

# BREAKFAST • 7-11 AM

## OMELET, SANDWICH OR WRAP • \$7.50

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

## A LA CARTE

Egg.....\$1.00      Bacon ..... \$1.00

Toast.....\$1.00      Sausage..... \$1.00

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



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



## 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 eatery*

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.

### CAFE HOURS

Tuesday - Saturday, 7 am - 2 pm

201 Third Ave. SW, Cedar Rapids  
Call 319-200-2791 for take-out or catering.



Groundswell is an initiative of local nonprofit Matthew 25.

groundswell.hub25.org  
Follow us on social media @crgroundswell

# LUNCH • 11 AM - 2 PM

## SANDWICHES • \$10.00

All sandwiches come with chips and your choice of a side salad, carrots & ranch, or dill lemon coleslaw (vegan).

### GROUNDWELL PHILLY

Thin sliced roast beef, melted provolone, mushrooms, red pepper, red onion and house-made garlic aioli. Served on a toasted pretzel roll

### NORTHEASTERN CLASSIC

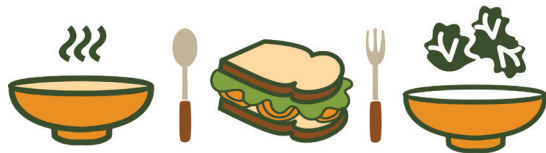
Roast beef, chicken **or** ham, provolone cheese, tomato, lettuce, red onion and pepperoncini, seasoned with red wine vinegar, salt, pepper and oregano. Served on a toasted pretzel roll

### VEGAN TLT

Marinated and baked tofu, lettuce and tomato, with vegan gouda cheese and house-made garlic aioli. Served on toasted potato bread

### RANCH CHICKEN FAJITA WRAP

Chicken, shredded cheddar, red pepper, red onion and lettuce, sprinkled with fajita seasoning, drizzled with house-made ranch. Wrapped in a whole wheat tortilla



## SOUP OF THE DAY

CUP \$4.50

BOWL \$7.00

## HALF & HALF COMBO

• \$10.00 •

### CHOOSE TWO:

- ½ salad
- ½ sandwich
- cup of soup

# LUNCH • 11 AM - 2 PM

## SALADS • \$10.00

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

### TAHINI FALAFEL

Mixed greens with seasoned falafel, smoky eggplant, tomatoes and red onion, topped with 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

### PICO POBLANO

Mixed greens with red pepper, roasted corn, mushrooms and pico de gallo, topped with a drizzle of poblano sauce and tortilla strips

### SWEET PEANUT APPLE PEAR

Spinach with sliced apples and pears, roasted sweet potatoes, and red onions, topped with a sweet peanut dressing, crushed peanuts, and feta cheese

## BEVERAGES

Drip Coffee .....	\$2.50	Millstream Soda .....	\$3.00
French Press .....	\$3.00	Diet Soda.....	\$2.50
Vietnamese Iced Coffee..	\$3.00	La Croix.....	\$2.00
Cold Brew Coffee .....	\$3.00	Orange Juice.....	\$2.00
Iced or Hot Tea.....	\$2.50	White or 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.