

BREAKFAST • 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 bold and spicy baby greens.

GREEK

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

VEGGIE

Two eggs, up to three veggies (see counter for options), and your choice of cheese.

OMELETS • \$6.50

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 (see counter for options), and your choice of cheese.



This cafe is an initiative of nonprofit Matthew 25.

GROUNDSWELL CAFE HOURS

Monday - Wednesday: 7 am - 2 pm
Thursday: 9 am - 2 pm
Friday: 7 am - 2 pm

201 THIRD AVE. SW, CEDAR RAPIDS
319-200-2791

FRESH • LOCAL • ORGANIC



To keep up with specials, text CAFESPECIALS to 22828 to join our mailing list!

GROUNDSWELL cafe

At Groundswell Cafe, we use organic, sustainably grown ingredients from Cultivate Hope Urban Farm and other local suppliers. Cultivate Hope, the first urban farm in the state of Iowa, is where we teach kids about food, grow food for the community, and gather as neighbors.

a pay it forward cafe

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.



Order ahead! Call 319-200-2791 for take-out or catering orders.

201 Third Ave. SW, Cedar Rapids, Iowa
<http://groundswell.hub25.org> | @crgroundswell

LUNCH • 11 AM - 2 PM

SANDWICHES • \$9.00

All sandwiches come with your choice of a side salad or potato 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, wrapped in a whole wheat tortilla.

VEGAN CAJUN TOFU

Cajun baked tofu, vegan smoked Gouda cheese, bold and spicy baby greens, house-made vegan garlic aioli, served on multigrain carrot bread.

CLASSIC TURKEY

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

SWEET WALNUT CHICKEN SALAD

Roasted chicken, walnuts, mayo, grapes, celery, Dijon mustard and red onion, served on a house-made maple oatmeal flatbread bun.



SOUP OF THE DAY

CUP \$4.00

BOWL \$6.00

HALF & HALF COMBOS

• \$9.00 •

CHOOSE TWO:

- ½ salad
- ½ sandwich
- cup of soup

LUNCH • 11 AM - 2 PM

SALADS • \$9.00

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.

IOWA MEETS THE SOUTHWEST

Mixed leaf lettuces, bold and spicy baby greens, corn, black beans, red onions, sliced cherry tomatoes and cilantro, with house-made lime avocado buttermilk ranch.

CAESAR SALAD (VEGAN)

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

DESIGN YOUR OWN SALAD

Choose any 4 ingredients (*see list on counter*)
Avocado - \$1 extra
Additional ingredients - 50¢ extra

BEVERAGES

Coffee	\$2.50	Juice	\$2
Tea	\$2.50	Milk (White or Choc.)	\$2
French Press	\$3	Soda.....	\$3

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.