



BRUNCH

served Saturday & Sunday 9a-3p.

QUICHE OF THE WEEKEND | \$10

deep dish puff pastry, with mixed greens.

BISCUIT & GRAVY | \$8

our own rosemary bacon gruyere biscuit topped with Southern-style sausage gravy.

WAFFLE SANDWICH | \$9

apple and fig jam, candied bacon and pecan cream cheese, and yes, more slabs of bacon (add sausage gravy for \$1).

BRUNCH FLATBREAD | \$9

with pesto, red onions, roasted red peppers, mushrooms, cheddar, and two eggs cooked over medium (add bacon or chorizo for \$2).

BANANA BREAD FRENCH TOAST | \$10

toasted housemade banana bread with fresh banana slices, candied walnuts, and coconut milk chocolate ganache. *vegan*

WAFFLE | \$8

our buttermilk cornmeal waffle with pure maple syrup, fresh strawberries, candied walnuts, and whipped cream.

SPINACH & ARUGULA | \$10

with brie, apples, sliced figs, candied walnuts and 25yr aged balsamic. *gluten free*

HOUSEMADE GRANOLA | \$5

with fresh berries and Autumnwood or almond milk (substitute Greek yogurt for \$2).

CHEF'S BRUNCH

creations by Johnny, inspired by local and organic ingredients. see the chef's menu window for this weekend's choices.

FOR KIDS | \$6

served every day, with a fresh fruit cup and juice box.

NUTELLA & HONEY

nutella, wheat bread, organic wildflower honey.

BUTTERED NOODLES

macaroni noodles, with salt and pepper.

WAFFLE

our buttermilk cornmeal waffle with pure maple syrup, fresh strawberries, candied walnuts, and whipped cream.

PIZZA

mozzarella cheese and tomato sauce on organic housemade crust.

OUR PARTNERS



MENU FALL/WINTER



COFFEE

HOUSE BLEND COFFEE	\$2.35	\$2.75
SINGLE ORIGIN COFFEE	\$2.55	\$2.95
POUR OVER	\$3.25	
AU LAIT	\$2.30	\$3
AMERICANO	\$2	\$4
CAPPUCINO	\$3.50	\$4.50
LATTE	\$3.50	\$4.50
VANILLA LATTE	\$3.70	\$4.90
MOCHA	\$3.70	\$4.90
MIEL	\$3.70	\$4.90
CHAI	\$3.50	\$4.50
ESPRESSO	\$2	\$4
TEA	\$2.50	
COLD BREW	\$2.95	\$3.95
MILK (10 OZ)	\$1.50	
CHOCOLATE MILK	\$2	
STEEPED ICED TEA	\$2.25	\$3
SAN PELLEGRINO	\$2.35	



BAKERY

CHAI CINNAMON ROLL | \$3.75

with cardamom cream cheese frosting.

BLUEBERRY CHAMOMILE MUFFIN | \$4.50

with lemon honey icing. *gluten free*

PUMPKIN OATMEAL MUFFIN | \$4.50

with fresh orange icing and a hint of tarragon. *vegan*

BACON GRUYERE SCONE | \$3.75

with rosemary.

CHOCOLATE CHERRY SCONE | \$2.95

with dried tart cherries, dark chocolate chunks, and a sweet almond glaze.

BANANA BREAD | \$1.75

with Vietnamese cinnamon. *vegan*

PASTRY SPECIAL | VARIES

see our bakery case for today's special.

WE LOVE LOCAL.

Groundswell happily serves local and organic ingredients whenever we can. Learn more at groundswellmn.com/sources.

WE TAKE CUSTOM CAKE AND CUPCAKE ORDERS.

for all your everyday and special occasions visit groundswellmn.com for more information.

COFFEE & BAKERY FOR YOUR MEETING.

for more information about meeting and event catering contact Seth at seth@groundswellmn.com.

1340 Thomas Ave St Paul MN 55104
651-645-6466 groundswellmn.com



DAY MENU

served monday through friday 8a-3p,

TWO HANDED BURRITO | \$8

a local flour tortilla loaded with a two egg omelet, double roasted herbed potatoes, and your choice of housemade specialty cream cheese (add bacon, chorizo, or tempeh for \$2).

TOASTED BREAKFAST SANDWICH | \$6

a two egg omelet with tomato, arugula, sriracha horseradish aioli, and your choice of pimento cheese or smoked provolone on Texas toast . Served with fruit. (add bacon for \$2).

QUICHE OF THE WEEK | \$10

deep dish puff pastry, with mixed greens and orange slices.

