cake 4,

Shirred Egg 4, Bacon 2, Avocado 2

Chop Chop Salad

Shredded kale, brussels sprouts, broccoli, cauliflower, carrots, quinoa, toasted cashews, pumpkin seeds, golden raisins, zattar-toasted chickpeas, creamy cashew herb dressing. 12

Today's Seasonal Salad

Please see our specials board for today's offering.

LUNCH PLATES & BOWLS

BBQ Pork Braise



House-braised bbq Montana National Pork over rice. 12

Thai Chicken Meatball

Delicious house-made, free range chicken meatballs served over rice. 13

Seared Wild Ahi Poke Bowl

Seared wild ahi tuna, cucumber, tomato, daikon radish, edamame, avocado, & ponzu over rice or greens. 13

Vegan Poke Bowl with togarashi tofu. 13  

Quiche For Lunch

Daily selection of house-baked quiche with a field greens side salad. 9.50

Mac N Cheese

Cup 5 / Bowl 8 (add bacon 2)

Today's Dish and Vegan Bowl Specials

Please see our specials board for what we've prepared for today.

HOUSE-MADE SOUPS & GRASS-FED CHILI

Please see our specials board for today's made from scratch selections.

Cup 5.50 / Bowl 8.50 / Quart 12

Bread served on request or add cornbread for 1

SIDES & SALADS

One for 4.50 / Pick two for 8

Lemon-Garlic Broccolini

Seasonal Vegan Deli Salad

Today's Fresh Fruit Salad

FOR THE KIDS

Sub: GF Bread 1

Mac Cup 5

PB & J Box Lunch 5

Turkey & Cheese Box Lunch 6

Grass-Fed Beef Corn-Dog 6

Looking to order catering, a special cake
or custom bakery items?
Call us at 406-922-Sola or visit SolaCafe.com