

MENU



GROUNDSWELL
cafe

BREAKFAST

MAKE **VEGAN** BY
SUBSTITUTING TOFU
SEASONED WITH
TURMERIC FOR EGGS.

BREAKFAST AVAILABLE 7:00-10:45 AM

IOWA FARMER'S OMELETTE / SANDWICH / WRAP

Two eggs with bacon, ham, sausage, red onion, bell peppers, mushrooms, and cheddar cheese. *Customize it your way—make it all meat or vegetarian by omitting vegetables or meat* — 9.95

PHILLY BREAKFAST OMELETTE / SANDWICH / WRAP

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

CLASSIC FRENCH TOAST

Brioche French toast with mixed berry compote, powdered sugar, whipped cream, and maple syrup — 9.95

MORNING CLASSIC

Two eggs cooked to order with your choice of bacon or sausage, served with toast, butter, and jam — 9.95



PHILLY
OMELETTE

ALL DAY BREAKFAST AVAILABLE 7AM-2PM

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

JACK'S SPECIAL **V**

Toasted sourdough with mayo-chup, two eggs cooked to order, and melted cheddar cheese. *Add your choice of meat for an additional \$1* — 9.95

BREAKFAST BURRITO **STAFF FAVORITE!**

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

HUMMUS TOAST **V**

Hearty Dakota bread layered with creamy hummus, crisp cucumbers, olives, and feta cheese, finished with a drizzle of olive oil — 12.95



BREAKFAST
BURRITO

Contains nuts Vegetarian

LUNCH AVAILABLE 11AM-2PM

SPECIALTY SANDWICHES

GLUTEN
FREE BREAD
AVAILABLE

ALL SERVED WITH ONE SIDE

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



BELLO-
BURGER

BBQ PULLED PORK

Slow-roasted pulled pork topped with house-made coleslaw and zesty BBQ sauce on a pretzel bun — 13.95

PHIL'S PHILLY **LOCAL FAVORITE!**

Hot roast beef with roasted onions, peppers, and mushrooms, melted provolone, and horseradish mayo on a toasted pretzel bun — 13.95

GRANNY SMITH HAM GRILLED CHEESE

Ham with sliced Granny Smith apples, cheddar cheese, and Dijon mustard aioli on grilled sourdough — 13.95

BELLO-BURGER **V**

Marinated portobello mushroom cap with mixed greens, tomato, onion, pickles, Dijon aioli, and tomato aioli on a pretzel bun — 13.95

LUNCH AVAILABLE 11AM-2PM

CLASSIC SANDWICHES

GLUTEN
FREE BREAD
AVAILABLE

ALL SERVED WITH ONE SIDE

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

TUNA SALAD SANDWICH

House-made tuna salad with mayo, celery, onion, diced jalapeño, garlic, lemon juice, and seasoning, topped with mixed greens and potato chips on toasted Dakota bread — 12.95

CHICKEN CAESAR WRAP

Grilled chicken layered with caramelized onions, crisp cucumber, tomato, croutons, parmesan cheese, and Caesar dressing, wrapped in a soft tortilla — 12.95

CEDAR RAPIDS DELI

Choice of turkey, ham, or roast beef layered with provolone, mixed greens, tomato, red onion, and creamy horseradish aioli on a pretzel bun — 12.95

KINGSTON BLT

Crispy bacon, heirloom tomato, mixed greens, and smoked tomato aioli on sourdough bread. *Vegetarian/vegan option available with tofu and vegan aioli* — 12.95



CEDAR
RAPIDS
DELI

LUNCH AVAILABLE 11AM-2PM

SALADS



ALL SERVED WITH A SIDE OF TOASTED DAKOTA BREAD

TACO SALAD GRAIN BOWL

Seasoned ground beef with rice, mixed greens, house-made pico de gallo, shredded cheese, jalapeños, olives, sour cream, and crispy tortilla strips — 12.95

LEMON POPPY SALAD

Grilled chicken on a bed of greens with strawberries, cucumber, sunflower seeds, feta cheese, and lemon poppy seed dressing — 12.95

STRAWBERRY RHUBARB SALAD

A bed of greens with strawberries and rhubarb, sliced almonds, and mint, tossed in a strawberry rhubarb vinaigrette — 12.95

CHICKEN BACON RANCH SALAD

Grilled chicken and crispy bacon over a bed of greens with cucumber, tomato, onion, parmesan cheese, croutons, and ranch dressing — 12.95



STRAWBERRY RHUBARB SALAD

SOUP OF THE DAY



CUP

3.29

BOWL

5.99

ADD A SIDE OF BREAD FOR ONLY 0.99

- MON..... Chicken Tortilla
- TUE..... Minestrone
- WED..... Creamy Tuscan
- THU..... Award-Winning Chili 
- FRI..... Roasted Red Pepper
- SAT..... Creamy Potato

HALF & HALF COMBO (Pick 2)

- HALF SALAD
- HALF SANDWICH
- CUP OF SOUP

13.95

DESSERTS



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



CHEESECAKE

Luscious cheesecake topped with fresh fruit — 5.00

PAY-IT-FORWARD 
With every cheesecake purchase, \$5 will be added to the Pay-it-Forward Fund.

ABOUT PAY-IT-FORWARD

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.

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



SIMPLE SIDE SALAD

Urban Farm lettuce with choice of salad dressing



COLESLAW

Crisp cabbage and carrots tossed in creamy dressing



FRESH FRUIT

Daily fruit cup

PARFAITS

PARFAITS

Yogurt, Honey, Mixed Berry Compote, Granola — 7.95



BEVERAGES



ESPRESSO

DRIP COFFEE

2.95

FRENCH PRESS

3.95

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

LATTE

4.95

CAPPUCCINO

4.75

AMERICANO

3.75

RED EYE

3.95

MOCHA

5.45

SYRUPS

- Blue Raspberry
- Caramel
- Sugar Free Caramel
- Sugar Free Vanilla
- Swiss Chocolate
- Vanilla
- White Chocolate
- Wild Raspberry



ADD-INS

EXTRA SHOT OF ESPRESSO 0.50

SYRUP FLAVORING 0.50

OAT MILK 0.50

COCONUT MILK 0.50

ALMOND MILK 0.50



GROUNDSWELL
cafe

A PAY-IT-FORWARD EATERY

MON-SAT • 7:00 AM-2:00 PM

201 Third Ave SW • 319-200-2791

groundswellcafe.org



@CRGroundswell



Groundswell Cafe is an initiative of local nonprofit Matthew 25.