

Breakfast is available from 7:00 AM until 10:45 AM

## BREAKFAST

MAKE VEGAN BY  
SUBSTITUTING TOFU  
SEASONED WITH  
TURMERIC FOR EGGS.

### IOWA FARMER'S OMELET / SANDWICH / WRAP

Three eggs, bacon, ham, sausage, red onion, bell peppers, mushrooms, and cheddar cheese. Can be made with no meat or no vegetables for an all meat option or a vegetarian option — 9.95

### PHILLY BREAKFAST OMELET / SANDWICH / WRAP

Three eggs, shredded roast beef, red onion, bell peppers, mushrooms, and provolone cheese. Topped with a drizzle of creamy horseradish aioli — 9.95

### BANANAS FOSTER FRENCH TOAST 🍌

French toast with bananas, crushed walnuts, whipped cream, bananas foster sauce (caramel sauce with vanilla, cinnamon, cardamom and nutmeg); can be ordered as French toast with seasonal fruit — 8.95

### MORNING CLASSIC

Two eggs made to order, two pieces of breakfast meat (sausage or bacon), and a slice of toast with butter and jam — 8.95

All Day Breakfast is available from 7:00 AM until 2:00 PM

## ALL DAY BREAKFAST

MAKE VEGAN BY  
SUBSTITUTING TOFU  
SEASONED WITH  
TURMERIC FOR EGGS.

ALL SERVED WITH ONE SIDE **SIDE DISH OPTIONS:** HOUSE POTATOES OR SIMPLE SIDE SALAD

### STEAK & EGG SANDWICH

Seasoned tender beef tips, egg cooked to order, choice of cheddar or provolone cheese, Urban Farm lettuce, and creamy horseradish aioli. Served on a toasted brioche bun — 12.95

### HAM, EGG, & CHEESE BREAKFAST SANDWICH

Ham, egg, and cheddar cheese. Served on a croissant — 9.95

### BREAKFAST BURRITO **STAFF FAVORITE!**

Chorizo, eggs, seasoned potatoes, sour cream, house-made pico, avocado mousse, and cheddar cheese. Substitute vegan chorizo and/or vegan sour cream to make it vegetarian/vegan — 12.95

### AVOCADO TOAST

Creamy avocado spread, slices of avocado, cucumbers, tomatoes, and feta cheese. Topped with roasted sunflower seeds. Served on Dakota bread. Vegetarian option available — 8.95

## SIDES

ADDITIONAL  
SIDES 2.95 EACH

### HOUSE POTATOES

Quartered potatoes, tossed in olive oil, garlic, rosemary and roasted

### ZUCCHINI CHIPS

Thinly sliced zucchini, tossed in olive oil, seasoned and baked until crisp

### COLESLAW

Crisp cabbage and carrots tossed in creamy dressing

### FRESH FRUIT

Daily fruit cup

### SIMPLE SIDE SALAD

Urban Farm lettuce w/choice of salad dressing

## DESSERTS



### CHEESECAKE

Luscious cheesecake topped with fresh fruit — 4.00

#### PAY-IT-FORWARD

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

### AWARD-WINNING CREME BRULEE BREAD PUDDING

Rich custard-soaked bread, this dish is baked to perfection and topped with a caramelized sugar crust that provides a delightful crunch — 4.95



