



BRUNCH

served Saturday & Sunday 9a-3p.

QUICHE OF THE WEEKEND | \$9

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

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 potatoes, mushrooms, cheddar, and two eggs cooked over medium (add bacon or chorizo for \$2).

BANANA BREAD FRENCH TOAST | \$9

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 | \$9

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 from our kitchen, inspired by local and organic ingredients. See the chef's menu window for this weekend's choices.

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.

GROUNDSWELL

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



MENU FALL/WINTER



COFFEE

HOUSE BLEND COFFEE	\$2.35	\$2.75
SINGLE ORIGIN CLEVER	\$3.50	
AU LAIT	\$2.30	\$3
ESPRESSO	\$1.50	\$3
AMERICANO	\$1.50	\$3
CAPPUCCINO	\$3.50	\$4.50
CORTADO	\$3	
MACCHIATO	\$3	
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
TEA	\$2.50	
MILK (10 OZ)	\$1.50	
CHOCOLATE MILK	\$2	
SAN PELLEGRINO	\$2.35	



BAKERY

CHAI CINNAMON ROLL | \$3.75

with cardamom cream cheese frosting.

BLUEBERRY CHAMOMILE MUFFIN | \$4.25

with lemon honey icing. *gluten free*

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.



FOOD MENU

not available during weekend brunch.

TOASTED BREAKFAST SANDWICH | \$6

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

QUICHE OF THE WEEK | \$9

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).

TEMPEH CHILI & CORNBREAD | \$7

featuring black beans, corn, kale, and chipotle and cumin spiced tempeh. Served with our house jalapeno cornbread. *vegan and gluten free bread choices by request*

SPINACH & ARUGULA | \$9

with brie, apples, sliced figs, candied walnuts, and your choice of dressing. *gluten free*

VEGAN PLATTER | \$9

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

TACO | \$3

chorizo or spicy tempeh with chipotle slaw and guacamole on a corn tortilla (add tortilla chips and a guacamole shooter for \$3). *gluten free, vegan by request*

CHIPS & GUACAMOLE | \$7

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

CAPRESE GRILLED CHEESE | \$8

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

MIDWAY MEATLOAF SANDWICH | \$10

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

VEGGIE BURGER | \$9

housemade, with black beans, quinoa, carrots, roasted veggies, garlic, and lots of fresh herbs. Served with sriracha horseradish aioli and your choice of side (try it Johnny style: with bacon and pimento for an additional \$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.

CHEF'S SPECIALS

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



FOR KIDS

served every day, with a fresh fruit cup and juice box. | \$6

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.



HAPPY HOUR

available 3p-5p daily.

\$2 TAP WITH A FOOD PURCHASE

see our beer menu for a current list of seasonal and rotating locally crafted taps



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 | \$3.25

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

BAKER'S CHOICE CUPCAKE | \$2.50

whatever tickles Megan's fancy today.

VEGAN CUPCAKE | \$2.50

selection varies, by season. *vegan*

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.