

# Croissants & Pastries

Plain Croissant	3.00
Almond Croissant	3.75
Chocolate Croissant	3.50
Ham & Cheese Croissant	4.50
Cream Beignet	3.50
Cinnamon Roll	3.50
Cheese Danish	3.50
Blueberry Tart	3.75
Almond Tart	3.75
Scone	2.75
Blueberry, Choc. Chip, or Cranberry Orange	
Muffin – Blueberry or Choc. Chip	3.25
Crumb Cake	3.25

# Bagels

<b>PLAIN, SESAME, CINNAMON RAISIN, EVERYTHING &amp; WHEAT</b>	
Toasted with Butter	2.75
Toasted with Cream Cheese	3.25
Toasted Peanut Butter	3.25
Add Jelly – Grape or Strawberry	.25

# Bagels

## Breakfast & Lunch

# Drinks

# Croissants & Pastries

 Ground Up Cafe & Coffee

 @groundup\_cafeandcoffee

**ORDER ONLINE**

GroundUpCafeandCoffee.com



1926 East Passyunk Avenue  
Philadelphia, PA 19148  
267-773-7109

Monday – Saturday 8<sup>AM</sup>–3<sup>PM</sup>  
Closed Sunday

**MAKING MORNINGS BETTER  
SINCE 2018**

# Drinks

Coffee	2.50	3.00
Cold Brew – one size		3.85
Americano	2.75	3.25
Au Lait	2.75	3.25
Espresso	S 2.00	D 3.00
Cappuccino	3.75	4.00
Latte	3.75	4.00
Iced Latte – one size		4.25
Flavor shot		.30
Hazelnut, Caramel, Vanilla, Sugar Free Vanilla, Amaretto, Pumpkin, Peppermint, Gingerbread, Eggnog		
Mocha	4.00	4.50
Matcha	4.00	4.50
Chai Latte	4.00	4.50
Iced Tea – Any Tea Flavor Below:		3.25
Hot Tea	2.50	2.75
Black, Passion, Green, Earl Grey, Rooibos, English Breakfast, Chamomile		
Hot Chocolate	3.00	3.75
Nutella Hot Chocolate	4.00	4.50
Juice – Cranberry or Orange		2.50
Coke		1.75
Apple Juice		1.75
Water		1.25
Pellegrino Bottle Water		2.25
San Pellegrino		2.75
Lemon, Orange or Blood orange		

# Breakfast & Lunch

Egg & Cheese	5.75
Meat & Egg	7.00
Meat, Egg & Cheese	7.75
Meat Options: Bacon, Pork Roll, Italian Sausage or Turkey Bacon	
Ham & Cheese Croissant	7.00
w/ 2 Fried Eggs	
Italian Sausage Sandwich	9.25
Potato, Fried Onions & Egg with Provolone on a Long Roll	
Potatoes & Eggs or Peppers & Eggs	8.00
Fried Onions on a Long Roll	
Breakfast Wrap	8.00
Eggs, Avocado, Tomato, Shredded Cheese	
Bagel W/ Cream Cheese & Veg	7.00
Tomato, Red Onion, Avocado, Arugula & Cucumber	
Bagel W/ Cream Cheese & Lox	12.95
Cream Cheese, Capers, Tomato, Cucumber, Red Onion & Lox	
PB&B Toast	5.75
Multigrain, Peanut Butter, Banana, Honey, Cinnamon & Granola	
Yogurt Parfait	5.75
Yogurt, Berries, Honey & Granola	
Avocado Toast	8.00
Pesto, Tomato, Mozzarella, Avocado with Balsamic on French Bread	
• Add 2 Fried Eggs	+2.00

CHOICE OF BREAD – Bagel, Rye, Multigrain,  
White or English Muffin  
Long Roll +1.00 / Croissant +1.75 / Wrap +.50  
Gluten Free White +1.75  
BAGELS – Plain, Everything, Sesame, Raisin, Wheat  
• Add Avocado to any Sandwich 1.75  
• Add Cheese to any Sandwich .75

Chicken or Tuna Salad Sandwich	8.00
with Arugula and Tomatoes & choice of bread	
Chicken BLT Wrap	11.95
Grilled Chicken, Bacon, Mixed Greens, Tomatoes, Provolone & Honey Mustard on a Wrap	
BLT	8.25
Bacon, Arugula, Tomato with Balsamic Glaze & Mayo with your choice of bread	
Caprese Panini	8.00
Pesto, Sliced Tomato & Fresh Mozzarella	
Fried Meatball Sandwich	9.75
Pesto, Tomato, Fresh Mozzarella & Shaved Parmesan on a Long Roll	
Tuna & White Beans	10.25
Over Mixed Greens, Cherry Tomatoes, Red Onion & Shaved Parmesan with a Lemon Vinaigrette	
Summer Salad	10.50
Grilled Chicken, Romaine Lettuce, Cherry Tomatoes, Sliced Apples & Sliced Almonds with a Honey Dijon Vinaigrette	
Grilled Cheese	5.75
Grilled Cheese & Tomato Soup	9.25
Tomato Soup	4.50
Escarole & Beans	4.75