

# Grounds Opportunity

 *Café & Training Kitchen*

Open Wednesday through Sunday 7am- 3pm

Serving Breakfast and Lunch all day



- A training kitchen preparing adults with employment barriers for the food service industry
- Central kitchen for Senior Nutrition Program Meals including Meals on Wheels and Community Lunches
- Senior Meals Host Site on Mondays and Tuesdays
  - And a Café for the public

The GFO is part of



**Breakfast Sandwiches: \$3.50**

extra meat \$1.00

Ham, Bacon or Sausage, Egg or Egg Whites and American Cheese

Available on: Croissant, Bagel, English muffin, or Ciabatta roll

**Breakfast Burrito: \$3.50**

Scrambled eggs, home fries, cheese, and salsa wrapped in a warm flour tortilla.

Add Sausage, Ham or Bacon for \$1.50

**Oatmeal: \$3.50****Omelets: \$8.49** (available with egg whites)

- \* Bacon, Mushroom & Swiss
- \* Triple Meat—Sausage, Bacon & Ham with Cheddar
- \* Taco—Sausage, green chili, tomato, pepper jack cheese, salsa & sour cream
- \* Vegetarian— Spinach, Mushroom, Zucchini, Tomato & Feta Cheese
- \* Build your own!

**Breakfast Scramble: \$8.49**

Hash browns topped with scrambled eggs, ham, bacon, mushroom, cheese and chorizo sausage gravy

**Egg Breakfast: \$7.49**

Eggs served with home fries or hash browns choice of bacon, ham, or sausage links, toast and house made freezer jam. Eggs available poached, over easy, over med, over hard, or scrambled.

**Bisquits & Gravy: \$6.49**

Our house made buttermilk biscuits are topped with our chorizo sausage gravy. Served with fresh fruit.

**Chicken Fried Steak: \$8.49**

Breaded steak topped with our chorizo sausage gravy, and served with choice of hash browns or home fries, toast and jam.

**Pancakes: \$6.49**

Three buttermilk pancakes with butter and syrup. Served with choice of bacon, ham, or sausage links. Add eggs for \$2.25

**Eggs Benedict: \$8.49**

English muffin topped with Canadian Bacon, two poached eggs, and served with house made hollandaise sauce. Served with your choice of hash browns or home fries and fresh fruit.

**For those with allergies we use nuts, eggs, and milk products.**

**The consumption of raw or undercooked eggs, meat, poultry, seafood or shellfish may increase your risk of food borne illness.**

## Soups - Cup \$3.75 Bowl \$5.50

All soups are house made. Two soups are available each day.  
Clam Chowder always available on Fridays!

### Build Your Own Sandwich

**Cold Sandwiches:** Ham, Turkey, Bacon, Roast Beef, Corned Beef, or Chicken Salad

**Bread:** Wheat, White, Sourdough, Rye, Croissant, Hoagie Roll, Ciabatta Roll, or Tortilla Wrap.

**Condiments:** Mayo, Mustard, Pickles, Lettuce, Tomato, Avocado, or Olives.

**Cheeses:** American, Swiss, Cheddar, Provolone, or Pepper Jack.

**Whole Sandwich - \$7.49 - Extra Meat - \$1.00**

**Half Sandwich - \$5.29 - Bread Choices:** White, Wheat, Sourdough or Rye

### Specialty Sandwiches:

served with Homemade chips and a pickle

**\$7.49 each- sub French Fries or Tots \$1.50**

**Sub a side salad for \$1.50**

**Triple Club Sandwich:** Three slices of toasted sourdough served with roasted turkey breast, ham, bacon, lettuce, tomato, and cheddar cheese.

**Classic Reuben:** Toasted rye bread topped with slow braised corn beef, sauerkraut, Swiss cheese and house made Russian dressing.

**Prime Rib French Dip:** Slow roasted prime rib served on a hoagie roll with a horseradish mayo. Served with our house made beef jus on the side.

**Cheese Steak:** Our slow roasted prime rib served on a hoagie roll with grilled onions, bell pepper and topped with melted provolone cheese.

**BLT: (choice of White, Wheat, Sourdough):** A classic sandwich served with thick cut bacon and sliced tomatoes on toasted bread.

**Chicken Club:** A grilled or breaded chicken breast with bacon, lettuce, tomato, and mayo all served on a toasted brioche bun.

**ABC:** Apples, candied bacon and cheddar cheese with grilled onion mayo on sourdough toasted to melted perfection.

**Hot Ham & Cheese** - GFO style, Cherrywood smoked ham, American cheese, tomatoes with green chili mayo on Ciabatta.

**Pulled Pork:** Slow roasted pork with house made barbeque sauce than topped with creamy coleslaw and served on a toasted brioche bun.

