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## SWELLIN' DRINKS

### SIPS & DRIPS

**Dairy Options: Cream, Whole Milk or Skim Milk**  
**Non Dairy +\$.65: Almond, 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)

<b>ESPRESSO</b> (small/large)	(small/large)
(double/quad) \$2.75/\$4.25	<b>CAFE LATTE</b> \$4.75/\$5.75
<b>AMERICANO</b> \$4.25/\$5.25	<b>CORTADO</b> \$4.50
<b>CAPPUCCINO</b> \$4.75/\$5.75	<b>MACCHIATO</b> \$4.75/\$5.75

**SPECIALTY ESPRESSO DRINKS** (small/large)

**DOUBLE OVERHEAD** \$5.00/\$5.50  
 House coffee + double espresso shot

★ **BEACHY MOCHA** \$5.50/\$6.50  
 Espresso mixed with chocolate, cinnamon & milk

**BUZZ BUZZ** \$5.50/\$6.50  
 Espresso stirred with honey, nutmeg & milk

**COCO SWELL** (iced only) \$5.75/\$6.75  
 Espresso stirred with honey, cinnamon and coconut water

**FILTHY CHAI LATTE** \$5.75/\$6.75  
 Espresso with organic spiced chai and milk

**LAVA JAVA MOCHA** Spicy w/ a kick! \$5.50/\$6.50  
 Espresso mixed with Expedition hot sauce, chocolate & milk

**CARDAMOM & AGAVE** \$5.50/\$6.50  
 Espresso with cardamom, agave & milk

**ESPRESSO REFRESHER** \$5.50/\$6.50  
 Cold brew with fresh squeezed lemon & tonic water

**OTHER BEVERAGES** (small/large)

**MATCHA LATTE** \$5.75/\$6.85  
 Sweetened matcha with milk

**CHAI LATTE** \$5.25/\$6.50

**SIGNATURE HOT CHOCOLATE** \$4.50/\$5.50

**ICED TEA ON TAP** \$4.75/\$5.75  
 Hibiscus Lavender, Lemon Ginger Green, or English Breakfast

**ORGANIC TEA** \$3.50/\$4.50  
 Caffeinated: Matcha Super Green, Earl Grey, English Breakfast  
 Herbal: Chamomile, Peppermint.

**FRESH SQUEEZED**

★ **LIQUID SUNSHINE** hot/iced/bottled \$4.95/\$9.75  
 Ginger, turmeric, pineapple, dates, celtic sea salt & black pepper.  
 Cold pressed concentrated juice made fresh in house.

★ **LEM CHACHA** \$5.75/\$6.75  
 GroundSwell's homemade lemonade with green tea matcha

**FRESH SQUEEZED LEMONADE** \$5.50/\$6.50

**BUCHA BREEZE** \$5.50/\$6.50  
 Hibiscus lavender iced tea with fresh squeezed orange juice

### SMOOTHIES

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

**SMOOTHIE CLASSICS** SM (16OZ) \$8.75

★ **SALZ CLASSIC** LG (24 OZ) \$10.25

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 & coconut milk

**SPECIALTY SMOOTHIES** SM (16 OZ) \$9.75

★ **CACAO-ABUNGA** LG (24 OZ) \$11.25

Banana, almond butter, peanut butter, coconut flakes,  
 cacao powder, cacao nibs, chocolate chips, coconut  
 milk, & coconut cream. Add espresso + \$1.75

**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

**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) \$9.75 LARGE (24 OZ) \$11.50

★ **WAKE N' SHAKE**

Cold brew coffee, Oreo & caramel (decaf available)  
 Add a shot of espresso for + \$1.75

**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** \$16.50  
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 GROUNDSWELL** \$15.50  
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** \$18.00  
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
 

<b>GRANOLA</b> <ul style="list-style-type: none"> <li>• organic honey oat granola</li> <li>• gluten free granola</li> <li>• Tropical Granola \$2.00 homemade with gluten free oats, cashews, coconut, dried mango &amp; pineapple</li> </ul>	<b>CRUNCHY</b> <ul style="list-style-type: none"> <li>• unsweetened coconut flakes</li> <li>• chocolate chips</li> </ul>
<b>FRUITY</b> <ul style="list-style-type: none"> <li>• fresh strawberries</li> <li>• fresh blueberries</li> <li>• sliced banana</li> <li>• frozen mango</li> <li>• frozen pineapple</li> </ul>	<b>NUTTY</b> <ul style="list-style-type: none"> <li>• nutella</li> <li>• peanut butter</li> <li>• almond butter \$2.25</li> </ul>
	<b>DRIZZLES</b> <ul style="list-style-type: none"> <li>• honey</li> <li>• agave</li> <li>• chocolate sauce</li> <li>• maple syrup</li> <li>• coconut oil</li> </ul>
- 3) SPECIALTY TOPPINGS + NUTRITIONAL BOOSTERS** +\$2.00
  - chia seeds (high in fiber & protein)
  - 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 GROUNDSWELL, WE'RE ALL ABOUT

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



## BREAKFAST & LUNCH

### BREAKFAST BURRITOS

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

- CLASSIC BURRITO** \$10.25  
2 organic eggs, cheddar cheese and hash browns, wrapped in a grilled flour tortilla with our signature Baja sauce on the side
- ★ **BAJA BURRITO** \$15.50  
Classic Burrito with Modern Butcher's spicy chorizo sausage
- ★ **LOADED BAJA BURRITO** \$17.50  
Classic Burrito with Italian spiced sautéed peppers & onions & Modern Butcher's spicy chorizo sausage
- DORKLEY BURRITO** \$14.50  
Classic Burrito with flavorful turkey sausage
- GARDEN BURRITO** \$14.50  
Classic Burrito with spinach, arugula, tomato, & pesto aioli
- CRISPY BACON BURRITO** \$15.25  
Classic Burrito with 3 pieces of crispy bacon
- HAM IT UP BURRITO** \$14.50  
Classic Burrito with maple smoked ham
- SUPER VEGGIE VEG BURRITO** \$16.50  
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** \$15.50  
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** \$15.50  
Roasted turkey, sharp cheddar, crispy bacon, sliced avocado & homemade basil pesto aioli on a wrap or toasted 6 grain Bread.
- SWELL BLTT** \$15.50  
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** \$12.75  
Melty cheese on grilled Rosemary Focaccia bread  
Add tomato \$1, Add avocado, ham or bacon + \$2 each
- GRILLED VEGGIE PANINI** \$15.00  
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.