

SUMMER 2022 MENU

served Tuesdays-Fridays, 7am-7pm

ALL-DAY BREAKFAST

BREAKFAST SANDWICHES | *vegetarian by choice, gf by choice*

- **SIGNATURE:** provolone omelet, tomato, greens, sriracha-horseradish aioli, toast (*add bacon for \$2; sub gf toast for \$1*). 9.75
- **TURKEY PESTO:** mozzarella omelet, pesto, turkey, tomato, greens, red pepper coulis (*add bacon for \$2; sub gf toast for \$1*). 10.50
- **HAM, BACON & GRUYERE:** gruyere and bacon omelet, ham, tomato, greens, spicy apple butter (*add extra bacon for \$2; sub gf toast for \$1*). 10.50

BREAKFAST BURRITO | *vegetarian by choice*

Scrambled eggs, loaded hashbrowns, roasted veggies, black beans, taco sauce, tomato tortilla (*add bacon or sausage crumbles for \$2*). 10.50

OMELETS | *vegetarian by choice, gf by choice*

- **HAM & CHEESE:** local ham, sharp cheddar.
 - **VEGGIE:** roasted veggies, crimini mushrooms, goat cheese.
- With choice of loaded hashbrowns (*gf*) or buttered toast with jam (*sub gf toast for \$1*). 12.50

ROTATING QUICHE

Individually-baked deep dish puff pastry, with roasted red pepper coulis, mixed greens, and orange slices. 10.65

CLASSIC BREAKFAST | *vegetarian, gf by request*

Two eggs, quinoa-kale-white cheddar loaded hashbrowns, buttered toast with jam (*add bacon for \$2; sub gf toast for \$1*). 9.75

HOUSE GRANOLA & YOGURT | *vegetarian*

With Greek yogurt, fresh berries, honey. 10.50

PLANT-BASED ENTREES

KIMCHI BRAT | *vegan*

Pretzel bun, kimchi, gochujang mayo. With choice of side. 14

CHICKPEA SALAD WRAP | *vegan*

Smashed chickpeas, apple, carrot, pecans, greens, tahini dressing. Served cold. With choice of side. 10

PLANT-BASED GRAIN BOWL | *gf, vegan by choice*

Mixed greens, quinoa, wild rice salad, roasted veggies, sunflower seeds, aged balsamic, olive oil. (*add goat cheese for \$1; add ham for \$2*). 10.75

SANDWICHES & SALADS

CORN AND TOMATO SALAD | *gf, vegetarian*

Mixed greens, elote salad, black beans, tomato, crushed tortilla chips, cilantro-lime dressing (*add goat cheese for \$1; add ham for \$2*). 10.75

HARISSA JACKFRUIT SANDWICH | *vegetarian*

Harissa spiced jackfruit, cucumbers, tzatziki sauce. With choice of side. 14

GRILLED CHEESE | *vegetarian, gf by request*

Gruyere, provolone, sharp cheddar, griddled tomato (*add bacon for \$2; add ham for \$2; add pesto for \$1; on gf toast for \$1*). With choice of side. 9.25

VEGGIE BURGERS | *vegetarian*

House-made with black beans, quinoa, and veggies. With choice of side.

- **CLASSIC:** Tomato, greens, aioli, choice of cheese. 13.50
- **LOADED:** Crimini mushrooms, caramelized onions, tomato, greens, pesto, choice of cheese. 15

BEEF BURGERS | *gf by request*

With choice of side.

- **CLASSIC:** Tomato, greens, aioli, choice of cheese. 14
- **LOADED:** Crimini mushrooms, caramelized onions, tomato, greens, pesto, choice of cheese. 15
- **BREAKFAST:** Hard egg, hashbrowns, sriracha-horseradish aioli, choice of cheese. (*add bacon for \$2*) 15

TURKEY CLUB

Turkey, bacon, provolone, tomato, greens, sriracha-horseradish aioli. Served cold. With choice of side. 10.50

gf = gluten free friendly

We work hard to not cross-contaminate, but we do have gluten, tree nuts, and other allergens in our kitchen. Please check with your server about any dietary concerns.

SIDES

LOADED HASHBROWNS | *gf, vegetarian*

Red quinoa, kale, white cheddar.

ROASTED POTATOES | *gf, vegan*

LOADED POTATO WEDGES | *gf*

Cheddar, bacon, lime crema, green onions. +\$3

WILD RICE SALAD | *gf, vegan, *contains tree nuts*

Dried cranberries, toasted pecans, citrus, onion.

MIXED GREENS | *gf, vegan by choice*

Choice of ponzu-garlic vinaigrette, cilantro-lime dressing or aged balsamic and olive oil.

ELOTE SALAD | *gf, vegetarian*

Charred corn, cotija cheese, jalapeño, cilantro, lime.

TORTILLA CHIPS | *gf, vegan*

Served with red salsa.

GROUNDSWELL | *bakery, cafe, coffee, beer & wine*

1340 Thomas Ave, St Paul, MN 55104

groundswellmn.com | @groundswell_mn