**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.

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**FRESH • LOCAL • ORGANIC**

**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.

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**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

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

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This cafe is an initiative of nonprofit Matthew 25.

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

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

### 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

### Half & Half Combos • $9.00

**Soup of the Day**
- **Cup** $4.00
- **Bowl** $6.00

Choose two:
- ½ salad
- ½ sandwich
- cup of soup

### Beverages

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

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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.