



## 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** \$3.25/\$3.75

**Swell Blend:** Medium Blend - Organic Mexican

**Pipeline Roast:** Dark Roast - Organic French Roast

**Decaf:** processed naturally with water

**HOUSE BLENDED ICED COFFEE** \$4.50/\$5.00

**ESPRESSO DRINKS** (served hot or iced)

**ESPRESSO** (small/large) (small/large)  
(double/quad) \$2.75/\$4.25 **CAFE LATTE** \$5.25/\$5.75

**AMERICANO** \$4.75/\$5.75 **CORTADO** \$4.75

**CAPPUCCINO** \$4.75/\$5.75 **MACCHIATO** \$5.25/\$5.75

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

**DOUBLE OVERHEAD** \$5.85/\$6.75

House coffee + double espresso shot

★ **BEACHY MOCHA** \$5.85/\$6.75

Espresso mixed with chocolate, cinnamon & milk

**BUZZ BUZZ** \$5.85/\$6.75

Espresso stirred with honey, nutmeg & milk

**COCO SWELL** (iced only) \$5.95/\$6.95

Espresso stirred with honey, cinnamon and coconut water

**FILTHY CHAI LATTE** \$5.95/\$6.95

Espresso with organic spiced chai and milk

**CARDAMOM & AGAVE** \$5.85/\$6.75

Espresso with cardamom, agave & milk

**OTHER BEVERAGES** (small/large)

**MATCHA LATTE** \$6.25/\$6.95

Sweetened matcha with milk

**CHAI LATTE** \$5.75/\$6.75

**SIGNATURE HOT CHOCOLATE** \$4.75/\$5.75

**ORGANIC HOT TEA or** \$3.50/\$4.50

**UNSWEETENED ICED TEA** \$5.50/\$6.50

Ask about our flavor offerings

**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** \$6.75/\$7.75

GroundSwell's homemade lemonade with green tea matcha

**FRESH SQUEEZED LEMONADE** \$6.00/\$7.00

**BOTTLED DRINKS**

**NESQUIK CHOCOLATE MILK** \$3.50

**FRESH SQUEEZED OJ** \$5.00

**BOTTLED WATER** \$2.00

**MAINE ROOT BEER** \$4.50

★ **INDICATES LOCAL FAVORITE**

## GROUND SWELL BOWLS

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

★ **THE WHOLE SHEBANG** \$17.50

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

## CREATE YOUR OWN BOWL

Build your own bowl by making selections from below

(all bases are organic, and sourced sustainably & by fair-trade)

**1) ACAI BASE** \$9.75

- GroundSwell's Signature Organic Acai (Scooped)

**2) CLASSIC TOPPINGS** +\$1.50

**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

**CRUNCHY**

- unsweetened coconut flakes
- chocolate chips

**NUTTY**

- nutella
- peanut butter
- almond butter \$2.25

**DRIZZLES**

- honey or agave
- chocolate sauce
- coconut oil

**NUTRITIONAL BOOSTERS - Add to Any Bowl or Smoothie**

CACAO POWDER	\$1.50	COLLAGEN	\$2.00
WHEY PROTEIN	\$2.00	BEE POLLEN	\$2.00
CACAO NIBS	\$2.00	CHIA SEEDS	\$1.50
EXTRA ACAI	\$3.00		

## SMOOTHIES

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

**SMOOTHIE CLASSICS** SMALL (16 OZ) \$9.75

LARGE (24 OZ) \$11.25

★ **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) \$10.75

LARGE (24 OZ) \$12.25

**ANTIOXY**

Açai, blueberries, strawberries, yogurt, coconut water, apple juice

★ **CACAO-ABUNGA**

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

**THE HULK**

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



FOLLOW US AT  
@GROUNDWELLSURFCAFE



## BAKED GOODIES

### 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!

## BEACH EATS

**BAGELS & SPREADS** \$5.50  
Toasted with homemade whipped cream cheese, butter, or PB  
**Bread Options:** English muffin, Annarosa's 6 grain bread +\$2  
**Bagels:** plain, everything, French toast, or gluten free +\$2

**BREAKFAST SANDWICH** \$5.95  
Grilled egg topped with American cheese on your choice of bread  
**Add bacon or sausage +\$2.50**  
**Add arugula +\$1, tomato +\$1.50, or avocado +\$2**

★ **BIG SPROUT BREAKFAST SANDWICH** \$9.75  
Grilled egg, cheddar, spinach, vine ripe tomato, avocado & homemade basil pesto aioli on your choice of bread

**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

★ **BEACH BALL ENERGY BITES** \$9.50  
**Gluten Free, Vegan + Mostly Raw** 6 pack  
Packed with superfoods & rolled in unsweetened coconut

**FRUIT PARFAIT** \$9.00  
Made to order. Stoneyfield's organic vanilla yogurt topped granola, banana, seasonal fresh fruit and coconut flakes.

## SWELLIN' FRAPPES

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

SMALL (16 OZ) \$11.50 LARGE (24 OZ) \$14.00



★ **WAKE N' SHAKE**  
Coffee, Oreo & caramel (decaf available). Add espresso +\$1.75

**SALIS-BERRY 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

**CHOCOLATE PEANUT BUTTER**

**WILLEY'S FRAPPE**  
Choose any flavor of Willey's homemade ice cream

### 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.

## ICE CREAM

All natural homemade ice cream flavors.  
Locally made at Salisbury Beach!

**SMALL** \$6.75  
**MEDIUM** \$9.65  
**LARGE** \$12.75  
**HAND PACKED PINT** \$14.25

## CONES

**CAKE OR SUGAR** + \$1.25  
**WAFFLE CONE** + \$3  
**HAND DIPPED WAFFLE CONE** + \$7  
**CANDY COATED WAFFLE CONE** + \$9

## SUNDAES

Includes your choice of 1 sauce & 1 topping  
plus whipped cream & a cherry

**SMALL OR LARGE** \$11.50 | \$14.75  
**3 SCOOP BANANA SPLIT** \$15.75  
Choose up to 3 flavors

## SAUCES

Chocolate Sauce, Caramel Sauce, + \$2.00  
or Peanut Butter

## TOPPINGS

Willey's Jimmies, Mini M+Ms, + \$2.00  
Rainbow Sprinkles, Oreo Crumbles,  
Chopped Walnuts  
Whipped Cream + \$1.00

## FROZEN TREATS

**ROOT BEER FLOAT** \$11.50  
**FRAPPE** \$11.50 sm  
Your choice of flavor \$14.00 lg  
**BLACK MOON** \$8.00  
Chocolate dipped vanilla ice cream pop  
**BLACK MOON WITH NUTS** \$8.50