



FOOD & BAKERY MENU

We're thrilled to offer food options once again! Please note that items are subject to availability, and that we cannot accept substitutions at this time.

BREAKFAST

BREAKFAST SANDWICH | *vegetarian, gf by request*

Two-egg provolone omelet, tomato, greens, and sriracha-horseradish aioli on sprouted grain toast (*add bacon for \$2; sub gf toast for \$1*). 8.25

OMELET | *vegetarian by choice, gf by choice*

Choose from:

- **HAM & CHEESE:** local ham and sharp cheddar.
- **VEGGIE:** roasted seasonal veggies, garlic crimini mushrooms, and goat cheese.

Served with your choice of quinoa-kale-white cheddar hashbrowns (*gf*) or buttered toast with house-made jam (*sub gf toast for \$1*). 10.50

ROTATING QUICHE

Individually-baked deep dish puff pastry, with roasted red pepper coulis, mixed greens, and orange slices. 9.25

BREAKFAST HOT DISH | *gf*

Featuring bacon, egg, potato, wild rice, red quinoa, and three cheeses. Served with roasted red pepper coulis and fruit. 9

CLASSIC BREAKFAST | *vegetarian, gf by request*

Two eggs, quinoa-kale-white cheddar loaded hashbrowns, and buttered toast with house-made jam (*add bacon for \$2; sub gf toast for \$1*). 8.50

HOUSE GRANOLA & YOGURT | *vegetarian*

With Greek yogurt, fresh berries, and local honey. 9.50

LUNCH

GRILLED CHEESE | *vegetarian, gf by request*

Gruyere, provolone, sharp cheddar, and griddled tomatoes on sprouted grain toast. With choice of side (*add bacon for \$2; on gf toast for \$1*). 8.25

VEGGIE BURGER | *vegetarian*

Our best-selling, house-made black bean and quinoa veggie burger or on a toasted sprouted grain bun. Choose from:

- **SIGNATURE:** Sriracha-horseradish aioli, tomato, and greens. 10.50
- **TWO CHEESE:** Sharp cheddar and smoked provolone. 10.50
- **LOADED:** Bacon, gruyere, garlic crimini mushrooms, sriracha-horseradish aioli, tomato, and greens. 13.25

With your choice of side.

PLANT-BASED GRAIN BOWL | *gf, vegan*

Mixed greens, quinoa, wild rice, seasonal roasted veggies, sunflower seeds, and lemon parsley dressing (*add goat cheese for \$1; add local ham for \$2*). 9.50

BAKERY

BACON GRUYERE SCONE

With rosemary. A Groundswell signature! 4

CHOCOLATE CHERRY SCONE

Dried cherries, bittersweet chocolate, and almond icing. 3.50

BLACKBERRY CORNMEAL MUFFIN

Our house cornbread baked with fresh blackberries and a honey drizzle. 3.50

CARROT CHAI MUFFIN | *gf*

With a house-blended chai-spiced icing. 4

LOAF OF BANANA BREAD | *vegan*

Our best-selling banana bread! Loaf serves 8 and comes unsliced. 16

HAND PIE

Butter-y and not too sweet. Filling rotates. 5

ROSEMARY CHOCOLATE CHUNK COOKIE

With bittersweet chocolate chunks and just a bit of oat flour. 2.35

CARDAMOM SNICKERDOODLE COOKIE

Generous in size and rolled in cinnamon, sugar, and cardamom. 2.35

DOUBLE CHOCOLATE COOKIE | *gf*

Rich chocolate cookie with semi-sweet chocolate chips. 2.35

COCONUT MACAROON | *gf, dairy free*

Crispy on the outside, chewy in the middle. 2

KIDS' MENU FOR KIDS 12 AND UNDER

Served with fresh fruit and choice of milk or organic apple juice

- **EGGS & BACON:** scrambled eggs and a slice of bacon (*gf*). 6.50
- **GRANOLA & YOGURT:** a half portion. 6.50
- **GRILLED CHEESE:** with cheddar and provolone (*on gf toast by request*). 6.50

SIDES

MIXED GREENS | *gf, vegan*

With choice of house-made lemon parsley dressing or aged balsamic and olive oil.

HASHBROWNS | *gf*

Loaded with red quinoa, kale, and white cheddar.

KETTLE CHIPS | *gf, vegan*