

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

SPICY CHICKEN SANDWICH

Seasoned chicken breast, Urban Farm lettuce, tomato, onion, and creamy sriracha aioli. Served on a pretzel bun — 13.95

GRILLED CHICKEN PESTO SANDWICH

Seasoned chicken breast, provolone, pesto, and sliced tomatoes. Served on sourdough — 13.95

CLASSIC SANDWICHES

ALL SERVED WITH ONE SIDE **SIDE DISH OPTIONS:** HOUSE POTATOES, COLESLAW, FRESH FRUIT, SIMPLE SIDE SALAD, ZUCCHINI CHIPS

MEDITERRANEAN SANDWICH

Spinach, avocado, red onion, feta cheese, tomatoes, and roasted red peppers. Topped with pesto and sriracha aioli. Served on Dakota bread from Great Harvest. Can be made vegan by switching to sourdough bread and a vegan aioli — 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

CAPRESE SANDWICH WITH BACON

Fresh mozzarella, tomatoes, basil, bacon, drizzled with balsamic glaze. Served on toasted sourdough. Can be made vegetarian by substituting tofu for bacon — 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

SMOKED SALMON GRAIN BOWL

Rice, arugula, avocado, and smoked salmon. Served with a pesto drizzle — 14.95

WATERMELON & FETA SALAD*

Watermelon and crumbled feta on a bed of Urban Farm lettuce blend. Tossed with mint and a drizzle of balsamic vinaigrette — 12.95

STRAWBERRY LEMON POPPY SALAD*

Marinated and grilled chicken, strawberries, cucumber, roasted sunflower seeds, feta cheese, and lemon poppy seed dressing. Served on a bed of mixed greens with croutons — 12.95

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

SOUPS

SEE BOARD FOR DAILY SOUPS

CUP

3.29

BOWL


5.99

ADD A SIDE OF BREAD FOR ONLY \$0.99



HALF & HALF COMBO (Pick 2)

- HALF SALAD
- HALF SANDWICH
- CUP OF SOUP 13.95

Contains peanuts: 

*Vegetarian Options Available

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

FRENCH TOAST

Brioche bread dipped in vanilla and cinnamon batter. Topped with seasonal fruit, whipped cream and a side of syrup — 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

SMOKED SALMON SANDWICH

Capers, cream cheese, tomato, red onions, and smoked salmon. Served on an everything bagel — 12.95

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. Vegetarian option available — 8.95

SIDES

ADDITIONAL
SIDES 2.95 EACH

HOUSE POTATOES

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

ZUCCHINI CHIPS

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

COLESLAW

A summertime favorite! Plus it's Vegan!

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

HOT CHOCOLATE

4.50

WHITE MILK

2.95

FRENCH PRESS

3.95

ICED OR HOT TEA

2.95

CHOCOLATE MILK

2.95

LATTE

5.00

MILLSTREAM SODA

3.49

LA CROIX

1.99

MOCHA

5.00

ORANGE JUICE

2.95

BOTTLED WATER

1.00

CARAMEL LATTE

5.00

FRUIT PUNCH

2.95

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