



Menu

EVERYONE WELCOME || ALL AGES - ALL ABILITIES

MONDAY - FRIDAY
7A - 2P

Breakfast

SERVED 7 - 10 AM



BREAKFAST SANDWICH - \$6

Fresh egg, choice of ham, bacon, or sausage, & cheddar, pepperjack, or provolone. Served on a bagel or English muffin with seasonal fruit.

BREAKFAST FLATBREAD - \$7

Scrambled eggs with a 3-cheese blend and your choice of ham, sausage, or bacon and add your favorite veggies: onion, green pepper, tomato, spinach, roasted portobello.

GROUNDING SCRAMBLER - \$9

BREAKFAST BURRITO - \$8

3 eggs scrambled with your choice of:

- Ham, sausage, or bacon
- Cheddar, provolone, or pepperjack
- Onion, green pepper, tomato, spinach, roasted portobello

Scrambler served with toast or seasonal fruit

Burrito served with salsa and seasonal fruit

SIDE OF TOAST OR SEASONAL FRUIT +\$2.00

Choice of sourdough, 9-grain, bagel, or English muffin

CHECK OUT OUR DAILY BAKERY!

ESPRESSO

HOT OR ICED

Americano	\$3.00 \$3.75
Breve	\$4.50 \$5.50
Cappuccino	\$3.75 \$4.50
Chai Latte	\$3.75 \$4.50
Latte	\$3.75 \$4.50
Macchiato	\$4.00 \$5.00
Mocha	\$4.00 \$5.00

OTHER FAVORITES

Tea (hot)	12 oz only \$2.00
Assorted Soda	\$1.50
Bottled Water	\$1.50

Lotus Energy Refresher

16 oz only || \$5.00

Ask us about Skinny Lotus!

BRANCH OUT

Add a Flavor +\$0.50

- Blue Raspberry
- Caramel*
- Desert Pear
- Dragon Fruit
- Granny Smith Apple
- Hazelnut*
- Mocha
- Vanilla*

Shot of Espresso +\$0.75

Alt. Milk: Almond | Oat No Charge

*Available in Sugar Free

Drinks

12 OZ || 16 OZ

COFFEE 12 OZ || \$1.00

Bold Ambition (Dark)
Inspiration Overflow (Med)
Decaf Devotion

Our Mission

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.



Café Creations

SERVED 10 AM – 2 PM

All sandwiches, paninis, & wraps
 served with choice of chips,
 seasonal veggies or fruit, & a pickle.
 Sub cup of soup +\$1

*G/F wraps & flatbread available +\$1.50



Soups

\$3.50 CUP || \$5 BOWL

CHICKEN & DUMPLING

Roasted chicken & vegetable soup with housemade dumplings.

SOUP DU JOUR

Ask about our daily offerings!

Flatbreads

GROUNDED FLATBREAD – \$8

Salami, oven-dried tomato, basil pesto, olive relish, & 3-cheese blend with a balsamic drizzle.

BBQ CHICKEN FLATBREAD – \$8

Oven-roasted chicken, red onion, & 3-cheese blend with a BBQ drizzle.

CHIPOTLE FLATBREAD – \$8

Adobo chicken, green peppers, onions, & 3-cheese blend with a chipotle crème.

Sandwiches

BLT – \$10

Bacon, lettuce, & tomato with lemon pepper aioli on sourdough or 9-grain.

HENRIETTA – \$10

Oven-roasted chicken, onion, celery, & raisins mixed with mayo and Dijon mustard. Served on sourdough, 9-grain, or Ciabatta.

HAM & PROVOLONE – \$11

Ham, oven-dried tomatoes, arugula tossed in lemon pepper aioli, smoky tomato spread, & provolone on Ciabatta.

1/2 SOUP & SANDWICH – \$8

Choose 1/2 BLT, Henrietta, or Ham & Provolone with a cup of soup.

Paninis

CAPRESE – \$10

Choice of oven-roasted chicken or portobello, tomato, fresh mozzarella, basil pesto, & balsamic glaze on sourdough.

CHICKEN PORTOBELLO PESTO – \$9

Pulled adobo chicken, portobello, pesto, smoky tomato spread, & provolone on sourdough.

MUFFULETTA – \$10

Salami, ham, olive relish, & 3-cheese blend on Ciabatta.

GRILLED CHEESE – \$7

Cheddar cheese melted on your choice of sourdough or 9-grain.

Wraps

CHIPOTLE CHICKEN – \$9.50

Pulled adobo chicken, green pepper, red onion, red cabbage, chipotle crema, & cheddar on a whole grain tortilla.

CHICKEN BACON RANCH – \$9.50

Oven-roasted chicken, bacon, cheddar, & greens tossed in ranch. Served on a whole grain tortilla.

HENRIETTA – \$9.50

Oven-roasted chicken, onion, celery, & raisins mixed with mayo and Dijon mustard. Served on a whole grain tortilla.

Salads

CHICKEN CAESAR – \$9

Oven-roasted chicken, romaine lettuce, tomato, parmesan, croutons, & house-made Caesar.

WINTER SALAD – \$9

Roasted chickpeas & sweet potatoes sauteed with chicken. Served over salad mix with almonds, raisins, green onion, blue cheese crumbles, & parmesan.

GARDEN SALAD – \$7

Salad mix, tomato, cucumber, green pepper, & croutons. Add oven-roasted chicken or Henrietta chicken salad +\$2

