



MENU

DRINK ABILITY 12OZ | 16OZ

ABOUT US

Grounded Café was built on the belief that all people have value. Within everyone are possibilities, given the right opportunities to succeed. Partnering with local agencies, school districts, and volunteers, Grounded Café was born to break down stereotypes and ageism. To shine a light on the strengths and abilities of seniors and persons with disabilities. *Check out our Mission Menu to learn more!*



[GROUNDEDCAFEBG.ORG](http://groundedcafe.org)



WE ♥ LOCAL

Our food comes to you fresh from our Grounded Garden as well as from these local vendors:



HOMEMADE BAKERY

Scones | Muffins | Cookies | Brownies | & More!
Check online and our Facebook page for daily specials and watch for gluten free options!

SEASONAL HARVEST

Our exclusive coffee blends are custom roasted by:



BREAKFAST SERVED MON-FRI 7-11AM

BIG HEARTED BREAKFAST (BUILD YOUR OWN)

GRATEFUL EGG SCRAMBLE - \$7

We know it may sound cheesy, but we are so grateful you are here supporting this little downtown café with a big heart! Customize your scrambler to your liking! Served with toasted Voyageurs Sourdough and seasonal fruit.

EXCELLENT SAMMY - \$5.50

How will you make today an excellent day? Breakfast is a great place to start! Choose a bagel or English muffin topped with eggs, your choice of meat, and then load up on your favorite veggies. Served with seasonal fruit.

UPBEAT PIZZA - \$6.50

You've heard of breakfast for dinner, so now have dinner for breakfast! This flatbread is loaded with eggs, cheese, and your choice of veggies before being baked to perfection.

INCLUSION BURRITO - \$6.50

Load up this breakfast burrito with your choice of meat and cheese. Don't forget to include all of your favorite veggies! Served with seasonal fruit. GLUTEN-FREE WRAP +\$1

MEAT:

Ham or Sausage

CHEESE:

Cheddar, Pepper Jack, or Mozzarella

VEGGIES:

(+\$0.25 EACH)

Tomato, Bell Pepper, Red Onion, Spinach, and Mushrooms



SUNSHINE TOAST - \$6.50

Enjoy a toasted slice of Voyageurs Sourdough piled high with scrambled eggs and avocado mash, and sprinkled with our Everything Bagel seasoning. Served with seasonal fruit.

SIMPLY EMPOWERED - \$2

To put it simply, you're in charge! Would you prefer a plain bagel or an English muffin, and do you want it toasted or not? Then empower your tastebuds by choosing what you want to slather on top. Will it be cream cheese, butter, or peanut butter and jelly? We cannot wait to see what you decide!

COFFEE

\$1.50 | \$2.00

- Bold Ambition (Dark)
- Inspiration Overflow (Med)
- Decaf Devotion
- 60+ Special 12oz only | \$0.95
- Iced Coffee \$2.00 | \$2.75
- Cold Brew 16oz only | \$4.00

ESPRESSO DRINKS

- Americano \$2.50 | \$3.00
- Breve \$3.50 | \$4.00
- Cappuccino \$3.25 | \$4.25
- Latte \$3.50 | \$4.50
- Caramel Macchiato \$4.00 | \$5.00
- Mocha \$4.00 | \$4.50
- Frappe (Blended - espresso, 16oz only | \$5.00 flavor, & whipped cream)
- Mocha Tundra (Blended - 16oz only | \$5.00 espresso, mocha, & whipped cream)

REPUBLIC OF TEA

\$1.50 | \$2.00

Variety of flavors (Fair Trade).
Ask about weekly iced tea flavors.

OTHER FAVORITES

- Chai Latte \$3.50 | \$4.50
- Hot Chocolate \$3.25 | \$3.75
- Steamer (milk + flavor) \$2.50 | \$3.00
- Lemonade \$1.50 | \$2.00
- Assorted Soda | Seltzer Water | \$1.00
- Bottled Water

SMOOTHIES

16OZ ONLY | \$5.00

- Strawberry Banana
- Mango Madness
- Green Smoothie (apple, pineapple, cucumber, spinach, apple juice) +\$0.75

BRANCH OUT - UPGRADE

- Add flavor to your favorite drink! +\$0.30
- Dairy Free: Almond | Oat +\$0.75
- Extra shot of espresso +\$0.75

LUNCH IS SERVED MON-FRI 10-2PM



GROUNDEDCAFEBG.ORG

SPLENDID SANDWICHES

INCLUDES 1 SIDE & A PICKLE

SUNNY CALIFORNIA CHICKEN - \$9

Find yourself transported to where it's always warm and sunny! This sandwich will take you there! Perfectly grilled chicken is piled high with Swiss American cheese, tomatoes, and cucumber and then covered in house made avocado mash and aioli. Served on Voyageurs Sourdough.

