

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.

*Eggs are cooked to order. Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness.



GROUNDSWELL CAFE HOURS

Monday - Friday: 7 am - 2 pm

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

Matthew 25

This cafe is an initiative of nonprofit Matthew 25.

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 chips and your choice of a side salad or apple salad.

BBQ CHICKEN MELT

Hand-shredded chicken grilled with onions and mushrooms, covered in barbeque sauce and melted cheddar. Served on toasted potato bread.

CAJUN TOFU

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

CLASSIC TURKEY OR HAM

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

CHIPOTLE BLT WRAP

Mixed lettuce, bacon, grape tomatoes and chipotle peppers* tossed in house-made ranch and wrapped in a whole wheat tortilla. *Spicy. For mild flavor, order without peppers.



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; avocado for \$1.

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.

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.

SW QUINOA SALAD

Mixed lettuce topped with quinoa and brown rice, grape tomatoes, corn, black beans, green onions, cilantro and our house-made citrus avocado dressing.

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

Contains nuts* Vegan Gluten Friendly**

*This kitchen uses nuts in many products. Some menu items do not contain nuts, but are prepared or cooked in the same area as nut products. Please notify staff if you have a severe allergy.

**Gluten Friendly items were prepared without gluten products, but are prepared or cooked in the same area as products that contain gluten.

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.