**\*Grilled Salmon:** Grilled salmon served on a toasted brioche bun, topped with a creamy balsamic mayo, avocado and tomato. **\*\$8.49**

**House Cheeseburger:** Hand formed burger served on a brioche bun with thick cut bacon, pickle, lettuce, tomato, American cheese, and special sauce.

**Veggie Burger:** Our house made veggie patty made with black beans cheese, and quinoa is served on a toasted brioche bun with lettuce, tomato, and avocado slices.

**Vegetable Sandwich:** We start with hummus and layer on Caramelized Onion, Spinach, Tomatoes, Cucumbers, Roasted Red Pepper and finish it off with olive tapenade on Ciabatta.

**Turkey Bacon Ranch Melt:** All of this with some cheddar all melted together on a soft hoagie roll.

**Chicken Strips - \$7.49:** Breaded Chicken breast tenders served with fresh chips and dipping sauce.

### Salads

**All Salads \$7.95 - 1/2 Salad \$5.50**

(\*dressing choices - 1,000, Ranch, Bleu Cheese, Honey Mustard, Caesar, or Balsamic Vinaigrette)

**Cobb Salad:** Chicken (grilled or breaded) avocado, eggs, olives, tomatoes, bacon, and Bleu cheese served over a bed of mixed greens.

**Chef Salad:** Sliced ham, turkey, Swiss and cheddar cheese, bacon, eggs and olives served over a bed of greens.

**Taco Salad:** Grilled Chicken served over a bed of tortilla chips and mixed greens. With tomatoes, cheese, olives, and avocado.

**Shrimp Louis:** Bay Shrimp, tomatoes, eggs, olives, bacon, cheddar cheese and mixed greens. Suggested dressing: 1000 island

**\*Grilled Salmon Salad:** Grilled salmon served over a bed of spring mix, with grape tomatoes, cucumbers, sliced avocado, candied pecans, and served with honey mustard dressing.  
**\* \$8.95 - 1/2 \$6.95\***

**Chicken Salad:** (Grilled or Breaded) chicken served on a bed of spring mix, with grape tomatoes, cucumbers, dried cranberries, candied pecans served with golden balsamic vinaigrette.

**House Salad:** A bed of spring mix topped with fresh pears, feta cheese, dried cranberries, candied pecans and served with golden balsamic vinaigrette.

**\*Caesar Salad: \$6.00 with grilled chicken \$7.95**

Romaine lettuce topped with aged parmesan cheese, homemade croutons with a house made creamy Cesar dressing.

**\*Side Salad: Large \$6.00 Small \$3.50**

Mixed greens topped with tomato, cucumber, cheddar cheese, with a choice of our house made dressings.

**Also Available:**

- Bowl of soup w/ 1/2 Sand \$8.50
- Cup of soup w/ 1/2 Sand \$7.95
- Bowl of soup w/ 1/2 salad \$7.95
- Cup of soup w/ 1/2 salad \$6.95

**Lil' Dougie's Menu - \$4.49**

For the smaller appetites!

**Grilled Cheese:** choice of bread, American cheese

**PB&J:** White or Wheat with house made freezer jam

**½ order of Chicken Strips:** 2 strips plus the chips and a dipping sauce

**Sides**

Scones: \$1.75

Raspberry Croissants: \$2.25

Bagel & Cream Cheese \$2.25

Brownies \$2.47

Cookie \$1.00

Tater Tots \$2.49

French Fries \$2.49

Chips \$1.99

Home Fries \$1.99

Hash Browns \$1.99

Side of Breakfast Meat \$3.50

Two Eggs \$2.25

Toast (White, Wheat, SD, Rye) \$1.50

Extra Dressing/Dipping Sauce \$.50

1000

Balsamic Vin

Bleu Cheese

Caesar

Honey Mustard

Tartar

Ranch

Bacon Jelly

**Beverages**

Coffee \$1.65

Soda \$1.29

Coke, Sprite, Fuze Unsweetened Tea,  
Root Beer, Diet Coke, Lemonade

Juice \$1.99

Ask your server for availability

Milk/Chocolate Milk \$1.89

Gold Peak Teas \$1.99

Honest Teas \$1.99

Nestea \$2.09

Vitamin Water \$1.89

Energy Drinks \$2.59

We have Espresso Drinks—ask your server!

**“Proudly serving Starbucks”**



As staff and students of the GFO, we have all agreed that gratuities will be donated to the Meals on Wheels Program that serves our local area. We are proud to serve our community.

We do catering and to-go orders!

**360-703-3020**

Find us online @

[www.lowercolumbiacap.org](http://www.lowercolumbiacap.org)

Twitter: @ GFOCafe

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<https://facebook.com/GroundsforOpportunity>

Dinner event info is posted on Facebook.