**BREAKFAST**
**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 spinach.

**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.

**BEVERAGES**

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Coffee</td>
<td>$2.50</td>
</tr>
<tr>
<td>Tea</td>
<td>$2.50</td>
</tr>
<tr>
<td>French Press</td>
<td>$3</td>
</tr>
<tr>
<td>Juice</td>
<td>$2</td>
</tr>
<tr>
<td>Milk (White or Choc.)</td>
<td>$2</td>
</tr>
<tr>
<td>Soda</td>
<td>$3</td>
</tr>
</tbody>
</table>

**GROUNDSWELL cafe**
201 Third Ave. SW, Cedar Rapids, Iowa 52404

**FRESH • LOCAL • ORGANIC**

Here at Groundswell Cafe, we use organic and sustainably grown ingredients from our Cultivate Hope Urban Farm and other local suppliers. Cultivate Hope is the first urban farm in the state of Iowa 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 are set aside in a fund used to provide meals for those who cannot afford to pay.
LUNCH SERVED 11 AM - 2 PM

**SANDWICHES • $9.00**

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

**BBQ CHICKEN**
Hand-shredded chicken tossed in barbecue sauce, topped with pickles and house-made coleslaw. Served on a house-made asiago roll.

**CAJUN TOFU**
Cajun-baked tofu, vegan smoked Gouda cheese, spinach, house-made vegan garlic aioli. Served on multigrain carrot bread. *Vegan

**CLASSIC TURKEY OR HAM**
Your choice of Turkey or Ham, lettuce, tomato, provolone, house-made vegan garlic aioli. Served on multigrain carrot bread.

**BLACK BEAN QUESADILLA**
Whole wheat tortilla filled with black beans, chipotle peppers, cheddar cheese, cilantro, onions, and spices, served with house-made salsa. *For vegan option, order without cheddar cheese.

**SOUP OF THE DAY**

CUP $4.00 | BOWL $6.00

May change daily, ask your cashier about the soup of the day.

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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.

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LUNCH SERVED 11 AM - 2 PM

**SALADS • $9.00**

Add ham, chicken, bacon, tofu, or turkey to any salad for $2. Build your own salad option also available - see counter for ingredients.

**SWEET PEANUT SALAD**
Mixed lettuce and kale with roasted sweet potatoes, red onion, red peppers, chopped peanuts, topped with house-made sweet peanut dressing and green onions. *Vegan

**CAJUN WALNUT SALAD**
Spinach based with sweet cinnamon walnuts, dried cranberries, feta cheese and apple slices, topped with balsamic vinaigrette. *For vegan option, order without feta cheese.

**BLACK BEAN QUESADILLA**
Whole wheat tortilla filled with black beans, chipotle peppers, cheddar cheese, cilantro, onions, and spices, served with house-made salsa. *For vegan option, order without cheddar cheese.

**CAESAR SALAD**
Kale and mixed lettuce tossed with house-made vegan garlic Caesar dressing, topped with house-made croutons and garlic cashew crumbles. *Vegan

**COBB SALAD**
Mixed lettuce with grape tomatoes, corn, beets and hard-boiled egg, topped with house-made ranch and croutons.

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**HALF & HALF COMBOS • $9.00**

Choose two:

½ salad
½ sandwich
Cup of soup

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Revised October 2019

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