## BEVERAGES



### DRIP COFFEE

2.95

### FRENCH PRESS

3.95

### LATTE

5.00

### MOCHA

5.00

### CARAMEL LATTE

5.00

### HOT CHOCOLATE

4.50

### ICED OR HOT TEA

2.95

### MILLSTREAM SODA

2.50

### ORANGE JUICE

2.95

### FRUIT PUNCH

2.95

### WHITE MILK

2.95

### CHOCOLATE MILK

2.95

### LA CROIX

1.99

### BOTTLED WATER

1.00

ADD-INS

EXTRA SHOT  
OF ESPRESSO 0.50

SYRUP  
FLAVORING 0.25

OAT  
MILK 0.50

COCONUT  
MILK 0.50

ALMOND  
MILK 0.50



GROUNDSWELL  
cafe

PAY-IT-FORWARD



Lunch is available from 11:00 AM until 2:00 PM

## SPECIALTY SANDWICHES

ALL SERVED WITH ONE SIDE

**SIDE DISH OPTIONS:** HOUSE POTATOES, COLESLAW, FRESH FRUIT, SIMPLE SIDE SALAD, ZUCCHINI CHIPS

### BBQ PULLED PORK SANDWICH

Slow roasted pulled pork topped with homemade coleslaw, and zesty BBQ sauce. Served on a pretzel bun — 13.95

### PHIL'S PHILLY LOCAL FAVORITE!

Roasted onions, peppers and mushrooms with hot roast beef, provolone and horseradish mayo. Served on a toasted pretzel bun — 13.95

### BELLO-BURGER

One large marinated portobello mushroom cap, lettuce, tomato, onion, pickles, dijon aioli and tomato aioli. Served on a pretzel bun — 13.95

### THANKSGIVING IN A SANDWICH

Turkey, provolone cheese, crushed pecans, spring mix, and a cranberry compote. Served on sourdough bread — 13.95

## CLASSIC SANDWICHES

ALL SERVED WITH ONE SIDE

**SIDE DISH OPTIONS:** HOUSE POTATOES, COLESLAW, FRESH FRUIT, SIMPLE SIDE SALAD, ZUCCHINI CHIPS

### GRANNY SMITH HAM GRILLED CHEESE\*

Sliced apples, ham, cheddar cheese, and dijon mustard aioli. Served on sourdough bread — 12.95

### SPICY CHICKEN SANDWICH

Seasoned chicken breast, Urban Farm lettuce, tomato, onion, and creamy sriracha aioli. Served on a pretzel bun — 12.95

### KINGSTON BLT\*

Crispy bacon, heirloom tomato, Urban Farm lettuce, and smoked tomato aioli. Served on sourdough bread. Can be made vegetarian/vegan by substituting tofu for bacon, and switching to vegan aioli — 12.95

### CEDAR RAPIDS DELI

Choice of turkey, ham or roast beef, provolone, Urban Farm lettuce, tomato, red onion, creamy horseradish aioli. Served on a pretzel bun — 12.95

Lunch is available from 11:00 AM until 2:00 PM

## SALADS



ALL SERVED WITH A SIDE OF TOASTED DAKOTA BREAD

### FALL HARVEST CHICKEN BOWL\*

Chicken, farro, thinly sliced apple, dried cranberries, pumpkin seeds, feta crumbles. On a bed of greens topped with an apple cider vinaigrette — 13.95

### WINTER SQUASH & PEAR SALAD\*

Roasted and diced squash, sage, thinly sliced pears, spring mix, goat cheese, topped with a brown butter sage dressing — 12.95

### BLUEBERRY GOAT CHEESE SALAD\*

Chicken, spring mix, dried blueberries, pecans, farro, cucumbers, goat cheese, with balsamic dressing — 13.95

### AVOCADO BOWL\*

House-made pico salsa, grilled chicken, corn, peppers, and creamy avocado dressing. Served on a bed of greens with tortilla strips — 12.95

### CHEF SALAD

Urban Farm salad mix topped with tomatoes, ham, cheddar cheese, turkey, cucumbers, and hard-boiled egg slices. Served with ranch dressing — 12.95

### CHICKEN CAESAR SALAD\*

Urban Farm salad mix, grilled chicken, shaved parmesan, caesar dressing, and croutons — 12.95

## SOUP OF THE DAY

CUP

3.29

BOWL


5.99

ADD A SIDE  
OF BREAD FOR  
ONLY 0.99

SEE LARGE  
MENU BOARD FOR THE  
SOUP OF THE DAY

## HALF & HALF COMBO (Pick 2)

- ☐ HALF SALAD
- ☐ HALF SANDWICH
- ☐ CUP OF SOUP 13.95

Contains nuts 

\*Vegetarian Options Available