

# BREAKFAST • 7-11 AM

## SPECIALITY DISHES

### STRAWBERRY FRENCH TOAST • \$7.50

Amana Colonies Bakery bread dipped in cinnamon batter, topped with maple syrup and strawberry whipped cream

### DAILY PARFAIT • \$6.00 GF

House-made granola, fruit compote, vanilla yogurt, local honey, and seasonal toppings

### BREAKFAST BURRITO • \$7.50

Two eggs with your choice of bacon or chorizo sausage, cheddar cheese, house-made salsa, and spiced sour cream, wrapped in a whole wheat tortilla

### HASH BROWNS • \$3.50 GF

Homemade hash browns served with your choice of vegan apple butter or green onion sour cream

## 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.

**Build your own - see counter for ingredients.**

### FARMER'S

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

### HAM & CHEDDAR

Ham and red onion with cheddar cheese

### GREEK

Mushrooms, red onion, and spinach with feta cheese

### BACON & FETA

Bacon and spinach with feta cheese

## A LA CARTE

Egg.....	\$1.50	Bacon .....	\$1.50
Toast.....	\$1.50	Sausage.....	\$1.50

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



# FRESH • LOCAL • ORGANIC



## GROUNDSWELL cafe

At Groundswell Cafe, we use organic, sustainably grown ingredients from Cultivate Hope Urban Farm, Out of the Blue Cheesecake Company (The Cheesecake Lady), Midwest Mushroom Company, Great Harvest Bread Co., Rishi Tea, Equal Exchange, New Pioneer Co-op, Garden Oasis Farm, Grimm Family Farm, and UNFI (formerly Albert's Organics).

### 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.



Groundswell is an initiative of local nonprofit Matthew 25.

### CAFE HOURS

Tuesday - Saturday, 7 am - 2 pm

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

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

# LUNCH • 11 AM - 2 PM

## SANDWICHES • \$11.00

All sandwiches come with chips and your choice of a side salad, carrots & hummus, 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

### HAWAIIAN HAM MELT

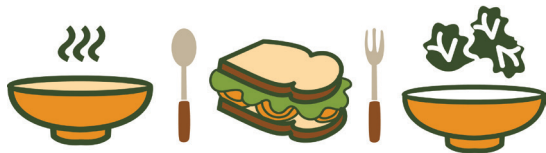
Teriyaki-glazed ham, pears, apples, baby spinach, melted provolone, and garlic aioli. Served on toasted potato bread

### BANH MI

Spice-roasted tofu or pork, marinated carrots, cucumbers, radishes, jalapeno, cilantro, citrus cashew cream, and vegan pate. Served on toasted French bread

### CRANBERRY CHICKEN SALAD

Chicken with apples, walnuts, and cranberries, topped with lettuce, caramelized onions, and house-made cranberry spread. Served on a toasted pretzel roll



## SOUP OF THE DAY

CUP \$5.00

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

**Make it a wrap with hummus! \$1**  
Mixed greens with seasoned falafel, smoky eggplant, tomatoes, and red onion, topped with tahini herb dressing

### KALE CAESAR

Kale with parmesan cheese, toasted chickpeas, cherry tomatoes, and red onion, tossed with house-made Caesar dressing and croutons

### GROUNDWELL WINTER SALAD

Mixed greens with roasted squash, candied walnuts, shaved Brussels sprouts, and cranberries, topped with house-made blue cheese dressing

### 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.