

CAFÉ 29

TennesSweet Market

QUICK BITES

CRUDITE BOX WELLNESS 360 7.00

Fresh chopped carrots, apples, & crackers with vanilla-maple yogurt dip

CHARCUTERIE BOX 9.50

Crackers, seasonal fruits and assorted meats and cheeses

BROCCOLI CARROT SLAW 6.00

Shaved broccoli and carrot, raisin and pecan in a creamy slaw dressing

PIMENTO CHEESE DIP 8.00

Served with Pita Chips

SPINACH DIP 8.00

Served with Pita Chips

CHIPS 3.00

APPLE SAUCE 2.50

CARAMEL APPLE 5.00

DEVILLED EGGS 8.00

Egg whites with a delicious yolk, mayo and mustard filling

PUMPKIN PIE PARFAIT 7.00

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

AUTUMN FARRO SALAD WELLNESS 360 6.00

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

FALL FRUIT CUP WELLNESS 360 5.00

Seasonal sliced fruit sprinkled with autumn spice

POTATO SALAD 6.00

Traditional with a creamy mayo & mustard blend

BEVERAGES

COLD

BOTTLED WATER 3.50

COKE, DIET COKE, SPRITE 3.50

JUICE BOX 2.00

FENTIMANS SODA 6.00

LACROIX 3.50

ICED COFFEE 4.00

HOT

REGULAR COFFEE 4.00

AMERICANO 4.00

ESPRESSO 3.50

HARVEST LATTE 5.50

Seasonal Pumpkin

LATTE 5.00

FLAVOR SHOT .50

Vanilla, salted caramel, hazelnut, peppermint, or coconut

 *Autumn Apple* 3.00
BLENDS OF CIDER-PRESSED APPLES, CINNAMON,
CLOVE, AND NUTMEG (SEASONAL)
TRY IT WARMED!

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



 *Music City* 3.00
THE TRIO OF PEACH, PINEAPPLE AND MINT MIX
TOGETHER IN THIS DELICIOUS TEA

 *Porch Swing* 3.00
THE BLEND THAT STARTED IT ALL! SWEET,
SIMPLE AND STEEPED TO PERFECTION

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SANDWICHES

TENNESSEET 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 HAM AND CHEDDAR	12.00
Honey ham, cheddar cheese, ground mustard aioli grilled on sourdough bread	
FRENCH ONION	12.00
Goey melted fontina and caramelized onion on grilled sourdough bread	
CURRIED EGG SALAD	12.00
Traditonal egg salad with a curry twist. Served on a croissant	
TURKEY CRANBERRY	13.00
Turkey and spinach with fresh cranberry sauce and sage cream cheese spread on grilled sourdough	

WRAPS

ITALIAN WRAP	13.00
Sliced turkey, ham, salami, provolone, roasted red pepper, and spinach with italian dressing in a spinach wrap	
HARVEST WRAP WELLNESS 360	13.00
Diced chicken, roasted butternut squash, farro, lettuce, and tomato drizzled with maple mustard a spinach wrap	

SIDES

AUTUMN FARRO SALAD	6.00
BROCCOLI CARROT SLAW	6.00
POTATO SALAD	6.00
FALL FRUIT CUP	5.00
POTATO CHIPS	3.00
APPLE SAUCE	2.50

APPLE CRANBERRY SALAD	12.00
Oven roasted chicken, sliced green apple, cranberries, spiced walnuts, and goat cheese on a bed of fresh spinach	
SALADS HARVEST GRAIN SALAD WELLNESS 360	12.00
Oven roasted chicken, farro, shredded broccoli and carrot, roasted butternut squash, red onion, raisin, and pecan on a bed of fresh spinach	
CHICKEN GARDEN SALAD WELLNESS 360	12.00
Oven roasted chicken, shaved carrot, tomato, red onion, and a boiled egg with chopped romaine	

KIDS PICNIC BOX **\$12.00**

INCLUDES APPLE SAUCE & JUICE
*12 and under only (no substitutions)

CLASSIC GRILLED CHEESE
Cheddar cheese melted to perfection on soft white bread.

CUSTOM SANDWICH
choice of ham or turkey, cheddar or provolone on white bread

SUN BUTTER & STRAWBERRY JAM
Served on white bread

SOUPS **6.00**

**subject to availability*

- **TOMATO BISQUE**
- **VEGETABLE FARRO** WELLNESS 360
- **SOUP SPECIAL OF THE DAY**

CHECK OUT OUR DAILY BAKERY ITEMS!

***FULL MENU IS UNAVAILABLE 3PM-5PM**

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29

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