

# breakfast menu

(v) = vegan, dairy-free, cholesterol-free

(gf) = gluten-free

fair grounds coffeehouse

345 s. dubuque st., iowa city, ia 52240 tel: 319 338 2024 www.fairgroundscoffeehouse.com

## food:

french toast

waffles

gluten-free waffles

breakfast burrito

scrambles

potatoes

toast

muffins

coffecake

cookies

cakes

## drinks:

smoothies

coffees

lattes

mochas

teas

juice

hot chocolate

## check out our:

lunch menu

drink menu

vegan cheese store

bulk coffee & tea selection

bakery

## french toast (vegan options available on all breakfast items)

all our french toast creations start with two slices of homemade focaccia bread dipped in an egg-free, cholesterol-free, dairy-free batter and are grilled fat-free and guilt-free!

### vegan monte cristo (v)

homemade french toast stuffed with grilled tempeh, "bacon" and vegan cow brand swizz cheese, topped with soy butter, syrup and a sprinkling of powdered sugar 8.75

### my blue feta

homemade french toast stuffed with feta or vegan cheese, blueberries and topped with butter, syrup and slivered almonds 8.75

### strawberry dream supreme or blueberry dream supreme

homemade french toast stuffed with our signature cream sauce and berries, topped with maple syrup, whipped cream and powdered sugar. gorgeous, sweet and delicious! 8.25

### razzpotle cream!

heat warning! our chipotle raspberry jam is not for everyone. we cool it down with our signature cream cheese sauce and top it with mixed berries, maple syrup and butter 7.50

### strawberry banana beret

homemade french toast stuffed with sliced bananas and strawberries, topped with butter, maple syrup and sprinkled with powdered sugar 7.25

### virgin bananas foster

homemade french toast stuffed with banana slices and drizzled with jamaican rum syrup and our homemade caramel sauce, topped with butter and powdered sugar 6.25

### creme caramel

homemade french toast drizzled with our signature cream cheese and caramel sauces 6.25

### grilled french toast

sometimes simple is best. served with syrup, butter and sprinkled with powdered sugar 5.25

## bonus stuff & sides

### breakfast burrito (v)

scrambled tofu, roasted potatoes, vegan cow brand cheese & sour cream, fresh salsa 6.50

### scrambled tofu du jour (v/gf)

daily scrambled tofu, served with focaccia or corn tortilla chips and fresh salsa 5.25

### fruit & yogurt cup (v/gf)

soy vanilla yogurt topped with fruit and nuts! 4.75

### buttered "eggs" in a basket (v)

scrambled tofu grilled in the middle of two pieces of focaccia topped with soy butter! 4.25

### roasted potatoes (v/gf)

herbed roasted potatoes. served with a side of homemade salsa 3.75

### grilled tempeh (v/gf)

marinated tempeh grilled in maple syrup. a great way to get extra protein! 2.50

### toast with jam & butter (soy butter on request)

homemade grilled toast! you may substitute peanut butter for jam or butter 2.25

### the whole banana

one whole banana all to yourself 1.00

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## drinks (we have way more than this)

see our expanded drink menu for way more options

fair trade organic coffee	1.85
americano	1.95
mocha	3.75
latte	3.25
flavored latte	3.75
cappuccino	2.75
colangelo (european latte)	2.50
espresso	1.95
add shot	.60
fair trade organic tea	1.75
double strength tea	2.35
green tea latte (sugar-free on request)	3.75
espresso chai steamer	3.75
real fruit smoothies	3.75
add soy protein powder, soy yogurt, spinach, flax seeds or peanut butter	.50
strawberry banana sunrise	
berry, berry green	
blueberry cream pie	
mango madness	
raspberry rapture	
pineapple monkey	
homemade hot chocolate	3.00
mango nectar	3.50
orange juice	2.50
milk / chocolate milk	2.25 / 2.50

## waffles (vegan or gluten-free on request)

all our waffle creations start with an egg-free, cholesterol-free, dairy-free batter, and they are all available gluten-free upon request! so tell your friends...

