

Our simple, healthy menu features delicious soups, salads, sandwiches and omelets with as much of the food as possible supplied by what we grow less than a mile away on our Cultivate Hope Urban Farm and in our on-site hydroponic garden. The rest of the food is sourced from local and organic suppliers. In addition to healthy local food, we also serve a selection of fair trade coffee and teas.



The Groundswell Café is an initiative of local nonprofit organization Matthew 25. It helps carry out Matthew 25's mission of empowering people to transform neighborhoods by connecting people socially, reducing food insecurity, and providing a healthy eating opportunity in a neighborhood where more than ninety percent of our elementary students receive free or reduced lunches.

This cafe wouldn't be possible without the support of donors and volunteers. If you're interested in making a contribution or volunteering your time, talk to one of the staff members or contact us at info@hub25.org or 319-362-2214.



GROUNDSWELL
cafe

201 3rd Ave SW, Cedar Rapids

Open M,T,W,F 7:00 AM – 2:00 PM

Open Th, 9:00 AM – 2:00 PM

Take out orders welcome!

Call: 319-200-2791

<http://groundswell.hub25.org>

groundswell@hub25.org



GROUNDSWELL

cafe

A Pay-it-Forward Eatery

The concept is simple: create a café where everyone eats healthy food because everyone shares. It's an ancient tradition that goes back to the earliest people. If a person had the gift of being able to go out and gather food, they would bring it back to share with the entire village. Though the way we "gather" food and live in "villages" has changed, sharing for the good of the community is still important.

So if you can give extra, please add to our Pay-it-Forward Fund. If you need a little help paying for your meal, the generosity of others has you covered.

If you want to take this further, sit at our community table and take the risk of striking up a conversation with someone you don't know. We are all about community!

Lunch — Served 11 am - 2 pm

Sandwiches - \$8

All sandwiches come with your choice of a side salad or pasta salad.

Roast Beef Feta Wrap

All-natural roast beef mixed with red onion, feta cheese, bold and spicy baby greens, mixed lettuce, creamy garlic aioli and tangy balsamic vinaigrette, all served on a whole wheat tortilla.

Vegan Cajun Tofu

Cajun baked tofu, vegan smoked Gouda cheese, arugula, house-made vegan garlic aioli, served on multigrain carrot bread
Served hot or cold

Sweet Walnut Chicken Salad

Roasted chicken, walnuts, mayo, grapes, celery, Dijon mustard, red onion, served on a maple oatmeal flatbread bun
Served cold

Classic Turkey

Turkey, lettuce, tomato, provolone, house-made vegan garlic aioli, served on multigrain carrot bread
Served cold

Soup - \$4 cup, \$6 bowl

Ask about our Soup of the Day!

The Groundswell Café is proud to serve products from Matthew 25's Cultivate Hope Urban Farm, Rishi Tea, Equal Exchange, New Pioneer Co-op, Garden Oasis, Grimm Family Farm, and Albert's Organics.

Lunch — Served 11 am - 2 pm

Salads - \$9

Proteins: Add ham, chicken, tofu, or turkey to any salad for \$2

Strawberry Poppy Seed Salad

Fresh strawberries, red onion, and feta cheese on a bed of spinach, topped with candied cashews and finished with our house-made poppy seed dressing.

Vegan Caesar Salad

Kale and mixed lettuce base with garlic cashew crumbles, our house-made croutons, and vegan garlic Caesar dressing.

Iowa Meets the Southwest

Mixed leaf lettuces, arugula, corn, black beans, red onions, sliced cherry tomatoes, cilantro, with house-made lime avocado buttermilk ranch
Add a drop or two of our house-made hot sauce!

Design your own salad

Choose any 4 ingredients

Avocado - \$0.50

Additional ingredients - \$0.50

Half and Half Combos - \$8.50

½ salad + ½ sandwich

½ salad + cup of soup

½ sandwich + cup of soup

Beverages

Coffee - \$2.50

Tea - \$2.50

French Press - \$3

Soda - \$3

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