

BREAKFAST • 7-11 AM

SPECIALITY DISHES

RHUBARB FRENCH TOAST • \$8.00

House-made Challah bread dipped in cinnamon batter, topped with house-made rhubarb syrup, whipped cream, and seasonal fruit toppings

DAILY PARFAIT • \$6.00

House-made granola, fruit compote, vanilla yogurt, local honey, and seasonal toppings

STONE-GROUND GRITS • \$3.50

BREAKFAST BURRITO • \$8.00

Two eggs with your choice of bacon or chorizo sausage, cheddar cheese, house-made salsa, and spiced sour cream, wrapped in a whole wheat tortilla

HASH BROWNS • \$3.50

Homemade hash browns served with your choice of vegan apple butter or green onion sour cream

OATMEAL BOWL • \$3.50

OMELET, SANDWICH OR WRAP • \$7.50

Omelets (gluten-friendly) made with three eggs, sandwiches made with two eggs and served on hearty potato bread, wraps made with two eggs scrambled on a whole-wheat tortilla. Can substitute tofu for eggs, vegan gouda for cheese.

Build your own - see counter for ingredients.

FARMER'S

Bacon, sausage, red onion, red pepper, and mushroom with cheddar cheese

HAM & CHEDDAR

Ham and red onion with cheddar cheese

GREEK

Mushrooms, red onion, and spinach with feta cheese

BACON & FETA

Bacon and spinach with feta cheese

A LA CARTE

Egg.....	\$1.50	Bacon	\$1.50
Toast.....	\$1.50	Sausage.....	\$1.50

**Eggs are cooked to order. Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness.*



FRESH • LOCAL • ORGANIC



GROUNDSWELL cafe

At Groundswell Cafe, we use organic, sustainably grown ingredients from Cultivate Hope Urban Farm, Out of the Blue Cheesecake Company (The Cheesecake Lady), Great Harvest Bread Co., Rishi Tea, Equal Exchange, New Pioneer Co-op, Garden Oasis Farm, Grimm Family Farm, and UNFI (formerly Albert's Organics).

a pay-it-forward eatery

Groundswell Cafe utilizes a pay-it-forward concept, where 100% of tips and other donations are set aside in a fund used to provide meals for those who cannot afford to pay.



Groundswell is an initiative of local nonprofit Matthew 25.

CAFE HOURS

Monday - Saturday, 7 am - 2 pm

201 Third Ave. SW, Cedar Rapids
Call 319-200-2791 for take-out or catering!

groundswellcafe.org
Follow us on social media @crgroundswell

LUNCH • 11 AM - 2 PM

SANDWICHES • \$12.00

All sandwiches come with chips and your choice of a side salad, roasted carrots & hummus, or coleslaw (vegan).

NORTHEASTERN

Choice of roast beef, turkey, **or** ham, with provolone, lettuce, tomato, onion, horseradish aioli and herb vinaigrette. Served on a toasted pretzel roll

CORNMEAL-FRIED EGGPLANT

Make it a wrap! \$1
Marinated squash salad, red onion, house-made hummus and greens. Served between fried eggplant slices

TURKEY PESTO BLT

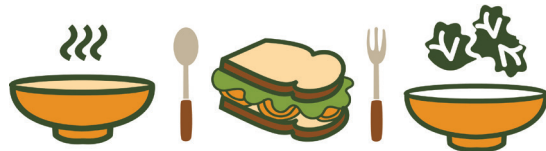
Shaved turkey, house-made pesto, bacon, lettuce and tomato. Served on toasted potato bread

HOT PASTRAMI REUBEN

Grilled pastrami, marinated cabbage, melted Swiss, and house-made Thousand Island dressing. Served on toasted rye bread

CHICKEN CAESAR WRAP

Marinated and roasted chicken, caramelized onions, panzanella, Caesar dressing and greens. Wrapped in a whole-wheat tortilla



SOUP OF THE DAY

CUP \$5.00

BOWL \$7.00

HALF & HALF COMBO

• \$10.50 •

CHOOSE TWO:

- ½ salad
- ½ sandwich
- cup of soup

LUNCH • 11 AM - 2 PM

SALADS • \$11.00

Add chicken, ham, bacon, roast beef, or tofu to any salad for \$2.
Build your own salad option also available - see counter for ingredients.

TAHINI FALAFEL

Make it a wrap! \$1
Mixed greens with house-made falafel, marinated and roasted eggplant and tomatoes, topped with tahini herb dressing

GROUNDWELL SUMMER SALAD

Mixed greens with grilled chicken, strawberries and cucumber, topped with house-made lemon poppy seed dressing, roasted sunflower seeds and croutons

COBB SALAD

Mixed greens with your choice of ham or chicken, hardboiled egg, avocado, tomatoes and blue cheese, topped with house-made green goddess dressing

SWEET PEANUT APPLE PEAR

Spinach with sliced apples and pears, roasted sweet potatoes and radishes, topped with a sweet peanut dressing, crushed peanuts and feta cheese

BEVERAGES

Drip Coffee	\$2.50	Millstream Soda	\$3.00
French Press	\$3.00	Diet Soda.....	\$2.50
Vietnamese Iced Coffee..	\$3.00	La Croix.....	\$2.00
Cold Brew Coffee	\$3.00	Orange Juice.....	\$2.00
Iced or Hot Tea.....	\$2.50	White or Chocolate Milk	\$2.00

 Contains nuts*  Vegan  Gluten Friendly**

*This kitchen uses nuts in many products. Some menu items do not contain nuts, but are prepared or cooked in the same area as nut products. Please notify staff if you have a severe allergy.

**Gluten Friendly items were prepared without gluten products, but are prepared or cooked in the same area as products that contain gluten.