

BREAKFAST • 7-11 AM

OMELET, SANDWICH OR WRAP • \$6.50

Omelets (gluten-friendly) made with three eggs, sandwiches made with two eggs and served on hearty potato bread, wraps made with two eggs scrambled on a whole wheat tortilla. 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 spinach with feta cheese

GREEK

Mushrooms, red onion and spinach with feta cheese

SOUTHWESTERN BACON

Bacon, Pico de Gallo, with feta 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, Great Harvest Bread Co., 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 coleslaw (vegan).

TURKEY BACON APPLE CLUB

Turkey, bacon, apple slices, mayonnaise, lettuce and provolone. Served on toasted potato bread.

NORTHEASTERN CLASSIC

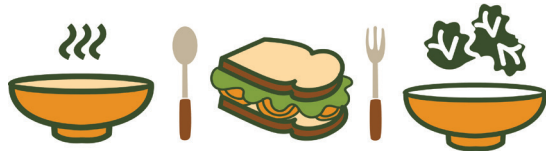
Roast beef, turkey **or** ham, provolone cheese, tomato, lettuce, red onion, pepperoncini, seasoned with red wine vinegar, salt, pepper and oregano. Served on a seasoned pretzel roll.

CHICKEN SALAD PRETZEL

Chicken salad mixed with chicken, parsley and lemon juice, stacked with lettuce, red onion and provolone cheese. Served on a pretzel roll.

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.



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

GINGER SESAME

Mixed greens and kale with shredded carrots, red cabbage and crushed cashews topped with a rich house-made Ginger Sesame dressing.

SOUTHWESTERN

Mixed greens with corn, Pico de Gallo and cheddar cheese, topped with avocado ranch and baked tortilla strips.

STRAWBERRY CANDIED

CASHEW Spinach with strawberries, candied cashews and feta cheese, topped with house-made Lemon Poppy 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
Vietnamese Iced Coffee..	\$3.00	Orange Juice.....	\$2.00
Cold Brew Coffee	\$3.00	White Milk	\$2.00
Iced or Hot Tea.....	\$2.50	Chocolate 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.