

MENU



GROUNDSWELL
cafe

BREAKFAST

AVAILABLE UNTIL 10:45 AM

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

IOWA FARMER'S OMELET / SANDWICH / WRAP

Three 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 OMELET / SANDWICH / WRAP

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

MAPLE BACON FRENCH TOAST

Golden French toast topped with savory bacon, whipped cream, and maple syrup for a sweet-and-salty breakfast favorite. Prefer something fresh? Swap the bacon for seasonal fruit — 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
OMELET

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, COLESLAW,
FRESH FRUIT, SIMPLE SIDE SALAD, ZUCCHINI CHIPS

JACK'S BREAKFAST SANDWICH **V**

Two eggs cooked to order, melted cheddar cheese, and our creamy house sauce on grilled sourdough. 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

AVOCADO TOAST **V**

Creamy avocado spread and fresh avocado layered with cucumber, tomato, and feta, then finished with roasted sunflower seeds for a little crunch. Served on hearty Dakota bread. Vegetarian option available — 8.95



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



BBQ
PULLED
PORK
SANDWICH

BBQ PULLED PORK SANDWICH

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

THANKSGIVING IN A SANDWICH

Tender turkey and provolone layered with spring mix, crunchy pecans, and sour-sweet cranberry compote on hearty Dakota bread — 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

GRANNY SMITH HAM GRILLED CHEESE

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

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

SPICY CHICKEN SANDWICH **STAFF FAVORITE!**

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



SPICY CHICKEN
SANDWICH

SALADS

LUNCH AVAILABLE 11AM-2PM

ALL SERVED WITH A SIDE OF TOASTED DAKOTA BREAD

APPLE PECAN SALAD

Crisp apples, crunchy pecans, and sour-sweet cranberries tossed with hearty kale and dressed with apple cider vinaigrette — 12.95

AVOCADO BOWL

Grilled chicken, house-made pico salsa, corn, peppers, and crunchy tortilla strips served over fresh greens and finished with creamy avocado dressing — 12.95

CHICKEN CAESAR SALAD

Grilled chicken, shaved Parmesan, and crunchy croutons served over fresh Urban Farm salad mix and tossed with classic Caesar dressing — 12.95



APPLE
PECAN
SALAD

SIDES

ADDITIONAL
SIDES 2.95 EACH



HOUSE POTATOES

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



FRESH FRUIT

Seasonal fruit cup



COLESLAW

Crisp cabbage and carrots tossed in creamy dressing



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

BEVERAGES

HOT CHOCOLATE

4.50

ICED OR HOT TEA

2.95

MILLSTREAM SODA

2.95

ORANGE JUICE

3.50

LEMONADE

3.25

WHITE MILK

3.25

CHOCOLATE MILK

3.25

LA CROIX

2.25

BOTTLED WATER

1.00

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

DESSERT

PASTRIES



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



DAILY ASSORTMENT

Check our pastry case for today's fresh selections
Croissants — 4.00
Pastries — 3.00
Cookies — 2.00

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.



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.



COFFEE

ESPRESSO

	12 oz	16 oz
Latte	5.25	5.75
Cappuccino	5.00	5.50
Americano	4.00	4.50
Red Eye	4.25	4.75

SEASONAL LATTES

Creme Brulee	5.75	6.25
Mocha	5.75	6.25
Maple Pecan	5.75	6.25
Pumpkin Spice	5.75	6.25

COLD COFFEE

Cold Brew	4.25	4.75
Cold Brew Latte	5.25	5.75

MORE TO SIP

Chai Latte	6.00	7.00
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ADD-ONS

Extra Espresso Shot +2.00
 Oat, Almond, or Coconut Milk +0.50
 Flavors +0.50

House-made:

- Vanilla
- Caramel
- Maple Pecan
- Creme Brulee

Torani:

- Pumpkin Spice
- Sugar Free Vanilla
- Sugar Free Caramel
- Swiss Chocolate



FEATURING
LOCALLY ROASTED



FOUR ARROWS
COFFEE



Drip Coffee	3.50
French Press	3.95

DARK ROAST

Java West Java

Cocoa / mild burnt sugar / papaya
Indonesia

MEDIUM ROAST

Guatemala Huehuetenango

Graham / mellow fresh fruit / pecan
Guatemala

DECAF

Peru Cajamarca

Mild graham / mellow tart acidity / sweetness
Peru

ESPRESSO

Colombia Nariño

Citrus / cocoa / praline / dried papaya
Colombia