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WEBSITE



SWELLIN' DRINKS

SIPS & DRIPS

Dairy Options: Cream, Whole Milk or Skim Milk
Non Dairy +\$.65: Almond, Hemp, Coconut, or Oat Milk
Add an espresso shot to any drink +\$1.75

Flavor Shots \$.75 (available for any coffee or espresso drinks):
vanilla, caramel, almond, agave, coconut, banana, hazelnut,
banana hazelnut, Hawaiian (macadamia & coconut), macadamia,
marshmallow, mocha, peppermint, SF vanilla or SF caramel

COFFEE (small/large)
HOT COFFEE \$3.00/\$3.50

Swell Blend: Medium Blend - Organic Mexican
Pipeline Roast: Dark Roast - Organic French Roast
Decaf: processed naturally with water

HOUSE BLENDED ICED COFFEE \$4.00/\$4.50
NITRO COLD BREW ON TAP \$5.50/\$6.50

ESPRESSO DRINKS (served hot or iced)

ESPRESSO (small/large)	(small/large)
(double/quad) \$2.75/\$4.25	CAFE LATTE \$4.75/\$5.75
AMERICANO \$4.25/\$5.25	CORTADO \$4.75/\$5.75
CAPPUCCINO \$4.75/\$5.75	MACCHIATO \$4.75/\$5.75

SPECIALTY ESPRESSO DRINKS (small/large)
DOUBLE OVERHEAD \$5.00/\$5.50
House coffee + double espresso shot

★ **BEACHY MOCHA** \$5.25/\$6.25
Espresso mixed with chocolate, cinnamon & milk

BUZZ BUZZ \$5.25/\$6.25
Espresso stirred with honey, nutmeg & milk

COCO SWELL (iced only) \$5.50/\$6.50
Espresso stirred with honey, cinnamon and coconut water

FILTHY CHAI LATTE \$5.50/\$6.50
Espresso with organic spiced chai and milk

LAVA JAVA MOCHA Spicy w/ a kick! \$5.25/\$6.25
Espresso mixed with Expedition hot sauce, chocolate & milk

CARDAMOM & AGAVE \$5.25/\$6.25
Espresso with cardamom, agave & milk

ESPRESSO REFRESHER \$5.25/\$6.25
Iced espresso with fresh squeezed lemon & tonic water

OTHER BEVERAGES (small/large)
MATCHA LATTE \$5.50/\$6.50
Sweetened matcha with milk

CHAI LATTE \$5.00/\$6.00

SIGNATURE HOT CHOCOLATE \$4.50/\$5.50

UNSWEETENED ICED TEA ON TAP \$4.50/\$5.50
Hibiscus Lavender, Lemon Ginger Green, or English Breakfast

ORGANIC HOT TEA \$3.50/\$4.00
Caffeinated: Matcha Super Green, Earl Grey, English Breakfast
Herbal: Chamomile, Peppermint. Option: Add honey or sweetener

FRESH SQUEEZED

★ **LIQUID SUNSHINE** hot/iced/bottled \$4.50/\$9.75
Ginger, turmeric, pineapple, dates, celtic sea salt & black pepper.
Cold pressed concentrated juice made fresh in house.

★ **LEM CHACHA** \$5.25/\$6.25
GroundSwell's homemade lemonade with green tea matcha

FRESH SQUEEZED LEMONADE \$5.25/\$6.25

BUCHA BREEZE \$5.25/\$6.25
Hibiscus lavender iced tea with fresh squeezed lemonade

SMOOTHIES

Smoothies are made with organic yogurt & fresh fruit.
Available dairy free upon request.

SMOOTHIE CLASSICS SM (16OZ) \$8.50
LG (24 OZ) \$10.00

★ **SALZ CLASSIC**
Strawberries, blueberries, banana, yogurt, & apple juice

TROPICAL DREAM
Peach, mango, banana, yogurt & orange juice

STRAWBERRY BANANA
Strawberries, banana, yogurt & apple juice

PB & J
Peanut butter, strawberries, banana,
yogurt, almond milk & a little honey

PIÑA COLADA
Pineapple, mango, and banana, blended together
with a splash of coconut cream and coconut milk

SPECIALTY SMOOTHIES SM (16 OZ) \$9.50
LG (24 OZ) \$11.00

★ **CACAO-ABUNGA**
Banana, almond butter, peanut butter, coconut flakes,
cacao powder, cacao nibs, chocolate chips, coconut
milk, & coconut cream. Add espresso + \$1.50

ANTIOXY
Açaí, blueberries, strawberries, yogurt, coconut water &
a splash of apple juice

THE HULK
Avocado, spinach, arugula, mango, banana, Green Life
Blend (hemp protein, chlorella & matcha), coconut
water & hemp milk

