



GROUNDSWELL
cafe

Breakfast Menu

Served 7-11 AM

Sandwiches - \$6.50

All sandwiches are grilled and served on hearty potato bread.

Can substitute tofu for eggs.

Ham & Cheddar

Black forest ham, two eggs, cheddar cheese, and red onion

Bacon & Feta

Bacon, two eggs, feta cheese, and arugula

Greek

Two eggs, mushroom, spinach, red onion, and feta cheese

Veggie

Two eggs, up to three veggies, and your choice of cheese

Omelets - \$8

Can be made as a tofu scramble instead of eggs.

Ham & Cheddar

Black forest ham, three eggs, and cheddar cheese

Farmers

Bacon, sausage, three eggs, peppers, onion, mushrooms, and cheddar cheese

Greek

Three eggs, mushroom, spinach, red onion, and feta cheese

Veggie

Three eggs, up to three veggies, and your choice of cheese

Beverages

Coffee - \$2.50

Juice - \$2

Tea - \$2.50

Milk (White or Choc.) - \$2

French Press - \$3

Soda - \$3

We serve a selection of fair trade coffees and teas. Brews change daily!