### florida strawberry omelet waffle

strawberries and our signature cream cheese sauce stuffed into a scrambled tofu based waffle, topped with maple syrup, whipped cream, powdered sugar and nutmeg. if you prefer blueberries to strawberries, please order a **california blueberry omelet waffle!** 6.75

### texas omelet waffle

scrambled tofu, onions, red and green bell peppers and cheese baked into a waffle then smothered in our homemade salsa. add vegan cow brand sour cream for only 50¢ 5.75

### cheesy apple walnut waffle

apples, toasted walnuts and vegan cow brand cheese. so good you might die 5.25

### japanese matcha green tea blueberry waffle

antioxidant rich! pure japanese green tea stimulates your metabolism and blueberries practically make you younger! add flax for omega-3 - only 50¢ 5.00

### sunny blueberry corn waffle

blueberries, sweet corn, vegan cow brand sour cream and fresh lemon zest!!!! yum... 4.75

### banana bread waffle

bananas, toasted walnuts and cinnamon go together. it's a natural fact 4.50

### omega-3 mania

flaxtastically nutty! flax seeds and walnuts are excellent sources of omega-3 and protein. food for the brain and the body. add blueberries for only 50¢ 4.50

### arizona waffle

sweet corn and apples baked into your waffle. tastes like a fritter and a popular waffle. for crunch and omega-3, add flax seeds for only 50¢ 4.50

### dill potato sour cream waffle

for those of us without a sweet tooth. diced potatoes, dill weed, and vegan cow brand sour cream baked right into your waffle. served with butter and even more sour cream! 4.50

### lemon beauregard (boh-ree-gard)

blueberries and freshly grated lemon zest are an elegant and sophisticated combination 4.25

### apple sage waffle

maple syrup really compliments apples and rubbed sage. thanksgiving everyday!! 4.00

### blueberry waffle

you just like blueberries. is that so wrong? add pecans or flax seeds for only 50¢ 4.00

### chocolate chip waffle

chocolate chips are not just for kids! add strawberries or whipped cream or walnuts or flax for only 50¢. try it with maple syrup, chocolate syrup or our espresso zest syrup! 4.00

### plain waffle

3.75

# lunch & snack menu

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## food:

grilled cheese panini ■

spinach wheat wraps

nachos

soup

macaroni ■

chips & salsa

yogurt

veggies & dip

cakes

cookies

## drinks:

smoothies ■

coffees

lattes ■

mochas

teas

juice ■

hot chocolate

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## sandwiches & wraps (gluten-free options available)

*all sandwiches and wraps come with chips or vegetable sticks, and low-fat creamy onion dip*

### grilled california "chicken" salad wrap (v)

a creamy chicken style seitan salad with chopped celery, slivered almonds and dried cranberries with organic baby spinach and dijon wrapped in a spinach wheat tortilla! 9.25

### super veggie hummus grilled wrap (v)

a spinach wheat tortilla wrapped around our hummus, grilled carrots and red onions, crisp apple, spinach, olives, dijon and homemade salsa. a tastebud sensation! 8.75

### grilled mushroom jalapeno "bacon burger" (v)

a grilled vegan boca burger with jack or vegan cow brand mockstarella, grilled mushrooms, jalapenos, smart brand "bacon," organic baby spinach, mustard and a creamy relish 8.75

### mediterraneo grilled panini

we don't care how you pronounce it. hummus, feta cheese, grilled red onions and bell peppers, olives and organic baby spinach. 8.50

### grilled vegan panini "cheeseburger" (v)

a grilled vegan boca burger with cheddar or vegan cow brand mockstarella, grilled red onions, tomato, organic baby spinach, and a creamy relish. add "bacon" for only \$1.00! 8.50

### tempeh reuben grilled panini

grilled tempeh, jack or vegan cow brand swizz cheese, sauerkraut, and a creamy relish 8.25

