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SWELLIN' DRINKS

SIPS & DRIPS

Milks: Whole or Skim | Non Dairy +\$.65: Almond or Oat Milk
Add an espresso shot to any drink +\$1.75

Flavor Shots \$.75 (available for any coffee or espresso drinks):
vanilla, caramel, agave, coconut, banana, hazelnut,
marshmallow, mocha, peppermint, 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** \$4.50
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** \$5.50/\$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

ORGANIC HOT TEA or \$3.50/\$4.50

UNSWEETENED ICED TEA \$4.75/\$5.75

Caffeinated: Matcha Super Green, Earl Grey, English Breakfast
Herbal: Chamomile, Peppermint. Option: Add Honey or sweetener

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 SMALL (16 OZ) \$8.75
LARGE (24 OZ) \$10.25

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

STRAWBERRY BANANA
Strawberries, banana, yogurt & apple juice

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

SPECIALTY SMOOTHIES SMALL (16 OZ) \$9.75
LARGE (24 OZ) \$11.25

ANTIOXY
Açaí, blueberries, strawberries, yogurt, coconut water, apple juice

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

NUTRITIONAL BOOSTER SMOOTHIE MIX-INS: +\$2.00

CACAO POWDER
WHEY PROTEIN
CACAO NIBS
ACAI
COLLAGEN

BEE POLLEN
CHIA SEEDS
PEANUT BUTTER
ALMOND BUTTER

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**
Coffee, Oreo & caramel (decaf available). Add espresso +\$1.75

STRAWBERRY SHORTCAKE
Fresh strawberries, strawberry sauce & graham cracker

SEA FOAM
Mint, chocolate & oreo

S'MORES
Chocolate, marshmallow & graham cracker

MONKEY BIZNIZ
Peanut butter, banana, chocolate & coconut flakes

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

BOTTLED DRINKS

NESQUIK CHOCOLATE OR STRAWBERRY \$3.50

VITACOCO COCONUT WATER \$4.50

ORANGE JUICE \$4.95

BOTTLED WATER \$2.00

★ **INDICATES LOCAL FAVORITE**



BREAKFAST & LUNCH NOMS

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 GROUNDWELL** \$15.50
Our signature organic açai topped with organic unrefined coconut oil, peanut butter, sliced banana, unsweetened coconut flakes, cacao nibs, goji berries & agave

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)
 - 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

CRUNCHY

- coconut flakes
- chocolate chips

NUTTY

- nutella
- peanut butter
- almond butter \$2.00

DRIZZLES

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

FRUITY

- fresh strawberries
- fresh blueberries
- sliced banana

- 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

All of our baked goods are baked in house from scratch. Check out our seasonal offerings, as well.

- Banana Bread with Walnuts** \$5.00
- GF Banana Bread with Chocolate Chips** \$5.00

BEACH BALLS

- ★ **Homemade Energy Bites** \$9.50 6pk
Gluten Free, Vegan + Mostly Raw

Packed with superfood ingredients and rolled in unsweetened coconut flakes!



WAKE & WAFFLE

- ★ **WAVIN' WAFFLE** \$8.00
Fluffy Belgian style waffle with butter, syrup, whipped cream & choice of 2 classic toppings (see left). Additional toppings \$0.50-\$1.00 each
- WAKE N' WAFFLE HAM SAMMY** \$12.00
Fluffy Belgian waffle sandwich with maple butter, maple ham, grilled egg & melty Swiss cheese.
- WAKE N' BACON SAMMY** \$12.00
Waffle sandwich w/ maple butter, grilled egg, bacon & American cheese

SANDWICHES & MORE

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

Bread Options: English muffin, Annarosa's 6 grain bread,
Bagels: plain, everything, French toast, or gluten free +\$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
- BAGELS & SPREADS** \$4.75
Toasted with homemade whipped cream cheese, butter, or PB
- 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

- 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

- THE COACH** Avo Toast with Bacon & Tomato \$10.50

- ★ **HARBOR GOBBLER** \$15.50
Roasted turkey, sharp cheddar, crispy bacon, sliced avocado, arugula, sliced tomato, & homemade basil pesto aioli on Annarosa's toasted 6 grain bread. Also available as a wrap.



BARK BOWLS



- 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

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.