

# BREAKFAST • 7-11 AM

## SPECIALITY DISHES

### BANANA FOSTER FRENCH TOAST • \$8.00

House-made Brioche bread dipped in vanilla & cinnamon batter, topped with cashews, grilled bananas, local maple syrup, and seasonal toppings

### DAILY PARFAIT • \$6.00

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

### RUSTIC MUSHROOM

### TOAST • \$8.00

Mushroom pate with sauteed crimini mushrooms, arugula, feta cheese, served on toasted potato bread.

### ROBIN'S DAILY PASTRIES • PRICES VARY

## 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 provolone for cheese.

**Build your own - choose four ingredients.**

### FARMER'S

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

### CARNIVORE

Bacon, sausage, ham & cheddar

### GARDEN FRESH

Sauteed mushroom, spinach, onion, tomato and feta cheese

### ROOTS VEGGIE

Chives, onions, parsley, cilantro, carrots and parmesan 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.

## CAFE HOURS

Monday - Saturday, 7 am - 2 pm

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



Groundswell is an initiative of local nonprofit Matthew 25.

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 Umami home-fries, roasted carrots and hummus, or mushroom and tomato skewers.

### THAI CRUNCH WRAP

Choice of chicken or BBQ tofu, cashew crumbles, mixed greens, cucumbers, tomatoes, carrots, cilantro, red peppers and Thai chili sauce

### CLASSIC DOUBLE CLUB

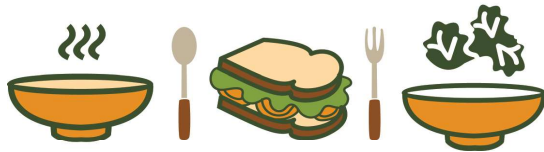
Two choices of roast beef, chicken or ham, house-made aioli, bacon, tomato, mixed greens and Swiss cheese. Served on toasted potato bread

### CRUNCHY HONEY HAM GRILLED CHEESE

Honey ham, Swiss cheese, tart apple, Dijon mustard, mixed greens. Served on toasted potato bread

### CRANBERRY CHICKEN SALAD

Chicken with apples, cashews, and cranberries, topped with lettuce and a house-made cranberry spread. Served on toasted pretzel roll



## SOUP OF THE DAY

CUP \$5.00

BOWL \$7.00

## HALF & HALF COMBO

• \$12.00 •

### 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.**

### DEVILED EGG SALAD

Mixed greens with diced egg, ham, shredded carrots, croutons and diced pickles with ranch dressing topped with a paprika blend

### FARRO CAPRESE SALAD

Farro, mixed greens, blistered tomatoes, capers, Parmesan, shredded basil, arugula and a lemon balsamic vinaigrette

### SNOWFLAKE HUMMUS BOWL

Mixed greens, quinoa, marinated tomatoes, red onion, cucumbers, house-made hummus, toasted chickpeas and scallions

### MAUI SPINACH SALAD

Spinach, cucumbers, cherry tomatoes, onion, teriyaki, Maui glazed chicken, dried cranberries, crumbled cashews and feta

## BEVERAGES

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