

# BREAKFAST • 7-11 AM

## OMELET OR SANDWICH • \$6.50

Omelets (gluten-friendly) made with three eggs, sandwiches made with two eggs and served on hearty potato bread. Can substitute tofu for eggs, vegan gouda for cheese.

### FARMER'S

Bacon, sausage, red onion, red pepper and mushroom with cheddar cheese

### BACON & FETA

Bacon and microgreens with feta cheese

### GREEK

Mushrooms, red onion and spinach with feta cheese

### PHILLY

Red onions, red peppers, roast beef, and provolone cheese

### HAM & CHEDDAR

Ham and red onion with cheddar cheese

### VEGGIE

Choice of cheese and four veggies

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



This cafe is an initiative of nonprofit Matthew 25.

### GROUNDSWELL CAFE HOURS

Tuesday - Saturday: 7 am - 2 pm

201 Third Ave. SW, Cedar Rapids  
319-200-2791

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.

# 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, carrots & hummus, or mushroom coconut rice.

### CRANBERRY CHICKEN

Roasted chicken, sliced apples, spinach, and fresh house-made cranberry spread. Served on toasted potato bread.

### HUMMUS FALAFEL WRAP

Baked falafel crumbles, smoky eggplant, red peppers and lettuce, tossed in house-made garlic hummus and Tahini Herb dressing. Wrapped in a whole wheat tortilla.

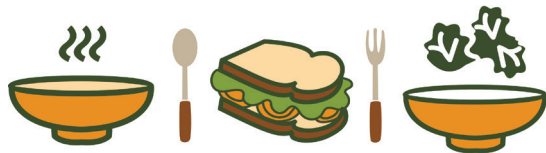
### WINTER CLASSIC

Your choice of Chicken, Ham or Tofu, with lettuce, tomato, provolone and creamy garlic aioli. Served on multigrain carrot bread.

\*Vegan cheese available.

### ROAST BEEF WRAP

Roast beef, arugula, onions, feta cheese, and lettuce with garlic aioli and balsamic dressing. Wrapped in a whole wheat tortilla.



## SOUP OF THE DAY

CUP \$4.00

BOWL \$6.00

## HALF & HALF COMBO

• \$9.00 •

### CHOOSE TWO:

- ½ salad
- ½ sandwich
- cup of soup

# LUNCH • 11 AM - 2 PM

## SALADS • \$9.00

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

### ARUGULA PARMESAN

Baby arugula and mixed greens topped with parmesan cheese, grape tomatoes, and shaved radishes, topped with house-made lemon dijon dressing.

### CRANBERRY WALNUT

Spinach with house-made sweet cinnamon walnuts, dried cranberries, feta cheese, and apple slices, topped with balsamic dressing.

### MEGA MUSHROOM

Mixed greens with house-marinated mushrooms, fire-roasted peppers, chives, grape tomatoes, and red cabbage, topped with house-made tahini herb dressing.

### DEVILED EGG

Mixed greens with a hard-boiled egg, diced pickles, carrots, and croutons, topped with house-made ranch dressing and smoked paprika blend of spices.

## BEVERAGES

Drip Coffee .....	\$2.50	Blue Sky Soda.....	\$2.50
French Press .....	\$3.00	La Croix.....	\$2.00
Hot Tea .....	\$2.50	Orange Juice.....	\$2.00
Chocolate Milk.....	\$2.00	White Milk .....	\$2.00

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.