

BREAKFAST • 7-10:45 AM

OMELET, SANDWICH OR WRAP • \$8.95

Omelets ^{GF} made with three eggs, sandwiches made with two eggs and served on potato bread, wraps made with two eggs scrambled in a whole wheat wrap. Can substitute tofu for eggs, vegan provolone for cheese.

IOWA FARMER'S

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

MEAT LOVERS

Bacon, sausage, ham & cheddar cheese

URBAN FARM FRESH

Roasted mushrooms, spinach, red onion, tomato and feta cheese

BUILD YOUR OWN

Choose your four favorite ingredients

SPECIALITY DISHES

FRENCH TOAST • \$8.95

Brioche bread dipped in vanilla & cinnamon batter, topped with fruit compote, whipped cream, and seasonal toppings

BREAKFAST BURRITO • \$8.95

Chorizo or Vegan sausage, fluffy eggs, spiced potatoes, sour cream and house-made pico salsa

DAILY PARFAIT • \$7.95

House-made granola, greek yogurt and honey, layered with homemade jam and seasonal fresh fruit 🍓

AVOCADO TOAST • \$8.95

Two thick slices of toasted bread, creamy avocado, tomato, feta, cucumber, and roasted sunflower seeds (🌱 request no feta)

TOFU SCRAMBLE WRAP • \$8.95

Tofu with savory turmeric, spinach, mushroom, red onion, red pepper and vegan provolone in a whole wheat wrap 🌱

ON THE SIDE

Daily Pastries.....	\$3.95
Hot Oatmeal.....	\$4.95
Toast with Jam.....	\$2.95
Home Fries.....	\$2.95
Fruit Cup.....	\$2.95
House-made Pico Salsa.....	\$0.95

FRESH • LOCAL • ORGANIC



GROUNDSWELL cafe

At Groundswell Cafe, we strive to utilize organic, sustainably grown ingredients from Cultivate Hope Urban Farm and other local food suppliers whenever possible.

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

SMOOTHIES • \$7.50
GREEN MONSTER
BERRY BLAST

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

LUNCH • 11 AM - 2 PM

SANDWICHES/WRAPS • \$13.95

All sandwiches and wraps come with your choice of one side: Home Fries, Coleslaw, Raw Veggies with Hummus, Seasonal Fruit Cup, Simple Side Salad

IOWA'S BEST BLT

Crispy bacon, heirloom tomato, Matthew 25 farm lettuce, and smoked tomato aioli on potato bread (🌱 Tofu Bacon with Vegan Sauce option)

CHICKEN CAESAR WRAP

Marinated and roasted chicken, caramelized onions, farm greens, panzanella, and Caesar dressing in a whole wheat wrap

HEARTY HAM AND CHEESE

Layers of sliced ham and melted cheddar cheese on potato bread

PHIL'S PHILLY

Roasted onions, peppers, and mushrooms with hot roast beef, provolone and horseradish mayo

NORTHWEST DELI

Choice of meat (sliced roast beef, chicken or ham) with provolone, lettuce, tomato, onion, horseradish mayo and herb vinaigrette on toasted pretzel bun

THE VEGAN WRAP

Roasted tofu, onion, mushrooms, spinach, and avocado with home-made pico salsa in a whole wheat wrap 🌱

SIDES • \$2.95 EACH

Home Fries • Coleslaw

Fruit Cup • Simple Side Salad

Raw Veggies and Hummus

HALF & HALF COMBO

\$12.95

CHOOSE TWO:

½ salad

½ sandwich

SOUP OF THE DAY

CUP \$3.95

BOWL \$6.95

CHEESECAKE • \$4

With every cheesecake purchase, \$4 will be added to the Pay-it-Forward Fund

LUNCH • 11 AM - 2 PM

SALAD BOWLS • \$12.95

Served with Sliced Baguette (GF) Request No Bread/Croutons

Add Chicken, Ham, Bacon, or Tofu to any salad for \$2.95

SWEET PEANUT APPLE PEAR

Roasted sweet potatoes, apples, pears, red onion, feta, and sweet peanut dressing served on baby spinach with toasted peanuts 🥜

TAHINI FALAFEL

House-made falafel, marinated and roasted eggplant, tomatoes, red onion, tahini-herb dressing served on mixed greens with crispy chickpeas 🌱

LEMON POPPY SEED STRAWBERRY

Marinated and grilled chicken, strawberries, cucumber, roasted sunflower seeds and lemon poppy seed dressing served on a bed of mixed greens with croutons and feta cheese

COBB SALAD

Diced ham with avocado, tomato, hard-boiled egg, bacon and Bleu Goddess dressing served on mixed greens with croutons

SOUTHWEST AVOCADO BOWL

House made pico salsa, grilled chicken, corn, peppers, and creamy avocado dressing served on a bed of greens with tortilla strips

BEVERAGES

Drip Coffee	\$2.95	Craft Soda.....	\$3.95
French Press	\$4.95	Orange Juice.....	\$2.95
Cold Brew Coffee	\$2.95	Fruit Punch.....	\$2.95
Iced or Hot Tea.....	\$2.95	White/Chocolate Milk.....	\$2.95



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.