



# BREAKFAST

til noon weekdays, all day sat/sun **R2G**=ready to go til 10a

Join us for weekend brunch featuring Sola's omelet and waffle bars 7am-3pm Sat & Sun

## BREAKFAST SANDWICHES

### BROOKLYN SALMON BAGEL

house-cured wild salmon, capers, pickled red onion, arugula, cream cheese on works bagel, served open faced \$11, Add avocado +\$2, sub plant-based cream cheese (df) \$1 sub GF Bagel: \$1

### ENGLISH MUFFIN SANDWICH

shirred eggs w. tomato, chives & cheddar, bacon, Sola sauce on whole grain English muffin \$6 Add bacon \$1 Add Avocado \$2 Add Sausage \$2 **R2G**

### BREAKFAST BAGEL

scrambled free range egg with cheddar on a Plain or Works bagel \$6 w. bacon \$7 / w. Red Mountain Sausage \$2 / Add Cream Cheese \$1 / Add avocado \$2/ sub GF Bagel: \$1 **(g) R2G**

### CHICKPEA B-FAST BAGEL **(v)**

chickpea frittata with rioja sauce and hummus w. arugula, tomato \$6 Add avocado +\$2 Add plant-based cream cheese (df) \$2 (EF,DF, PLANT-BASED) (sub GF Bagel: \$1)

### VEGAN B-FAST BAGEL **(v)**

plant-based vegan scramble, plant based cream cheese, spinach, tomato \$7 Add avocado +\$2 (sub GF Bagel: \$1) **(g)**

## FRENCH-STYLE QUICHE

see case for today's selection

\$7 traditional crust \$8 GF crust **(g)** with today's fresh fruit +\$4 with mini salad + \$3 crustless mini quiches \$4ea

## WEEKEND BRUNCH

### SPECIALS POSTED

online and on the board including Sola's omelet and waffle bars

## WAFFLE BAR

### ALMOND MEAL

**BUTTERMILK WAFFLE **(g)**** grilled to order with the Sola bakery waffle batter. Served with butter and real maple syrup \$6.50 ea allow 10 minutes (more on weekends)

### EGG & WAFFLE **(g)**

waffle with a scrambled eggs (made to order eggs sat/sun) \$10.50 just 2 waffles, \$12 with fresh berries \$2+ with chocolate chips \$1+

### BACON STUFFED WAFFLE

add \$1 per waffle **(g)**

## GRAINS & TOASTS

### GRANOLA

house-made granola sweetened with maple syrup MT honey served with milk \$5, \$8 (plant based)

### YOGURT PARFAIT

house-made granola, greek yogurt and berries \$6, \$9 (GF)-

### "OATMEAL"

house-made granola with steamed milk, almond or coconut milk \$6, \$9 (GF)

### TOASTED BAGEL **(v)**

NY style plain, works, cinnamon raisin \$2.25 Add: cream cheese +\$0.75 hummus +\$2 **(v)** organic peanut butter +\$2 **(v)** avocado +\$2 plant-based cream cheese (df) +\$2 **(v)** sub GF Bagel +\$1

### TOAST or ENGLISH MUFFIN

with butter and Sola's mixed berry preserves \$2.25

### AVOCADO TOAST **(v)** \$4.25

### HUMMUS TOAST **(v)**

with tomato, spinach \$4.25 Sub GF toast \$1+ **(g)**

## SCRAMBLES WRAPS & BOWLS

### TODAY'S SCRAMBLE

free range eggs with select Market ingredients \$5 cup, \$8 bowl sub plant based "egg" +\$1 **(v)**

### SCRAMBLED EGGS

free range scrambled eggs \$4 sub plant based "egg" +\$1 **(v)**

### SHIRRED EGGS

eggs baked with tomato, chives & cheddar \$4 ea or two for \$7 (GF) **R2G**

### YUCATAN

### WRAP or BOWL

egg or plant based "egg", black beans, rioja sauce, cheddar, creamy cilantro-cashew sauce, yukon golds, whole grain wrap or over quinoa in a bowl \$9 (GF) sub plant based "egg" +\$1 **(v)**

### BREAKFAST BOWL **(v)**

quinoa, berries, pumpkin seeds, golden raisins, zattar-toasted chickpeas, maple syrup \$7 cup, \$10 bowl (GF,PLANT BASED) add a scoop of Greek Yogurt \$2 add steamed almond milk \$1

### CHICKPEA FRITTATA

plant-based chickpea frittata with rioja sauce \$4 (GF,Vg) **R2G**

### "JUST EGG" SCRAMBLE **(v)**

plant-based vegan scramble substituted for egg, omit any cheeses +\$1 (GF) (omelet on weekends!)

