

# Croissants & Pastries

Plain Croissant	3.25
Almond Croissant	4.00
Chocolate Croissant	3.75
Ham & Cheese Croissant	4.50
Cream Beignet	3.75
Cinnamon Roll	3.75
Cheese Danish	3.75
Blueberry Tart	3.75
Almond Tart	3.75
Scone	3.00
Muffin	3.50
Crumb Cake	3.50



**ORDER ONLINE for PICKUP:**  
[GroundUpCafeandCoffee.com](http://GroundUpCafeandCoffee.com)

**OR DELIVERY through:**  
 Grub Hub • Uber Eats • Door Dash

# Drinks

Coffee	2.75	3.00
Cold Brew	3.85	4.60
Americano	3.00	3.50
Au Lait	3.00	3.25
Espresso	S 2.00	D 3.00
Cappuccino	4.00	4.50
Latte	3.75	4.00
Mocha	4.00	4.50
Chai Latte	4.50	5.00
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	3.00	3.75
Juice - Cranberry or Orange		3.00
Coke		2.25
Apple Juice		2.00
Bottled Water		1.50
Pellegrino Bottle Water		2.75
San Pellegrino		3.25
Lemon, Orange or Blood orange		

Ground Up Cafe & Coffee <sup>7/24</sup>  
 @groundup\_cafeandcoffee  
[GroundUpCafeandCoffee.com](http://GroundUpCafeandCoffee.com)



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

Monday - Saturday 8AM - 3PM  
 Closed Sunday

**MAKING MORNINGS BETTER  
 SINCE 2018**

# Breakfast & Lunch

<b>The Classic</b>	12.50
2 Eggs (any way) Breakfast Meat, Breakfast Potatoes and side of toast	
<b>Egg &amp; Cheese Sandwich</b>	6.75
<b>Bacon &amp; Egg Sandwich</b>	8.00
<b>Bacon, Egg &amp; Cheese Sandwich</b>	8.50
Other Meat Options: Italian Sausage, Pork Roll, or Turkey Bacon	
<b>Ham &amp; Cheese Croissant</b>	7.00
w/ 2 Fried Eggs	
<b>Italian Sausage Sandwich</b>	11.25
Eggs, Potatoes, Fried Onions & Provolone on a Long Roll	
<b>Pepper &amp; Eggs</b>	9.25
w/ Fried Onions on a Long Roll	
<b>Potato &amp; Eggs</b>	9.25
w/ Fried Onions on a Long Roll	
<b>Breakfast Wrap</b>	9.50
Eggs, Avocado, Tomato & Shredded Cheese	
<b>Bagel W/ Cream Cheese &amp; Veg</b>	8.50
Tomato, Red Onion, Avocado, Arugula & Cucumber	
<b>Bagel W/ Cream Cheese &amp; Lox</b>	12.95
Cream Cheese, Capers, Tomato, Cucumber, Red Onion & Lox	

<b>PB&amp;B Toast</b>	6.00
Multigrain, Peanut Butter, Banana, Honey, Cinnamon & Granola	
<b>Yogurt Parfait</b>	6.25
Yogurt, Berries, Honey & Granola	
<b>Avocado Toast</b>	11.00
Pesto, Tomato, Mozzarella, Avocado with Balsamic on French Bread	
• Add 2 Fried Eggs	2.00
<b>Healthy Breakfast Plate</b>	11.00
2 Eggs over easy, Arugula, Tomatoes, Red Onion, Avocado on Multigrain Toast	
<b>Side of Breakfast Potatoes</b>	5.00
<b>Loaded Breakfast Potatoes</b>	12.50
Potatoes, bacon, sriracha mayo, cheddar cheese & 2 over easy eggs	
<b>Chicken or Tuna Salad Sandwich</b>	8.50
with Arugula and Tomatoes & choice of bread	
<b>Chicken BLT Wrap</b>	12.95
Grilled Chicken, Bacon, Mixed Greens, Tomatoes, Provolone & Honey Mustard on a Wrap	
<b>BLT</b>	9.00
Bacon, Arugula, Tomato with Balsamic Glaze & Mayo with your choice of bread	
<b>Caprese Panini</b>	9.00
Pesto, Fresh Mozzarella, Sliced Tomatoes & Balsamic Glaze on french bread	

<b>The Ave</b>	9.95
Mixed Greens, cherry tomatoes, red onion and cucumbers with a balsamic vinaigrette	
• Add Grilled Chicken, Chicken Salad or Tuna Salad	5.00
<b>Ground Up Caesar</b>	11.95
Romaine, cherry tomatoes, shaved parmesan, croutons, hard boiled egg & Caesar dressing	
• Add Grilled Chicken, Chicken Salad or Tuna Salad	5.00
<b>Grilled Cheese</b>	6.00
<b>Grilled Cheese &amp; Tomato Soup</b>	9.50
<b>Tomato Soup</b>	5.00
<b>Escarole &amp; Beans</b>	5.50

## CHOICE OF BREAD

Bagel, Rye, White, Multigrain, English Muffin			
GF White	1.00	French Bread	1.50
Long Roll	1.50	Kaiser Roll	.50
Croissant	1.50	Wrap	.50

# Bagels

<b>PLAIN, EVERYTHING, SESAME, POPPY, WHEAT, CINNAMON RAISIN &amp; EGG</b>	
w/ Butter	3.50
w/ Cream Cheese	4.00
w/ Peanut Butter	3.50
Jelly (Grape or Strawberry)	.50

