

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

Coffee \$2.50
Tea \$2.50
French Press \$3

Juice \$2
Milk (White or Choc.) \$2
Soda \$3



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 barbeque 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.

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 • \$9.00

Add ham, chicken, bacon, tofu, or turkey to any salad for \$2.
Build you 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

CRANBERRY WALNUT SALAD

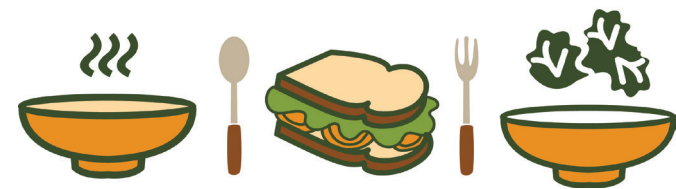
Spinach based with sweet cinnamon walnuts, dried cranberries, feta cheese and apple slices, topped with balsamic vinaigrette. *For vegan option, order without feta cheese.

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.



HALF & HALF COMBOS • \$9.00

CHOOSE TWO:

- ½ salad
- ½ sandwich
- cup of soup