

FLATBREADS

6" x 6" baked flatbread "pizza"

 **CHICKEN CAPRESE \$5.95**
provolone & mozzarella, pesto, tomato, balsamic glaze

 **MEDITERRANEAN \$6.29**
feta, parmesan, artichoke, olives, sundried tomato, olive oil

FOUR CHEESE \$5.29
provolone & mozzarella, feta, parmesan, olive oil

CHICKEN & BACON \$6.50
provolone & mozzarella, parmesan, olive oil

PEPPERONI \$5.75
provolone & mozzarella, parmesan, olive oil

SALADS

CAFÉ COBB \$10.75
greens, chicken, bacon, provolone & mozzarella, tomato, cucumber, avocado mash, vinaigrette

 **GREEK SALAD \$7.95**
greens, artichoke, tomato, cucumber, carrot, chickpeas, olives, feta vinaigrette add chicken \$2.00

 **CHICKEN SALAD ON GREENS \$9.50**
cranberries, pecans

YOUTH MEALS

includes a juicy juice box & applesauce

CHEESE PANINI \$5.29
american cheese, grilled wheat

PBJ \$5.29
peanut butter & strawberry jam, wheat bread

CAFÉ 29 BREAKFAST

available until 11:00am

 **AVOCADO TOAST \$5.29**
wheatberry, avocado mash, radish, everything seasoning

WHEAT WRAP \$6.29
two scrambled eggs, american cheese, bacon

SANDWICHES

served with potato chips

BLT \$8.75
bacon, lettuce, tomato, mayo, wheatberry

CHICKEN SALAD CROISSANT \$9.75
lettuce, tomato

 **CHICKEN WRAP \$9.95**
hummus, sundried tomatoes, olives, chickpeas, cucumber, carrot, greens, feta vinaigrette

 **THE VEGGIE \$9.50**
avocado mash, tomato, cucumber, sprouts, hummus, sour dough

SNACKS

SWEET POTATO WAFFLE FRIES \$5.29
honey mustard

 **HUMMUS DIP \$5.29**
cucumbers, pretzels

 **DOLE FRUIT CUP \$2.29**


FREEZE POPS \$1.29

 **Cheekwood Wellness 360 Menu Item**



FROM THE BARISTA we use locally roasted beans

LATTE	10oz	\$4.95
AMERICANO	10oz	\$3.95
ESPRESSO		\$3.50
SYRUPS – vanilla, chocolate, caramel		75¢

HOT BEVERAGES

MAXWELL HOUSE BREWED COFFEE – regular or decaf	10oz	\$2.75
 RISHI ORGANIC TEA – assorted loose leaf tea bags		\$3.00

COLD BEVERAGES

ICED FRUIT TEA – pineapple, orange, and apple juice blend		\$3.50
LOCAL COLD BREW COFFEE	12oz	\$5.95
 LOCAL KOMBUCHA – assorted flavors	12oz	\$5.95
 SMOOTHIE – strawberries, bananas, and coconut water		\$6.75
SMARTWATER	20oz	\$3.50
CHEEKWOOD BOTTLED WATER (2 for \$5.00)	16.9oz	\$3.00
LACROIX	12oz	\$2.75
GOLD PEAK TEA – sweet or unsweet	18oz	\$3.95
MINUTE MAID LEMONADE	20oz	\$3.75
MINUTE MAID JUICE – orange or apple	12oz	\$3.95
JUCY JUICE BOX	4oz	\$1.95
COKE, DIET COKE, DR PEPPER, DIET DR PEPPER, SPRITE, FANTA ORANGE	20oz	\$3.50

ALCOHOLIC BEVERAGES

sales taxes included

DRAFT BEER 16oz \$6

Pilsner or Amber Ale

BEER 12oz Can \$7

Strawberry Lager Tennessee Lager

Tennessee Ale Jai Alai IPA

WINE 12oz Can \$14

Red, White, Rosé

SELTZER 12oz Can \$7

Strawberry Rosé

COCKTAILS \$12

Margarita, Mojito

Bloody Mary, Skinny Birch

MIXED DRINKS \$10

Heroes Vodka, Corsair Gin, Bacardi Rum,

Lunazul Tequila, Jack Daniel's Whiskey,

Old Hickory Bourbon,

St. Brendan's Irish Cream

MIXERS

Tonic, Club Soda, Coke, Diet Coke, Sprite

Café 29 Water Bottles \$12

Café 29 Can Koozies \$3