

Grilled Cheese
Peanut Butter & Jelly
Quesadilla (add chicken for
Cup of Soup



.....

then pick a Side

Salad
Chips

Groundswell Menu

<https://menulist.menu>

201 3rd Ave SW, Cedar Rapids, Iowa, USA, 52404, United States
+13192002791,+13193622214 - <http://Groundswell.hub25.org>

BREAKFAST
SERVED 7-11 AM

\$5.50 PANCAKES - \$6.50
Choose from 3 fillings: maple syrup, blueberry, or banana. Add eggs for \$1.00.

EGG & CHEESE
Scrambled eggs, cheddar cheese, hash browns. Add sausage for \$1.00.

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GROUNDSWELL
cafe

201 3rd Ave SW, Cedar Rapids, Iowa

FRESH • LOCAL • ORGANIC

At Groundswell Cafe, we use organic, locally grown ingredients from our Certified Farmer Allies when we can. We're committed to the local food system and to supporting our community. We're committed to the local food system and to supporting our community.

a pay-it-forward cafe
Groundswell Cafe offers a pay-it-forward option. 100% of the amount you pay is used to help those who cannot afford to pay.

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Quesadilla (add chicken for \$1)
Cup of Soup

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BREAKFAST • 7-11 AM
SANDWICH OR WRAP • \$6.50

BREAD & PASTA
Baked bread and pasta made from scratch.

SOUP
Hearty soups made from scratch.

EGG
Scrambled eggs, cheddar cheese, hash browns. Add sausage for \$1.00.

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LUNCH • 11 AM - 2 PM
SANDWICHES • \$9.00

AVOCADO
Tostitos, guacamole, cheese, lettuce, tomatoes, onions, jalapenos. Add chicken for \$1.00.

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A comprehensive [menu](#) of Groundswell from Cedar Rapids covering all 16 courses and drinks can be found here on the menu. For **seasonal or weekly deals**, please get in touch via phone or use the contact details provided on the website.

Groundswell Menu



Salads

SALAD

Smoothies

SMOOTHIE

Oriental Dishes

FALAFEL

Wraps

FALAFEL WRAP

Mexican Dishes

BURRITO

Hot Drinks

COFFEE

Egg Dishes

OMELETTE

Sides

SWEET POTATO

Hearty Breakfast - Eggs And Omelettes

VEGGIE OMELETTE

Restaurant Category

VEGAN

FRENCH

These Types Of Dishes Are Being Served



WRAP

PANINI

SALAD

Ingredients Used

TOFU

SPINACH

MUSHROOMS

CHEESE

Groundswell Menu



Groundswell

201 3rd Ave SW, Cedar Rapids,
Iowa, USA, 52404, United States

Opening Hours:

Monday 07:00 -14:00
Tuesday 07:00 -14:00
Wednesday 07:00 -14:00
Thursday 07:00 -14:00
Friday 07:00 -14:00
Saturday 07:00 -14:00

Made with menulist.menu

 gallery image