

Open 7 days

Tuesday–Friday, 7–2 Saturday–Sunday, 8–2
Monday 7am–12pm



Order Online

(856) 537-7313
wholeandgroundedcafe.com

COFFEE

Drip Coffee

\$3/\$3.50

Medium-roasted coffee, brewed fresh.
Available in 12oz & 16oz

Iced Coffee

\$3.99/\$4.50/\$5

Medium-roasted coffee brewed over ice
Available in 12oz, 16oz, & 20oz

Cold Brew

\$4/\$5/\$6

Low & Slow blend steeped for 18 hours.
Available in 12oz, 16oz, & 20 oz

Hot Latte

\$5/5.50

Double espresso and steamed milk of choice.
Available in 12oz & 16oz

Iced Latte

\$5/5.50

Double espresso and cold milk of choice.
Available in 12oz & 16oz

Espresso

\$3

Double shot served hot.
Available in 2oz

Cortado

\$4

Equal parts double espresso and steamed milk of choice.
Available in 4oz.

Macchiato

\$4

Double espresso with a dollop of steamed milk of choice.
Available in 3oz.

Cappuccino

\$4.50

2oz double espresso with 8oz of steamed milk.
Only served hot, available in 10oz

Americano

\$3.50/4.50

Double espresso (12oz) or quad espresso (16oz) in water.
Hot or iced, available in 12oz & 16oz.

Red Eye

\$4/5

Medium-roasted coffee with a shot of double espresso.
Hot or iced, available in 12oz & 16oz

Café Au Lait

\$3.50/4.50

Medium-roasted coffee with steamed milk of choice.
Only served hot, available in 12oz & 16oz.

ADD ONS

Extra Shot - \$2

Extra Flavor - \$0.75

Cold Foam - \$1.25

ASK ABOUT OUR SEASONAL DRINKS!

FLAVORS

\$0.60

Vanilla, Caramel, Hazelnut, Lavender, Mocha, White Mocha, Toasted Marshmallow, Cinnamon Bun, Pistachio, Brown Sugar, Honey, Strawberry, Raspberry, Blue Raspberry, Watermelon, Granny Smith Apple, Peach, Sugar Free Vanilla, Sugar Free Hazelnut

MILKS

- **Dairy**

Whole, 2%, Skim, Half & Half, Heavy Cream

- **Non-dairy +\$0.50**

Oat, Almond, Soy

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OTHER (not coffee)

Hot Chocolate

\$3/\$4

Mocha & vanilla with steamed milk of your choice.
Available in 12oz & 16oz

Chocolate Milk

\$3/\$4

Mocha & vanilla with cold milk of your choice.
Available in 12oz & 16oz

Lemonade

\$4

Fresh squeezed lemonade with our house-made simple syrup
Available in 20oz
Add flavored syrup +\$0.75

LOOSE-LEAF TEAS \$3/4/5

All teas are steeped and can be served hot or iced.
Available in 12oz, 16oz, & (20oz only available iced)

- **Black**

English Breakfast
Earl Grey

- **Green**

Jasmine Pearls
China Jade

- **Herbal**

Ginger Lemon
Blood Orange Hibiscus

OTHER TEAS

Matcha

\$4/\$5

Organic ceremonial unsweetened green tea powder with milk of choice.
Hot or iced, available in 12oz & 16oz

Tea Lemonade

\$6

Half unsweetened iced tea with half of our fresh squeezed lemonade.
Available in 20oz

Chai

\$4/\$5

Spicy chai concentrate, slightly sweetened with milk of choice
Hot or iced, available 12oz & 16oz



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BAGELS & SPREADS

Bagels - \$2.25 each

Blueberry, Cheddar Jalapeno, Chocolate Chip, Super Cinnamon, Cinnamon Raisin, Egg, Everything, Sesame, French Toast, Garlic, Onion, Plain, Rye, Poppy, Salt, Spinach, Tie Dye, Multigrain

Gluten Free Plain, Gluten Free Everything +\$1.75

Spreads

Plain Cream Cheese +\$2.00

Flavored Cream Cheese +\$3.00

Apple Cinnamon, Cheddar Horseradish, Chive, Garlic & Herb, Jalapeno, Strawberry, Veggie

Butter, Jelly (Grape) +\$0.50

Hummus +\$3.00

Half Dozen

\$13

Bakers Dozen (13)

\$26

BREAKFAST

Egg & Cheese

\$6.10

Two fried eggs & American cheese on your choice of bagel or bread.

Add Bacon \$8.64

Add Sausage \$8.10

Add Turkey Sausage \$8.64

Add Pork Roll \$9.17

Add Steak \$9.70

Add Vegan Sausage \$9.70

Lox Bagel Special

\$11.22

Your choice of bagel with plain cream cheese, smoked lox salmon, red onion, cucumber, tomato, & capers.

Jersey Style

\$15.19

Five thinly cut slices of pork roll & American cheese on a kaiser roll.