### spicy grilled kielbasa panini (v)

grilled tofurky kielbasa on a bed of organic baby spinach with grilled peppers and onions, dijon, and homemade creamy relish 8.25

### blt...hold everything grilled panini (v)

grilled tempeh, "bacon," organic baby spinach, fresh tomato with dijon and mayo 8.25

### the shroomin' grilled panini

cheddar or vegan cow brand mockstarella cheese, grilled mushrooms and red onions, organic baby spinach and creamy onion sauce 7.75

### the sweet popeye grilled panini

muenster or vegan cow brand swizz cheese, organic baby spinach, crisp red apple, with dijon 7.75

### brie waldorf grilled wrap (v)

a delicious salad of creamy homemade vegan cow brand brie, crisp green apple, chopped walnuts and mayo wrapped in a spinach wheat tortilla 7.50

### you say cheddar, i say tomato grilled panini

grilled cheese panini with cheddar or vegan cow mockstarella and fresh tomato 6.50

### plain grilled cheese

a plain grilled cheese panini with your choice of one or two: 5.75

**real cheeses:** cheddar, monterey jack, muenster, feta

**vegan cow brand cheeses (100% Non-Dairy):** brie, mockstarella, swizz

**spreads:** hummus, peanut butter

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## appetizers, snacks & sides

### vegan super nachos (v/g)

corn tortilla chips, vegan cow brand nacho cheese, homemade salsa and sour cream, olives and jalapeños. big enough to share!! serves 2-4 7.75

### soup of the day (bowl/cup/side) (v)

always from scratch, vegan and usually gluten-free. please ask! bowl and cup orders come with a side of our homemade focaccia or corn tortilla chips 5.25 / 4.00 / 2.00

### crudités and creamy onion dip (v/gf)

crisp apple slices, carrots and celery served with our homemade creamy onion dip, hummus and peanut butter. a perfect light and healthy lunch! serves 1-2 5.25

### spicy macaroni and cheese (v/gf)

elbow pasta smothered in vegan cow brand nacho cheese and sprinkled with black pepper. seriously vegan. completely cholesterol-free and delicious!! 4.75

### chips & salsa (v/gf)

corn tortilla chips and our delicious homemade salsa. serves 2-4 4.75

### chips & nacho cheese (v/gf)

corn tortilla chips and our delicious homemade nacho cheese. serves 2-4 4.75

### fruit & yogurt cup (v/gf)

soy vanilla yogurt topped with fruit and nuts 4.75

## desserts

### cookies & biscotti (v)

check out our pastry case! flavors vary daily. always from scratch! gluten-free options 1.50

### bars & squares (v)

check out our pastry case! flavors vary daily. always from scratch! gluten-free options 2.75

### cakes (v)

check out our pastry case! flavors vary daily. always from scratch! 4.15

## things you can do here!

1. call your order in ahead of time. take our business card!

2. special order cakes, cookies, muffins

3. have a meeting here! order ahead options for groups

4. special order vegan cheeses

5. play our board games and use our library!

6. have a party here! speed dating?

7. rent our kitchen! negotiable rates and restrictions apply

questions? christine alexander, vegan & owner

## drinks (we have way more than this)

see our expanded drink menu for way more options

fair trade organic coffee 1.85

americano 1.95

mocha 3.75

latte 3.25

flavored latte 3.75

cappuccino 2.75

colangelo (european latte) 2.50

espresso 1.95

add shot .60

fair trade organic tea 1.75

double strength tea 2.35

green tea latte (sugar-free on request) 3.75

espresso chai steamer 3.75

real fruit smoothies 3.75

add soy protein powder, soy yogurt, spinach, flax seeds or peanut butter .50

strawberry banana sunrise

berry, berry green

blueberry cream pie

mango madness

raspberry rapture

pineapple monkey

homemade hot chocolate 3.00

mango nectar 3.50

orange juice 2.50

milk / chocolate milk 2.25 / 2.50

italian soda / creamy italian soda 2.25 / 2.50