

Grounded Café Menu

EVERYONE WELCOME - ALL AGES ALL ABILLITIES

BREAKFAST

Build your own breakfast.
Served with a side of fruit.

Sandwich- \$7 | 2 Eggs, Meat, & Grain- \$8

Burrito- \$11 | Scrambler- \$11

Meat

- Ham
- Sausage
- Bacon
- Chicken
- Turkey

Cheese

- American
- Provolone
- Pepper jack
- Cheddar

Veggies

- Green Pepper
- Onion
- Tomatoes
- Spinach
- Mushrooms

Grain

- Honey Wheat Bread
- Honey White Bread
- Bagel
- English Muffin
- Flour Tortilla
- Gluten Friendly- \$2

À la Carte

- | | |
|---|--|
|  Toast (2 slices)- \$2 |  Egg- \$2 |
|  Fruit- \$4 |  Meat- \$2 |
|  Veggies- \$4 |  Chips- \$2 |
|  Bagel with Cream Cheese- \$3 | |
|  English Muffin with Jam- \$3 | |

SOUP & SALAD

Featured Soup

\$4 Cup | \$6 Bowl



Grounded Salad- \$13

Oven-roasted chicken, chickpea & sweet potato blend served over greens, topped with toasted almonds, craisins, bleu cheese, and shaved parmesan.



Fiesta Salad- \$13

Oven-roasted chicken, seasoned black bean & corn mix, tomatoes, green peppers served over greens topped with pepper jack cheese.



Chef Salad- \$10

Turkey, ham, bacon, red onion, cucumber, & tomatoes served over greens, topped with cheddar cheese & croutons.

Salad Dressings: Maple Dijon Balsamic, Bleu Cheese, Fiesta, Ranch

SANDWICHES & WRAPS

½ Sandwich or Wrap & Soup- \$11

Choose any sandwich on the menu with a cup of soup.

Grilled Cheese- \$8

Choice of cheddar, pepper jack, provolone, American, or a combination of cheese.
Add meat +\$2

Chicken Bacon Ranch- \$11

Oven-roasted chicken, bacon, cheddar cheese, lettuce, & ranch.

Chicken Salad- \$12

Oven-roasted chicken, onion, celery, & craisins tossed in a mayo, Dijon, & herb dressing, topped with parmesan & lettuce.

All meals are served with your choice of chips, seasonal veggies, or fruit, and a pickle, For an additional \$2, substitute a cup of soup, GF wrap, or GF bread.

Smoky Provolone- \$12

Your choice of turkey or ham with provolone, tomatoes, lettuce, & smoky aioli.

BLT- \$12

Bacon, lettuce, tomato, & mayo.

Club- \$13

Ham, turkey, bacon, cheddar cheese, tomato, lettuce, & honey Dijon aioli.

Fiesta Chicken Wrap- \$13

Oven-roasted chicken, pepper jack cheese, seasoned black bean & corn mix, tomatoes, green peppers, & Fiesta sauce on a grilled tortilla.

Make any sandwich or wrap into a salad!



Sub any meat with mushroom- \$1



Ask about our special!



Gathering Grounds meals are available to individuals age 60+ at a suggested contribution of \$5 per meal. Meals include any entrée with choice of fruit or vegetables and a cup of milk.

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DRINKS



Specialty Drinks:

Hot or Iced	Medium	Large
Americano	\$3.00	\$4.00
Cappuccino (not available in iced)	\$4.00	\$5.00
Chai Latte	\$5.00	\$6.00
Latte	\$4.00	\$5.00
Macchiato	\$6.00	\$7.00
Mocha	\$5.00	\$6.00
Red Eye	---	\$4.00
Brewed Coffee	\$1.00	\$2.00

*Iced drinks are only available in large.

- Milk**

 - 2% Milk
 - 1% Chocolate Milk
- Milk Alternative- \$1.00**

 - Almond
 - Oat

Other Favorites:

Hot Tea
Medium- \$2.00 | Large- \$3.00

Tea flavors:

- Cranberry Blood Orange
- Earl Grey
- Green Tea
- Mint



Bubbl’r ® Hot Cocoa
\$3.00 \$3.00

Lemonade, Semi-sweet Iced Tea, or Arnold Palmer \$3.00

Canned Soda or Bottled Water \$2.00

Add a flavor shot to any of our drinks- \$1.00

- Raspberry
 - Lavender
 - Strawberry
 - Blue Raspberry
- Hazelnut
 - Vanilla
 - Caramel
 - (all available in sugar free)*



Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.



Please be advised that food prepared here may contain these ingredients: milk, eggs, wheat, soybean, peanuts, tree nuts, sesame, fish, and shellfish.

THE STORY BEHIND THE MISSION

Grounded Café was built on a simple belief: all people have value, and everyone has possibilities when given the right opportunities to succeed. Created by ADRC of Brown County, Grounded Café works to break down stereotypes and ageism by highlighting the strengths and abilities of older adults and people with disabilities. Accessibility is at the heart of the mission, with adaptive tools and equipment that promote independence and confidence. Grounded University provides inclusive, hands-on culinary and hospitality training, while Grounded on the Go brings the mission into the community through an accessible food truck. Through Local Heritage Meals, Grounded also celebrates diverse traditions and uses food to bring people together. Every cup, meal, and connection helps show what is possible when everyone has a place at the table.

