

BAKERY & DESSERTS

SCONES, MUFFINS, & ROLLS

WHITE CHOCOLATE CHERRY SCONE | dried tart cherries, white chocolate chunks, sweet almond glaze 3

ROSEMARY BACON GRUYERE SCONE | fresh rosemary, hickory smoked bacon 3

LEMON BLACKBERRY MUFFIN | fresh blackberries, hint of ginger 4.50

CHAI CINNAMON ROLL | cardamom cream cheese frosting

BREADS & COOKIES

BLUEBERRY LAVENDER PUMPKIN BREAD | fresh blueberries, hint of lavender 3

BANANA BREAD | with Vietnamese cinnamon 3

GROUNDSWELL'S "MINNESOTA NICE" COOKIE | wild rice, honey, dried cranberries, dark chocolate, almond orange icing 2.50

SPECIALTY CUPCAKES

SALTED CARAMEL CHOCOLATE PRETZEL | salted caramel mousse, chocolate ganache, crushed pretzels 4.50

BERRIES AND CREAM | almond cake, mixed berry mousse, cream cheese frosting, crunchy sugared almonds 4.50

GLUTEN FREE CUPCAKE OF THE WEEK | varies, by season 3

We take custom cake and cupcake orders, for all your everyday and special occasions. See our full cake menu for options and prices.

DESSERT PLATES

CHEESECAKE | vanilla bean, with ginger basil berry compote or a chocolate and honey drizzle 6

CHOCOLATE CHILI PEPPER BROWNIE | cinnamon, cayenne pepper, bittersweet chocolate icing 3.50 *(add coconut milk ice cream for \$2)*

vegan

gluten free

WE LOVE LOCAL Groundswell happily serves:

COFFEE & ESPRESSO from Dogwood Coffee (Minneapolis) and True Stone Coffee (St. Paul)

MILK & CREAM from Autumnwood Farm (Forest Lake)

CHAI from Gray Duck Chai (St. Paul)

HONEY from Bare Honey (St. Paul)

CREAM CHEESE from Dream Cream (St. Paul)

SMALL & LARGE PLATES

SMALL PLATES

ROASTED CAULIFLOWER | roasted garlic, lemon shavings, herb compound butter, parmesan, olive oil
SWEET POTATO HASH | chorizo, red pepper, onion, carrot, jalapeno, spinach, smoked almonds
PORK TACOS | pulled pork, chipotle slaw, jalapeno and lime vinaigrette
VEGETARIAN TACOS | roasted veggie, kale, red pepper coulis (*add tempeh for \$*)
BRIE | puff pastry, apples, raw honey
CHEESE PLATE | selection varies
CHIPS AND GUACAMOLE | blue corn chips, housemade guacamole, salsa
TOASTED BAGUETTE | pesto, hummus, pimento

GREENS

SPINACH | candied walnuts, grilled apple, fig, brie
ARUGULA | roasted garlic, lemon, red onion, carrot, beet, goat cheese
MIXED GREENS | red onion, carrot, tomato, butter and olive oil fried croutons
Dressing options: soy, ginger, and garlic; balsamic and herb; jalapeno, lime, and cilantro; lemon and herb peppercorn

SANDWICHES *served on our housemade baguette with choice of side*

ROASTED TURKEY | brie, cranberry and apple compote
PULLED PORK | caramelized onion, avocado, chipotle slaw, olive oil
MEATLOAF | pimento cheese, tomato, bacon, sundried tomato aioli
ROASTED VEGGIE | hummus, pesto, fresh mozzarella (*add chicken or tempeh for \$*)
FOR KIDS | any half portion of the above; nutella and honey; or grilled three cheese
Side options: sautéed kale with caramelized onion and garlic; mixed greens salad; chipotle slaw; chips

FLATBREADS

SOPRESSATTA | shaved parmesan, basil, honey
CHORIZO | cilantro, tomato, black bean
MIDWAY | candied walnut, grilled apple, fig, blue cheese
PORTABELLA | roasted red peppers, onion, goat cheese
FOR KIDS | any half portion of the above; pepperoni; or cheese

Sauces are stashed?

WEEKEND BRUNCH *served Saturday and Sunday until 2pm*

QUICHE OF THE DAY | with greens
GRANOLA | *needs description*
GREEK YOGURT | honey and mixed berries
STEEL CUT OATS | blueberries, granola, brown sugar
WAFFLE | candied walnuts, strawberry, whipped cream, maple syrup
FOR KIDS | any half portion of the above

*vegan
gluten free*

Chips Spiced

BEER, WINE, & COFFEE

TAP BEER

SURLY ROTATION 6
SURLY FURIOUS 6
FULTON BLONDE 6
BEER OF THE MONTH 6

BOTTLES

PABST BLUE RIBBON TALLBOY 4
OMISSION GLUTEN FREE 5
ANGRY ORCHARD APPLE GINGER CIDER 5
STELLA ARTOIS 6

WINE

BIG HOUSE CASK WHITE | vibrant dried apricot, notes of peach, and a lasting finish. California, USA 6
PIATTELLI PREMIUM CHARDONNAY | french oak, melon, fig, honey, and vanilla. Mendoza, Argentina 7 / 25
MOHUA SAUVIGNON BLANC | nuanced guava, dense sauvignon. Marlborough, New Zealand 9 / 32
L'ECOLE CHENIN BLANC | jasmine, orange blossom, complex. Washington, USA 9 / 32
BIG HOUSE CASK RED | leather and spice, clean, with a subtle dark berry rhubarb. California, USA 6
BIG HOUSE CASK CABERNET | jammy, juicy, black currants, and plum. California, USA 8
MONTROYA PINOT NOIR | velvety, monterey mouthful, haunting tannins. California, USA 9 / 32
PURPLE MALBEC | violet nose and hue, vanilla, and caramel. Patagonia, Argentina 9 / 32
L'ECOLE No. 41 MERLOT | a spiced, labyrinthine finish. Columbia Valley, Washington, USA 11 / 39

COFFEE & TEA

DOGWOOD BREW	2.35	2.75
TRUESTONE	1.75	2.25
POUR OVER	3.25	
AU LAIT	2.30	3
AMERICANO	2	4
CAPPUCINO	3.50	4.50
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
ESPRESSO 2	4	
TEA	2.50	