

# 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 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.



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 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

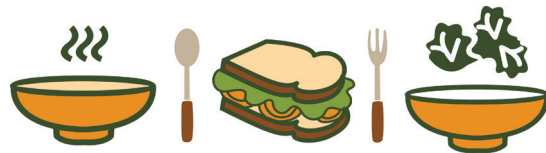
Cajun-baked tofu, vegan smoked Gouda cheese, spinach, house-made vegan garlic aioli. Served on multigrain carrot bread. \*Vegan

### 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 cheese.



## 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, bacon, turkey or tofu 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 red cabbage. \*Vegan

### CRANBERRY WALNUT SALAD

Spinach base 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 a hard-boiled egg, topped with house-made ranch and croutons.

## BEVERAGES

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

Groundswell Cafe 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.