NUTRITIONAL BOOSTER SMOOTHIE MIX-INS: + \$2.00

CACAO POWDER
WHEY PROTEIN
HEMP PROTEIN
CACAO NIBS
ACAI
COLLAGEN

BEE POLLEN
CHIA SEEDS
PEANUT BUTTER
ALMOND BUTTER
GREEN LIFE BLEND
CHLORELLA, SWEET MATCHA, HEMP PROTEIN

SWELLIN' FRAPPES

**Frappes are made with Willey's homemade
ice cream & topped with whipped cream**

SMALL (16 OZ) \$9.50 LARGE (24 OZ) \$11.00

★ **WAKE N' SHAKE**
Cold brew coffee, Oreo & caramel (decaf available)
Add a shot of espresso for + \$1.50

SEA FOAM
Mint, chocolate & oreo

S'MORES
Chocolate, marshmallow & graham cracker

SALIS-BERRY SHORTCAKE
Fresh strawberries, strawberry sauce & graham cracker

MONKEY BIZNIZ
Peanut butter, banana, chocolate & coconut flakes

**VANILLA | CHOCOLATE | BANANA
CHOCOLATE PEANUT BUTTER**



AÇAÍ BOWLS

GRAB & GO

SIGNATURE BOWLS

All açai & smoothie bowls are dairy free, vegan, organic & available gluten free! (GF)

- ★ **THE WHOLE SHEBANG** \$15.50
Local's Favorite! Our signature organic açai topped with organic honey oat granola, peanut butter, unsweetened coconut flakes, sliced banana, strawberries, blueberries & drizzled with honey
- THE GROUNDWELL** \$14.50
Our signature organic açai topped with organic unrefined coconut oil, peanut butter, sliced banana, unsweetened coconut flakes, cacao nibs, goji berries & agave
- PIÑA COLADA SMOOTHIE BOWL** \$17.00
A delicious blend of pineapple, mango, banana, coconut milk, coconut cream, topped with our homemade tropical granola (GF), unsweetened coconut flakes, strawberries & sliced banana
- BOSS BABE SMOOTHIE BOWL** \$18.00
Organic açai blended with cacao powder, banana, peanut butter, chia seeds & coconut milk. Topped with coconut flakes, bee pollen, cacao nibs, sliced banana, strawberries & blueberries
- TROPICAL DREAM SMOOTHIE BOWL** \$18.00
A blend of mango, peach, banana, coconut water & orange juice. Topped with honey oat whole grain granola, coconut flakes, banana, strawberries & blueberries

CREATE YOUR OWN BOWL

Build your own bowl by making selections from below
(all bases are organic, and sourced sustainably & by fair-trade)

- 1) CHOOSE YOUR BASE** \$9.50
 - GroundSwell's Signature Organic Acai (Scooped)
 - Blended Açai with Blueberries & Coconut Water +\$3.00
 - Blended Açai with Banana and Almond Milk + \$3.00
 - Add Extra Açai + \$2.50
- 2) CLASSIC TOPPINGS** +\$1.25

GRANOLA

 - organic honey oat granola
 - gluten free granola
 - Tropical Granola \$2.00
homemade with gluten free oats, cashews, coconut, dried mango & pineapple

FRUITY

 - fresh strawberries
 - fresh blueberries
 - sliced banana
 - frozen mango
 - frozen pineapple

CRUNCHY

 - unsweetened coconut flakes
 - chocolate chips

NUTTY

 - nutella
 - peanut butter
 - almond butter \$2.25

DRIZZLES

 - honey
 - agave
 - chocolate sauce
 - maple syrup
 - coconut oil



- 3) SPECIALTY TOPPINGS + NUTRITIONAL BOOSTERS**
 - chia seeds (high in fiber & protein) +\$2.00
 - goji berries (promotes immunity, boosts collagen)
 - cacao nibs (energizing & boosts metabolism)
 - bee pollen (supports immunity, decreases seasonal allergies)
 - whey protein (boosts muscle strength, lowers blood pressure)
 - cacao powder (energizing & anti-inflammatory)

BAKED GOODS



DAILY SELECTION VARIES

Baked goodies made from scratch in house with love!

Indulge in homemade muffins, scones, breakfast breads, coffee cakes, sweet treats, and gluten free pastries!



GRAB + GO

Beach Eats & Sips

GRAB & GO

Daily selection of freshly made grab + go menu items!

Including a rotating selection of salads, parfaits, fruit cups + more. Plus refreshing drinks to go.



★ **BEACH BALLS**

Homemade Energy Bites \$9.50

Gluten Free + Mostly Raw 6 pack
Packed with superfood ingredients & rolled in unsweetened coconut flakes!



DAILY SQUEEZE

Rotating cold pressed juices
fresh squeezed in house

Including fresh squeezed OJ, lemonade
Liquid Sunshine, Summer Lovin' + more!