WAFFLE | \$8

our buttermilk cornmeal waffle with pure maple syrup, fresh strawberries, candied walnuts, and whipped cream.

HOUSEMADE GRANOLA | \$5

with fresh berries and Autumnwood or almond milk (substitute Greek yogurt for \$2).

SOUP OF THE MOMENT | \$3.50

selection varies, by season (add a mixed greens side salad for \$3).

SPINACH & ARUGULA | \$10

with brie, apples, sliced figs, candied walnut, and 25yr aged balsamic. *gluten free*

VEGAN PLATTER | \$9

quinoa, red onion, tomato, greens w/ blackened tempeh and housemade guacamole. *vegan, gluten free*

MIDWAY MEATLOAF SANDWICH | \$10

with portabella, caramelized onions, tomato, smoked provolone, and sriracha horseradish aioli (add bacon for \$2). With your choice of side.

SOUTHERN GRILLED CHEESE | \$7

pimento cheese and tomato (add bacon for \$2). With your choice of side.

CAPRESE GRILLED CHEESE | \$7

fresh mozzarella, pesto, tomato, and 25 yr aged balsamic. With your choice of side.

VEGGIE BURGER | \$10

housemade and pan-fried, with black beans, quinoa, carrots, roasted veggies, garlic, and lots of fresh herbs. Served with sriracha horseradish aioli and your choice of side. Johnny style: bacon & pimento (add \$2)

side options: chipotle slaw, quinoa tabouli, kettle chips, or mixed greens salad with your choice of dressing. All sides are gluten free and vegan.

HAPPY HOUR | 3-5P DAILY \$2 TAPS WITH...

TACO | \$3

chorizo or spicy tempeh with chipotle slaw and guacamole on a flour tortilla (add tortilla chips and a guacamole shooter for \$3).

CHIPS AND GUACAMOLE | \$7

a generous portion of tortilla chips with housemade guacamole and salsa. *vegan, gluten free*



DINNER

served daily 5-10p

SPINACH & ARUGULA | \$10

with brie, apples, sliced figs, candied walnuts and 25yr aged balsamic. *gluten free*

SPREAD TASTING PLATE | \$8

a sampling of our housemade specialty cream cheeses, served with toast points.

VEGAN PLATTER | \$9

quinoa, red onion, tomato, greens w/ blackened tempeh and housemade guacamole. *vegan, gluten free*

VEGGIE BURGER | \$10

housemade and pan-fried, with black beans, quinoa, carrots, roasted veggies, garlic, and lots of fresh herbs. Served with sriracha horseradish aioli and your choice of side. Johnny style: bacon & pimento (add \$2)

AMERICAN MEATLOAF | \$14

pan-fried all-beef meatloaf with caramelized onions and loads of garlic, served with double roasted and smashed truffled potatoes, sautéed kale, and pan gravy.

TRUFFLED ROASTED VEGGIE FLATBREAD | \$13

with portabella, carrot, potato, caramelized onions, garlic, romesco sauce, and mozzarella on our housemade organic crust. Garnished with fresh arugula, truffle oil, and smoked sea salt.

PROSCIUTTO FLATBREAD | \$13

with kalamata olives, red onion, and pesto on our housemade organic crust.

CHEF'S DINNER

creations by Johnny, inspired by local and organic ingredients. See the chef's menu window for this week's choices.



DESSERT

SALTED HONEY CARAMEL CHEESECAKE CUPCAKE | \$2.50

vanilla graham cake, vanilla cheesecake filling, whipped cream, and housemade honey caramel, finished with coarse salt.

CHOCOLATE BLACKOUT CUPCAKE | \$3

chocolate fudge cake, milk chocolate mousse, bittersweet chocolate ganache, and Dogwood espresso whipped cream. Made entirely from organic fair trade chocolate.

ORANGE COCONUT CHOCOLATE CUPCAKE | \$2.50

fresh orange coconut cake, coconut milk chocolate ganache, a maple macaroon, and fresh orange zest. *vegan*

BAKER'S CHOICE CUPCAKE | \$2.50

whatever tickles Megan's fancy today.

GLUTEN FREE CUPCAKE | \$3

selection varies, by season. *gluten free*

CUPCAKE FLIGHT | \$9

four cupcakes tucked neatly on a plate to share.

"MINNESOTA NICE" COOKIE | \$3

featuring Minnesota wild rice, local honey, dried cranberries, almond orange icing, and a dark chocolate Minnesota on top.