

Sola

Be sure to tell us that you need gluten free so we can enter your order properly.



GLUTEN FREE

- ❁ We make a selection of gluten free baked treats daily. ❁ Our huevos bake is gluten free. ❁ All of our salad dressings and pestos are gluten free.
- ❁ We use gluten free mayo and wheat free tamari. ❁ We keep all baking implements separated when baking gluten free items. ❁ We use a barrier when grilling to ensure breads and pizzas are not cross-contaminated with traditional flour. ❁ When we make soups with pasta, we always leave it on the side, so you can have it gluten free, if you ask!
- ❁ Any of our breakfast sandwiches, sandwiches, paninis or pizetta can be made gluten free.
- ❁ Gluten free cakes are available for special order.

Sola Lunch

Sola Café is part of the Farm-To-Restaurant local food campaign.

SALADS

Tossed with house dressings.

half whole

- Asian Sesame Chicken** 7.50 9.75
Grilled chicken, rice noodles, shredded carrots, red bell peppers and toasted almonds on hearts of romaine with orange sesame dressing.
- Local Goat Cheese & Veggie** 7.50 9.75
Grilled veggies, Amaltheia chevre, and toasted pine nuts on field greens with fig balsamic dressing.
- Spinach** 7.50 9.75
Crumbled local bacon, granny smith apples, toasted walnuts, and gorgonzola on spinach greens with fig balsamic dressing.
- Seared Steak** 8.50 10.75
Local grass-fed steak, gorgonzola, roasted potatoes, and caramelized onions on field greens with fig balsamic dressing.
- Fiesta Chicken** 7.50 9.75
Grilled local chicken, sweet corn, sweet red peppers, black beans, roasted anaheim chilis, romaine & tortillas in cilantro lime vinaigrette
- Side Salad** 4.00

🌱 Grilled tofu may be substituted for any salad meat at no charge.

Prices include gluten free bread substitute.

PANINIS *Please allow 10 minutes for your panini to grill.*

Served with chips. Combo = half sandwich with greens & cup of soup. half combo whole

- #1: Smoked turkey, havarti, and roasted tomato** 6.50 9.75 9.75
- #2: Chevre, pesto, and roasted seasonal veggies.** 6.50 9.75 9.75
- #3: Smoked ham, fontina, and caramelized onion** 6.50 9.75 9.75
- #7a: Grown-up grilled cheese with pesto, roasted tomatoes & 3 cheeses** 6.50 9.75 9.75
- #7b: Kids style grilled cheese.** 5.00 6.50 6.50

TOASTED BAGUETTE SANDWICHES *Served with chips.*

Combo = half sandwich with greens & cup of soup. half combo whole

- #4: Gruyère, caramelized onions, and tomato tapenade** 6.50 9.75 9.75
- #5: Seared steak, melted gorgonzola, & grilled onions** 7.25 10.50 10.50
- #6: Line-caught albacore salad melted with sharp cheddar** 6.50 9.75 9.75

COLD SANDWICHES *Served with chips.*

Combo = half sandwich with greens & cup of soup half combo whole

- #8: Smoked turkey, roasted tomatoes & havarti with romaine & dijonayo** 6.25 9.50 9.50
- #9: Chevre and grilled veggies with fresh pesto** 6.25 9.50 9.50
- #10: Tuna salad with a wedge of romaine** 6.25 9.50 9.50
- #11: Bacon, guacamole and smoked turkey.** 6.25 9.50 9.50
- #12: Locally cured ham, roasted tomatoes, fontina, romaine with horsey sauce** 6.25 9.50 9.50
- #13: Organic peanut butter & strawberry preserves or honey** 4.00 6.00 6.00

🌱 Substitute greens for chips for 1.50

SOUPS AND BREADS *Made from scratch!*

cup bowl

- Soup of the Day** 4.00 6.00
- Chili of the Day** 5.00 7.00

Add a side of gluten free bread with soup for 1.00

🌱 Add a side of field greens with fig balsamic dressing to any soup, chili for 1.50

406.922.SOLA (7652) | www.SolaCafe.com

Daily specials, soups and more on our blog!

Corner of South 3rd & Kagy - Across from Museum of the Rockies

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GLUTEN FREE

Sola Dinner

APPETIZERS & PIZZETTAS *Served from 4pm until closing.*

SMALL PLATES & SNACKS

- Fritters** zucchini and yellow squash fritters with mint mascarpone . . . 7.00
- Skewers** local chicken skewers with peanut sauce 9.00
- Curried Quinoa** two curried quinoa, lentil, flax and veggie cakes with roasted pepper coulis 8.00
- Salmon Cakes** two copper river salmon cakes with chive aioli and fresh mango chutney 10.00
- Anitipasti Plate** a selection of seasonal offerings including roasted vegetables, shaved meats, warmed herb chèvre, and warm olives in extra virgin olive oil, served with fresh-baked Sola bread.
Substitute gluten free bread for 1.00 small 9.00 large 15.00

RUSTIC PIZZETTAS *Served on gluten free crust upon request.*

Thin olive oil crust (for one as a dinner or for two as an appetizer)

- Caprese** fresh tomato, torn basil, fresh mozzarella, garlic, and extra virgin olive oil 11.50
- Goat** layers of local fresh herbed chèvre topped with sundried tomatoes, kalamata olives and shaved parmesan 12.50
- Carne** local sausage, bacon, and shaved ham atop sweet marinara with melted mozzarella, parmesan, and fresh herbs 12.50
- Verdure** seasonal roasted vegetables with house-made pesto, sprinkled with shredded parmesan and fresh herbs. 11.50

ENTRÉE

- Two Stuffed Portobello** mushrooms with spinach, fresh ricotta, parmesan, and sundried tomatoes, drizzled with chive pesto served over creamy polenta 11.00
- Spicy Pulled Pork** topped with sweet corn relish, served with southern slaw and a polenta cake 12.00
- Basque-Style Breast of Chicken** with olives, artichoke hearts, and tomato roulade, served over grilled polenta cakes 14.00
- Cassoulet Provençal** slow roasted white bean stew with local sausage and duck confit over creamy polenta 15.00
- Wild Copper River Salmon** with cilantro-lime-mango-avocado salsa, served with a wild rice cake 20.00
- Flatiron Steak** (8 oz. grass-fed) served with herb and parmesan mashers and fresh herb marsala sauce 20.00
- East Indian Wrap** ginger curried lentil dahl, briyani rice, mango chutney in a whole grain wrap, topped with yogurt-dill raita
Served in gluten free wrap upon request. 7.50

SIDES

- Roasted Brussels Sprouts** with toasted almonds and reduced balsamico. 4.00
- Mashers** fresh herb and parmesan mashers 4.00
- Rice** white and brown rice with butter 3.00
- Seasonal Roasted Vegetables** 5.00

KIDS *Made gluten free upon request.*

- Cheesy Pizzetta** with sweet marinara and mozzarella. 7.00
- Chicken Skewers** with peanut sauce or ranch. 6.00
- Organic PB & Jelly** or pb & honey on Gluten Free bread 4.00

❁ please see our beverage menu for a complete list of local beers, fine wines, sodas and espresso bar offerings.

❁ The dessert menu is a visual experience. Visit the case or ask your server to describe the house favorites! Gluten Free options available.

The offerings on this menu have been artfully prepared by Chef Megan Reed and sous chef Nikki Dupré using only the freshest seasonally local and sustainably produced ingredients. Enjoy! -Tiffany Lach, owner