### SIDES & EXTRAS:

avocado \$2 **(v) (g)** Red Mountain sausage \$2 **(g)** sour cream \$1 bacon \$1 pc **(g)** Yukon potatoes \$4 **(v) (g)**

**(g)**=gluten free

**(v)**=plant based vegan



## LUNCH 11am-3pm (grab 'n go + soups 'til close)

### SANDWICHES / WRAPS

**PLANT LOVE WRAP** (V) grilled asparagus, roasted mushroom, tomato, cashew green sauce, organic greens in whole grain or (GF) greens wrap (PLANT-BASED) \$9 or pick a side or soup for \$13

**TURKEY CLUB** roasted turkey, bacon, red onion, tomato, organic greens, herb aioli on whole grain bread (DF) \$10 or pick a side or soup for \$14.50

**CURRIED CHICKEN SALAD** free-range chicken, curried mayo, celery, red onion, golden raisins, parsley, arugula on croissant or in a whole grain wrap (DF, NF, avail GF) \$10 or pick a side or soup for \$14.50

**TUNA SALAD** albacore, celery, dijon, mayo, arugula on croissant or in a whole grain wrap (DF, NF, avail GF) \$10 or pick a side or soup for \$14.50

sub (G) gluten free house baked bread \$1+

### HOT SANDWICHES

**BBQ PORK** braised Montana Natural Pork pork shoulder in housemade BBQ sauce topped with house-made slaw (EF, DF, GF over greens) \$11 or pick a side or soup for \$15.50 (GF BREAD +\$1)

**THAI CHICKEN MEATBALL** free-range chicken in thai red curry sauce topped with cilantro, pickled veg \$12 or pick a side or soup for \$16.50 (DF) GF BREAD +\$1

**PLANT BASED HOT** (V) a seasonal and frequent rotation of savory plant based vegan concoctions, see the board \$12 or pick a side or soup for \$16.50 (PLANT BASED) GF BREAD +\$1

**TUNA MELT** house tuna salad with melted cheddar topped with arugula, open face \$11 or pick a side or soup for \$15.50 (DF) GF BREAD +\$1

### QUICHE FOR LUNCH

house-baked quiche of the day with a field greens side salad \$9.50 trad or (G) crust, see case

### FOR THE KIDS

PB&J box lunch \$5 (V)

turkey & cheese box lunch \$6 (gf+\$1)

mac cup \$5

grass-fed beef corn-dog (G) \$6

### SOUPS & GRASS-FED CHILI

made from scratch from stock to bowl see board for selections and allergens veg (V)soup, grass-fed beef chili, meat/dairy soup \$5.50 cup / \$8.50 bowl to-go quart \$12 bread upon request or cornbread (G) \$1

### HOT DISHES & PROTEINS

**BBQ PORK BRAISE** over rice (G) DF \$12 or pick a side or soup for \$16.50

**THAI CHICKEN MEATBALL** over rice (G) DF \$13 or pick a side or soup for \$17.50

**POKE BOWL** - seared wild ahi tuna or togarashi tofu, cucumber, tomato, daikon radish, eda-mame, avocado, & ponzu over rice or greens (G) (V) WITH TOFU OPTION \$13 or pick a side or soup for \$17.50

**TODAY'S HOT DISH** see board (G)

**PLANT BASED HOT DISH** (V)(G) a seasonal and frequent rotation of savory plant based vegan concoctions, see the board

**MAC N CHEESE** - \$5 cup \$8 bowl (add bacon \$2)

### VEGGIE SIDES & SALADS

\$4.50 or pick 2 for \$8

**LEMON-GARLIC BROCCOLINI** (V)(G) w. lemon, olive oil & garlic (GF,NF, PLANT-BASED)

**FRUIT SALAD** (V)(G) of the day (GF, NF, PLANT-BASED)

**SEASONAL VEG DELI SALADS** (V)(G)

### ENTREE SALADS

**TODAY'S SEASONAL ENTRÉE SALAD** (V)(G) see board for today's offerings (GF, PLANT-BASED)

**CHOP CHOP SALAD** (V)(G) shredded kale, brussels sprouts, broccoli, cauliflower, carrots, quinoa, toasted cashews, pumpkin seeds, golden raisins, zattar-toasted chickpeas, creamy cashew herb dressing \$12

### ADD PROTEINS

chickpea frittata cake (V) \$4, shirred egg \$4, togarashi tofu (V) \$4, bacon \$2, house-cured wild salmon \$7, free-range chicken \$5, avocado (V) \$2

(G)=gluten free (V)=plant based vegan