Skinny Breakfast Sandwich

\$5.62

One fried egg with spinach on an English muffin.

Breakfast Platter

\$10.13

Three eggs cooked your way, two slices of toast & one side of breakfast protein.

Avocado Toast

\$8.00

Freshly sliced avocado on your choice of bagel/bread.

Add Egg \$10.13

Vegan Sammie

\$10.08

Vegan sausage patty, roasted red pepper hummus, avocado, tomato, & spinach on your choice of bagel/bread.

The Big Ed

\$12.80

Two eggs fried hard with extra American cheese with two portions of breakfast meat of your choice stacked high on a bagel/bread of your choice.

SIDES & ADD ONS

Hashbrown

\$2

Side of Breakfast Meat

\$3

Your choice of bacon, Sausage, or Pork Roll.

Add Avocado \$2

Extra cheese \$1

Extra meat \$3

Extra egg \$2

Ketchup \$0.50

Mayo \$0.50

Add Buffalo \$0.50

Add Jelly \$0.35

Add Veggie \$0.35

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LUNCH

Salads

Caesar \$8

Romane lettuce, parmesan cheese, croutons, Caesar dressing served on the side.

Grounded \$8

mixed greens, cheddar cheese, tomatoes, cucumbers, carrots, croutons & a hardboiled egg.

Balsamic Vinaigrette dressing served on the side

Add Grilled Chicken \$3.50

Wraps

Chicken Caesar \$9

Grilled chicken, romaine lettuce, parmesan cheese, croutons, Caesar dressing on your choice of a white, wheat, or spinach wrap.

Buffalo Chicken \$9

Grilled chicken, romaine lettuce, house made buffalo sauce & blue cheese on your choice of a white, wheat, or spinach wrap.

Cheesesteak \$9

Thinly sliced steak, American cheese, sauteed peppers & onions on your choice of a white, wheat, or spinach wrap.

Veggie \$9

Spinach, tomato, cucumber, red onion, roasted red pepper, mozzarella cheese, and balsamic glaze on your choice of a white, wheat, or spinach wrap.

Avocado Chicken \$9.50

Chicken, bacon, avocado, mixed greens, tomato & house made lime mayo on your choice of white, wheat, or spinach wrap.

Sandwiches

Turkey Club \$8

American cheese, turkey, bacon, lettuce, tomato. and mayo on your choice of bread or bagel.

Chicken Salad \$8

House made chicken salad topped with lettuce & tomato on your choice of bread or bagel.

Grilled Cheese \$6.50

Comforting classic grilled cheese with American cheese.

Tuna Melt \$8.75

Swiss cheese melted on our house made tuna salad topped with mixed greens & tomato. Served open face on your choice of bread or bagel.

BLT Club \$8.50

Bacon, lettuce, tomato, & mayo on your choice of bread or bagel.

Ham & Swiss \$8

ham, Swiss cheese, lettuce, tomato & stone-ground mustard on your choice of bread or bagel.

Tuna Salad \$8

House made tuna salad topped with lettuce & tomato on your choice of bread or bagel.

Pizza Bagel \$7.75

Marinara sauce and mozzarella cheese on your choice of bagel.

***All wraps, sandwiches, quesadillas, & paninis are served with a side of chips.**

Bread Options

- Bread

White, Wheat, Multigrain, Gluten Free

- Wraps

White, Wheat, Spinach

- Rolls

Kaiser roll, Brioche bun, English Muffin

- Bagels

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LUNCH, CONT.

Quesadillas

Cheese **\$7**

Monetary jack & cheddar cheese wrapped in a tortilla served with a side of sour cream.

Chicken **\$9**

Grilled chicken, Monetary jack & cheddar cheese wrapped in a tortilla served with a side of sour cream.

Buffalo Chicken **\$9.50**

House made buffalo sauce, Grilled chicken, Monetary jack & cheddar cheese wrapped in a tortilla served with a side of sour cream.

Steak **\$10**

Thinly sliced steak, grilled chicken, Monetary jack & cheddar cheese wrapped in a tortilla served with a side of sour cream.

***All wraps, sandwiches, quesadillas, & paninis are served with a side of chips.**

Paninis

Ham & Swiss **\$9**

Ham, Swiss cheese, mixed greens, & stone-ground mustard on a panini flatbread.

Grilled Chicken **\$9**

Grilled chicken, mozzarella cheese, spinach, roasted red peppers, & balsamic glaze on a panini flatbread.

Cheesesteak **\$9**

Thinly sliced steak, American cheese, sauteed peppers & onions on a panini flatbread.

Buffalo Chicken **\$9**

House made buffalo sauce, grilled chicken, shredded mozzarella cheese, sauteed peppers & onions on a panini flatbread.

Chicken Parm **\$9**

Grilled chicken, marinara sauce, & mozzarella cheese on a panini flatbread.
