



*available online at
tennesSweetfoodco.com

CAFÉ 29 TennesSweet Market

QUICK BITES

CHARCUTERIE BOX 9.50

Crackers, seasonal fruits and assorted meats and cheeses

FRUIT CUP 6.00

PIMENTO CHEESE DIP 6.00
Served with Pita Chips

DEVILLED EGGS 8.00

Egg whites with a delicious yolk, mayo and mustard filling

CARAMEL APPLE 5.00

SPINACH DIP 6.00
Served with Pita Chips

AUTUMN FARRO SALAD 6.00

Farro, roasted butternut squash, green onion & cranberry in a maple mustard vinaigrette

ROASTED VEGETABLE DIP 6.00
Served with Pita Chips

PUMPKIN PIE PARFAIT 7.00

A lighter pumpkin pie, layered with whipped cream, sweet graham cracker crust, and pecans

PINWHEELS 6.00

Turkey, ham, cheddar, lettuce, and cream cheese spread rolled in a spinach wrap

BEVERAGES

HOT

REGULAR COFFEE 4.00

AMERICANO 4.00

ESPRESSO 3.50

HARVEST LATTE 5.50

Pumpkin

CHAI LATTE 5.50

MATCHA LATTE 5.50

LATTE 5.00

Hot or Iced

FLAVOR SHOT .50

Vanilla, salted caramel, hazelnut, peppermint, coconut, & pumpkin

Southern Belle 3.00
MANGO, TANGY PINEAPPLE AND ORCHARD-FRESH GEORGIA PEACHES.

Autumn Apple 3.00
BLENDS OF CIDER-PRESSED APPLES, CINNAMON, CLOVE, AND NUTMEG. TRY IT HOT!



Porch Swing 3.00

THE BLEND THAT STARTED IT ALL! SWEET, SIMPLE AND STEEPED TO PERFECTION

Music City 3.00

THE TRIO OF PEACH, PINEAPPLE AND MINT MIX TOGETHER IN THIS DELICIOUS TEA

COLD

BOTTLED WATER 3.50

COKE, DIET COKE, SPRITE 3.50

JUICE BOX 2.00

LACROIX 3.50

COLD BREW COFFEE 5.95

PUMPKIN SPICE COLD BREW 5.95

LEMONADE 3.00

HOP WATER 5.00

Sparkling water with hops, lemon and lime (non-alcoholic)



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SANDWICHES



TENNESSWEET CHICKEN SALAD 12.00

Delicious chopped white meat chicken, sliced grapes, apples, and served on a croissant



GRILLED PIMENTO CHEESE 12.00

Sourdough bread, homemade pimento cheese and sliced tomato grilled to perfection

HOT AND HAM CHEDDAR 12.00

Honey ham, cheddar cheese, ground mustard aioli on grilled sourdough bread

FRENCH ONION 12.00

Goopy melted fontina and caramelized onion on grilled sourdough bread

TRIPLE PEPPER 12.00

Sliced turkey, pepperjack cheese, roasted red pepper, & pepper jelly on grilled sourdough bread

TURKEY CRANBERRY 13.00

Turkey and spinach with fresh cranberry sauce, & sage cream spread on a croissant

HARVEST WRAP 13.00

Diced chicken, roasted butternut squash, farro, lettuce, and tomato drizzled with maple mustard in a spinach wrap

WRAPS

ITALIAN WRAP 12.00

Sliced turkey, ham, salami, provolone, roasted red pepper, red onion and spinach with italian dressing in a spinach wrap

HARVEST GRAIN SALAD 13.00

Oven roasted chicken, farro, shredded broccoli and carrot, roasted butternut squash, red onion, raisin, and pecan on a bed of fresh spinach

SALADS

APPLE CRANBERRY SALAD 13.00

Oven roasted chicken, sliced green apple, cranberries, spiced walnuts, and goat cheese on a bed of fresh spinach

CHICKEN GARDEN SALAD 12.00

Oven roasted chicken, tomato, red onion, roasted pepper, carrots, boiled egg, croutons on a bed of romaine

KIDS PICNIC BOX 12.00

(12 AND UNDER ONLY)

CHOICE OF: CHIPS OR APPLE SAUCE

MILK OR APPLE JUICE
CLASSIC GRILLED CHEESE

Cheddar cheese melted to perfection on soft white bread.

TURKEY & CHEDDAR SANDWICH

Sliced turkey and cheddar cheese on soft white bread

SUN BUTTER & STRAWBERRY JAM

Served on white bread

SOUPS 6.00

- TOMATO BISQUE
 - VEGETABLE FARRO
 - TENNESSWEET SOUP OF THE DAY
- ADD ON GRILLED CHEESE 10.00

COMBO MEAL 17.50

INCLUDES SANDWICH, CHIPS AND A SODA OR WATER

