

Croissants & Pastries

Plain Croissant	3.75
Almond Croissant	4.50
Chocolate Croissant	4.25
Ham & Cheese Croissant	5.00
Cream Beignet	4.25
Cinnamon Roll	4.25
Cheese Danish	4.25
Blueberry Tart	4.50
Almond Tart	4.50
Scone	3.25
Muffin	3.75
Crumb Cake	4.75
Chocolate Chip Pound Cake	3.75

Drinks

Coffee	3.00	3.50
Cold Brew	3.50	4.00
Americano	3.75	4.25
Au Lait	3.25	3.75
Espresso	S 2.00	D 3.00
Cappuccino	4.25	4.75
Latte	4.25	4.75
Mocha	4.85	5.35
Chai Latte	4.75	5.25
Matcha	4.75	5.25
Iced Tea	3.25	4.00
Hot Tea	2.75	3.00

Black, Passion, Green, Earl Grey, Peppermint,
Rooibos, English Breakfast, Chamomile

Hot Chocolate	3.75	4.00
Juice – Cranberry or Orange		3.25
Coke or Diet Coke		2.75
Apple Juice		2.25
Bottled Water		1.50
Pellegrino Bottle Water		3.00
San Pellegrino		3.50

Lemon, Orange or Blood orange



f Ground Up Cafe & Coffee

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GroundUpCafeandCoffee.com

ORDER DELIVERY on
Door Dash • Uber Eats • Grub Hub

9/25

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

Monday – Saturday 8AM – 3PM
Closed Sunday

**MAKING MORNINGS BETTER
SINCE 2018**

Breakfast

The Classic 14.50

2 Eggs (any way) Breakfast Meat,
Breakfast Potatoes & Side of Toast

Healthy Breakfast Plate

12.00

2 Eggs Over Easy, Arugula, Tomatoes,
Red Onion, Avocado with Multigrain Toast

Loaded Breakfast Potatoes 14.50

Potatoes, Bacon, Spicy Mayo,
Cheddar Cheese & 2 Over Easy Eggs

Avocado Toast 12.00

Pesto, Tomato, Mozzarella, Avocado
with Balsamic glaze on French Bread

• Add 2 Fried Eggs

+2.00

Egg & Cheese Sandwich 6.75

Bacon & Egg Sandwich 8.00

Bacon, Egg & Cheese Sandwich 8.50

Other Meat Options: Italian Sausage,
Pork Roll, or Turkey Bacon

Ham & Cheese Croissant w/ 2 Eggs 7.50

Chopped Ham and Bechamel baked
in a Croissant topped with Gruyere

Italian Sausage Sandwich 11.00

Eggs, Potatoes, Fried Onions
& Provolone on a Long Roll

Peppers & Eggs 9.50

w/ Fried Onions on a Long Roll

Potatoes & Eggs 9.50

w/ Fried Onions on a Long Roll

Breakfast Wrap 10.00

Eggs, Avocado, Tomato & Shredded Cheese

Bagel W/ Cream Cheese & Veg 8.50

Tomato, Red Onion, Avocado,
Arugula & Cucumber

Bagel W/ Cream Cheese & Lox 12.95

Cream Cheese, Capers, Tomato,
Cucumber, Red Onion & Lox

PB&B Toast 6.00

Multigrain, Peanut Butter, Banana,
Honey, Cinnamon & Granola

BREAKFAST SIDES

Breakfast Potatoes 5.00

Bacon, Italian Sausage, Pork Roll
or Turkey Bacon 3.00

Lunch

Chicken Salad Sandwich 11.00

with Arugula, Tomatoes & Choice of Bread

Tuna Salad Sandwich 11.00

with Arugula, Tomatoes & Choice of Bread

Chicken BLT Wrap 13.95

Grilled Chicken, Bacon, Mixed Greens,
Tomatoes, Provolone & Honey Mustard

Chicken Caesar Wrap 13.95

Romaine, Chicken, Parmesan
and Housemade Caesar Dressing

BLT 10.00

Bacon, Arugula, Tomato with Balsamic
Glaze, Mayo & Choice of Bread

Caprese Panini 9.00

Pesto, Fresh Mozzarella, Sliced Tomatoes
& Balsamic Glaze on French Bread

Buffalo Chicken Panini 11.95

Shredded Buffalo Chicken,
Fresh Mozzarella on French Bread

Fried Meatball Sandwich 15.00

Pesto, Fresh Mozzarella, Tomatoes and
Homemade Meatballs topped with Shaved
Parmesan on a long roll

The Ave 9.95

Mixed Greens, Cherry Tomatoes, Red Onion
& Cucumbers with a Balsamic Vinaigrette

• add Grilled Chicken, Chicken Salad
or Tuna Salad +5.00

Ground Up Caesar 11.95

Romaine, Shaved Parmesan, Croutons,
Hard Boiled Egg & Caesar Dressing

• add Grilled Chicken, Chicken Salad
or Tuna Salad +5.00

Grilled Cheese on French Bread 6.00

Grilled Cheese & Tomato Soup 9.50

Tomato Soup 5.00

Chicken Soup 5.75

Escarole & Beans 5.50

BREAD OPTIONS

White, Multigrain, Rye, English Muffin,
Kaiser Roll, Bagel (see flavors below)

Sourdough +.50 French Bread +.50

Gluten Free White +1.00 Wrap +.50

Seeded Long Roll +1.50 Croissant +1.50

Bagels

PLAIN, EVERYTHING, SESAME, POPPY, WHEAT, CINNAMON RAISIN & EGG

with Butter 4.00

with Cream Cheese 4.50

with Peanut Butter 4.50

Jelly (Grape or Strawberry) +.50