

Stomping Grounds Cafe

303 Welch Ave | Ames, IA

Breakfast

Biscuits & Gravy	10.95
Homemade buttermilk biscuit, local pork sausage gravy, fresh fruit	
Avocado Toast	9.5
Multigrain toast, seasonal toppings, fresh fruit	
Bacon & Eggs	9.95
Two medium-poached eggs on multigrain toast, fresh fruit, & local bacon or ham	
Crêpe & Egg	9.5
Butter sugar crepe, one egg on toast, local bacon or ham	
Ham & Gruyère Croissant	9.95
Ham, comté gruyère & medium-poached egg oven baked on a croissant w/ half grapefruit	
Ham, Egg & Swiss Crepe	9.5
w/ half grapefruit	
Berry Mascarpone Crepe	8.95
Seasonal fresh berries, lemon-thyme mascarpone, vanilla crème anglaise	
French Toast	9.95
Pure maple syrup & fresh fruit	
Light Breakfast	6.5
Multigrain toast, jam, yogurt-fruit-granola cup	
Ham & Spinach Quiche	10.5
Local eggs & ham, spinach, mushroom, tomato, onion, swiss & fresh fruit	
Veggie Quiche	10.5
Local eggs, bell pepper, spinach, mushroom, tomato, onion, swiss & fresh fruit	
Half Quiche	10.5
w/ multigrain toast, jam & fresh fruit	

A La Carte

Scone	3
Muffin	2.5
Croissant	3
Multigrain Toast	3
Toasted Bagel	2.5
Yogurt Fruit Granola Cup	3.5
Fresh Fruit	4
Two Poached Eggs	3
Local Bacon or Ham	3
Mixed Greens Side Salad	2.5
Caesar Side Salad	4.5
Pasta Salad	2.5

Appetizers

Hummus & Baba	10.5
Homemade hummus and baba ganoush w/ veggies & grilled pita	
Bruschetta	9
Roasted tomato, fresh basil, parmesan	
Bread Bowl	4 / 6.5
French baguette w/ olive oil	
Brie Plate	6
1 oz. brie cheese w/ french baguette	
Cheese Plate	10.5
Brie, comté gruyère, english stilton, baguette & traditional accoutrements	
Charcuterie Plate	10.5
Country style pate, salami, prosciutto, baguette & traditional accoutrements	

Soups & Salads

Tomato Basil Bisque	4.5 / 8
Served w/ french baguette or multigrain bread	
Daily Soup	4.5 / 8
Served w/ french baguette or multigrain bread	

Half Sandwich Combo 10.5
Half sandwich w/ cup of soup or caesar side salad

Garden Salad 10.5
Mixed greens, bell pepper, mushroom, tomato, carrot, red onion, cucumber, dried currants, sunflower seeds, sprouts, balsamic vinaigrette on the side

Greek Salad 10.5
Bell peppers & red onions marinated in tangy greek dressing, tossed w/ mixed greens, feta, kalamata olives, cucumber & tomato

Caesar Salad 10.5
Romaine tossed w/ house-made croutons, caesar dressing, parmesan, & hard-boiled egg

Savory Crepes

Served w/ mixed greens or pasta salad

Croque Monsieur 10.95
Local ham, roasted mushrooms, swiss, béchamel, tomato

Mediterranean Crepe 10.95
Chicken, spinach, feta, black olives, cucumber sauce

Roasted Tomato & Goat Cheese Crepe 10.95
Spinach, basil, four-herb batter

Sandwiches

Served w/ mixed greens or pasta salad

Curried Chicken Salad 9.5
Sweet curry, dried currants, celery, onion on toasted multigrain

Egg Salad 8.5
Sprinkled with herbes de provence on toasted multigrain

Pain Bagnat 9.5
Mediterranean-style tuna w/ eggs, bell pepper, red onion, capers, fresh basil
In lemon-olive oil vinaigrette, on ciabatta

Turkey Avocado Swiss	10.95
Lettuce, tomato, red onion, chili-mayo, on toasted italian	
BLT	10.5
Local bacon, lettuce, tomato, mayo, on toasted italian	
Vegetarian	9.5
Hummus, cucumber, roasted mushrooms, avocado, sprouts, tomato, red onion, on toasted multigrain	
Ruben	10.95
Pastrami, swiss, red cabbage coleslaw, russian dressing, oven-baked on italian	
Croque Monsieur	10.95
Ham, roasted mushrooms, swiss, béchamel, tomato, oven-baked on italian	
Cuban	12.95
Roasted local pork shoulder & smoked ham, swiss, garlic lime aioli, mustard, dill pickles, toasted cuban bread	
Ham & Gruyère Croissant	9.95
Oven-baked, lettuce, tomato, mayo on the side	
Grilled Cheese	9.5
Mild natural cheddar on italian	
Roast Beef Au Jus	10.5
Swiss, red onion, oven-baked on french baguette	
Baguettes	
Brie & Salami	7.95
Italian salami, brie, roma tomato	
Mozzarella & Prosciutto	9.5
Fresh basil, cracked pepper	
Roast Beef & Blue	9.95
English stilton blue cheese, lettuce, tomato	
Goat Cheese & Spinach	7.95
Tomato, sprouts, red onion	

Paninis

Caprese 10.95
Fresh mozzarella, tomato, basil, roasted red peppers, balsamic vinaigrette

Portabella & Herbed Goat Cheese 10.95
Roasted portabella, red peppers

Eggplant & Basil Pesto 10.95
Roasted eggplant, walnuts, tomato

Chicken & Basil Pesto 10.95
Roasted chicken, parmesan, tomato

Desserts & Sweet Crepes

Tiramisu 6
Chocolate Fudge Cake 6
Creme Brûlée 6.5
Cheesecake 6
Carrot Cake 6
Banana Nutella Crepe 6.5
Lemon Crepe 5.5
Maple Syrup Crepe 6
Butter Sugar Crepe 5

Espresso

Espresso 3 / 4
Americano 3 / 4
Cappuccino 3.5 / 4 / 4.5
Cafe Latte 3.5 / 4 / 4.5
Cafe Mocha 4 / 4.5 / 5

Pour Over Coffee

Ethiopia 3.25
Idido – floral, melon, citrus

Ethiopia 3.25
Dambi Udo Sundried – blueberry, black cherry, marmalade

Ethiopia 3.25
Rafisa – honeysuckle, pink grapefruit, sugar cane

El Salvador	3.5
Finca Santa Elena – nougat, green apple, creamy	
Guatemala	3
Asuvim – stone fruit, red grape, vanilla	
Kenya	3.5
Kushikamana – black currant, citrus, savory	
Mexico	3
Ozolotepec – red apple, almond butter, pecan	
Honduras	3
Finca El Puente – cocoa, brown sugar, toasted nut	
Mocha Java	3
Medium blend – fruity, milk chocolate, syrupy	
French	3
Dark blend – dark chocolate, smoky, full-bodied	
Decaf	3
Swiss water process – molasses, cocoa, smooth	