HOPEFUL HONEY BBQ - \$8.50

We believe that diversity makes us stronger, and we hope these flavors unite savory and sweet tooth's alike! Grilled chicken drizzled with a sweet and savory honey barbecue sauce and then topped with our special tangy coleslaw dream. Served on toasted Voyageurs Sourdough.

ROCKIN' GRILLED CHEESE - \$7

Get ready to Rock 'n' Roll on into a grilled cheese that's going to kick your taste buds up a notch! This hot and melty panini is slathered with jalapeno cream cheese and loaded with pepper jack cheese. Amp it up with your choice of meat (ham, turkey, or chicken +\$2). Served on Voyageurs Sourdough.

KINDNESS CLUB - \$7.50

Welcome to the Kindness Club - a place where everyone is welcomed and celebrated! Party it up with this sandwich piled high with sliced ham and turkey, tomato, lettuce, Swiss American cheese, and mayo. Served on toasted Voyageurs Sourdough.

CHAMPION CHICKEN SALAD - \$8.25

Why did the chicken cross the road? To get to Grounded of course! Dive into our famous house made chicken salad (mayo, Dijon, craisins, basil, and green onions), served with asiago cheese and lettuce. **Get it as a wrap, a sandwich on Voyageurs Sourdough, or a salad!**

SPIRITED SALADS

BLISSFUL BRUSCHETTA - \$8

Take a ride on a relaxing gondola ride with this delightful salad - we're bringing you authentic Italian flavors! Enjoy grilled chicken breast, fresh mozzarella cheese, asiago cheese, sliced tomatoes, and croutons on a bed of romaine & spinach with our house made balsamic.

CONFIDENT CLUB - \$9

Confidence is key - and we're helping our trainees build confidence and skills that they'll be able to take out into the community! You can be confident that you've made a great choice with this salad. Spiraled ham and turkey, cheddar cheese, hardboiled egg, tomatoes, cucumbers, red onion, and croutons on a bed of romaine mix with your choice of dressing.

FUN FIESTA - \$8.50

Are you ready to party? Because we're always ready to party! We're celebrating abilities and shining a spotlight on the accomplishments of every community member. Join the party with grilled chicken breast, avocado mash, bell peppers, red onion, and tomatoes topped with a southwest ranch dressing.



SMART HAMMY OR TURKEY - \$8.50

A smart choice can also be a delicious one! Boogie on in to try our spin on this cafe classic. Tender sliced turkey or ham slathered with avocado mash then drizzled with honey Dijon and all wrapped up with cheddar cheese and tomato.

Get it as a wrap or a sandwich on Voyageurs Sourdough!

RADIANT WRAPS

INCLUDES 1 SIDE & A PICKLE

GLUTEN-FREE WRAP +\$1

AMAZING AVOCADO - \$9

Just like how avocados build strong bodies, we're building a stronger community! Your choice of chicken breast or turkey covered in avocado mash, drizzled with aioli, and wrapped up with cheddar cheese, tomatoes, cucumbers, and romaine mix.

JOYFUL HAMMY OR TURKEY - \$8

We're cultivating joy by serving up this delicious dish. This lunch-time staple is sure to put a smile on your face! Sliced ham or turkey and house made ranch all wrapped up with cheddar cheese, tomatoes, cucumbers, and romaine mix.

SIDES:

WI Kettle Chips - \$1.50

Veggies & Dip - \$2.00

Local seasonal vegetables & rotating homemade dip.

Tangy Coleslaw Dream - \$2.00

Making lunchtime dreams come true with this tangy coleslaw served as a side! This perfect sidekick is made with red and green cabbage, shredded carrots, white vinegar, a pinch of sugar and salt, red pepper flakes, and a dash of cumin.

ADD AVOCADO +\$1



HAPPY HUMMUS - \$8

By supporting this little café with a big heart, you're helping your community grow - and that's something to smile about! Our community garden and local vendors supply the fresh veggies highlighted in this signature dish along with our fabulous house made hummus. **Get it as a salad or a wrap!**



DRESSING OPTIONS:

Buttermilk ranch

Southwest ranch

Honey Jalapeno

Caesar

Balsamic Vinaigrette

Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions. Our café offers products with peanuts, tree nuts, soy, milk, eggs, and wheat. While we take steps to minimize the risk of cross contamination, we cannot guarantee that any of our products are safe to consume for people with peanut, tree nut, soy, milk, egg, or wheat allergies. Prices and items subject to change without notice.