BARK BOWLS

For Our Furry Friends

- NAUTI DOG** turkey sausage & cheese \$5.00
- RUFF SEAS** peanut butter & ham \$5.00
- BARKIN' N EGGS** 1 egg + 2 pieces of bacon \$6.00

★ **INDICATES LOCAL FAVORITES**



AT GROUNDWELL, WE'RE ALL ABOUT

Quality • Consistency • Customer Service
Community • Supporting Local Businesses
Teamwork • Positivity • Sustainability



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BREAKFAST & LUNCH

BREAKFAST BURRITOS

Add avocado to any burrito + \$2. Sub GF wrap + \$2

CLASSIC BURRITO \$ 9.75

2 organic eggs, cheddar cheese and hash browns, wrapped in a grilled flour tortilla with our signature Baja sauce on the side

★ BAJA BURRITO \$15.00

Classic Burrito with Modern Butcher's spicy chorizo sausage

★ LOADED BAJA BURRITO \$17.00

Classic Burrito with Italian spiced sautéed peppers & onions & Modern Butcher's spicy chorizo sausage

DORKLEY BURRITO \$14.00

Classic Burrito with flavorful turkey sausage

GARDEN BURRITO \$14.00

Classic Burrito with spinach, arugula, tomato, & pesto aioli

CRISPY BACON BURRITO \$14.75

Classic Burrito with 3 pieces of crispy bacon

HAM IT UP BURRITO \$14.00

Classic Burrito with maple smoked ham

SUPER VEGGIE VEG BURRITO \$16.00

A fully loaded vegan burrito - sautéed peppers & onions, hash browns, beyond vegan meat, spinach, arugula and avocado.

Add 2 grilled eggs & cheddar cheese + \$2

BREAKFAST NOMS

Served all day! Breakfast sandwiches are made with organic eggs & locally sourced products.

Bread Options: Annarosa's 6 grain, French roll, English muffin

Bagels: plain, everything, French toast, cinnamon raisin, or sesame. Substitute gluten free bagel + \$2

BREAKFAST SANDWICH \$5.75

Grilled egg topped with American cheese on your choice of bread

Add turkey sausage, bacon or maple ham \$2

Lifeguard style (all meats) + \$3.50

Add tomato, arugula + \$1 or avocado + \$2

★ BIG SPROUT BREAKFAST SANDWICH \$9.50

Grilled egg, cheddar, arugula, vine ripe tomato, avocado & homemade basil pesto aioli on your choice of bread

★ HAMMY SAMMY \$11.50

Annarosa's French roll with sizzling maple ham, grilled egg, Swiss cheese, vine ripe tomato & mustard chipotle aioli

COOL HAND LUKE Big Sprout - Lifeguard Style! \$14.00

Grilled egg, cheddar, arugula, ripe vine tomato, avocado, homemade basil pesto aioli, bacon, maple ham & turkey sausage on your choice of bread

THE HANGOVER WRAP \$13.50

Grilled craft glazed doughnut from Angry Donut, maple ham, hash brown, grilled egg & American cheese on a tortilla wrap

AVO TOAST \$9.75

2 pieces of Annarosa's 6 grain artisan bread, toasted & topped with a touch of butter, smashed avocado, freshly grated parmesan cheese, Himalayan sea salt & cracked black pepper

BAGELS & SPREADS \$4.75

Toasted with homemade whipped cream cheese, butter, or PB

Cream Cheeses: plain, spicy veggie, maple cinnamon cream

LUNCH SANDWICHES

Sandwiches feature freshly baked artisan bread from Annarosa's and humanely raised, nitrate-free meats.

★ CLUCKIN' GOOD BURRITO \$16.50

Jeannie's famous burrito mix, made with rotisserie style chicken, rice, beans, fire roasted tomatoes, melty cheese, Mexican spices & cilantro wrapped in a crispy flour tortilla. Served with a side of Baja Sauce. Substitute GF wrap + \$2

LOADED CLUCKIN' BURRITO \$18.50

Our Cluckin' Good Burrito with sautéed peppers & onions

CUBANO \$15.00

An authentic Cuban style sandwich, served on a buttered French Roll grilled to perfection with maple glazed ham, roasted pork, Swiss, pickles & chipotle mustard aioli

★ SURF GOBBLER \$15.00

Roasted turkey, sharp cheddar, crispy bacon, sliced avocado & homemade basil pesto aioli on a wrap or toasted 6 grain Bread.

SWELL BLTT \$15.00

Roasted turkey, crispy bacon, spinach, arugula, tomato & mayo on toasted 6 grain bread or a tortilla wrap. Substitute gluten free wrap + \$2

★ BOUGIE GRILLED CHEESE \$12.00

Melty cheese on grilled Rosemary Focaccia bread. Add tomato \$1, Add avocado, ham or bacon + \$2 each

GRILLED VEGGIE PANINI \$14.00

Rosemary focaccia bread with Italian spiced grilled peppers & onions & melty cheese

LOCOS TACOS



Gluten free! Two corn tacos per order.
Available after 12PM. Summer only.

SMOKY BIRD TACOS \$17.00

Homemade smokey chipotle roasted chicken with homemade cabbage slaw, sweet New England corn, Cotija, cilantro & crema

VEGAN TACOS \$17.00

Vegan Beyond Beef with homemade cabbage slaw, sweet New England corn, vegan cheese & cilantro

★ BAJA TACOS \$17.00

Sautéed peppers & onions, spicy chorizo sausage, sweet New England corn, Cotija, cilantro & crema

CONSUMER ADVISORY

*Served raw or undercooked. Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of food borne illness, especially if you have certain medical conditions. If unsure of your risk, consult a physician.

Before placing your order, please inform your server if a person in your party has a food allergy or any dietary or health restrictions.