

CAFÉ 29

TennesSweet Market

QUICK BITES

WELLNESS 360

VEGGIES & HUMMUS PACK 7.00

Fresh chopped carrots & celery with chickpea hummus

CHARCUTERIE BOX 9.50

Crackers, seasonal fruits and vegetables with assorted meats and cheeses

CHIPS 3.00

DEVILLED EGGS 8.00

Egg whites with a delicious yolk, mayo and mustard filling

YOGURT PARFAIT 7.00

Vanilla greek yogurt layered with fresh berries.

YOGURT SQUEEZE POUCH 2.50

Assorted flavors

BEVERAGES

HOT

REGULAR COFFEE 4.00

HOT CHOCOLATE 4.00

AUTUMN APPLE FRUIT TEA 4.00

A delicious blend of apple cider, clove, nutmeg and seasonal flavors.

COLD

BOTTLED WATER 3.50

COKE, DIET COKE, SPRITE 3.50

JUICE BOX 2.00

KOMBUCHA 5.95

LACROIX 3.50



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

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 HAM & SWISS 12.00

Honey ham & Swiss cheese grilled on sourdough bread

HOT HOLIDAY SANDWICH 13.00

A warm holiday favorite! Turkey, stuffing and cranberry on sourdough bread

WRAPS

WELLNESS 360

CHIPOTLE AVOCADO CHICKEN WRAP 12.00

Grilled chicken, avocado, fresh greens and chipotle mayo in a delicious spinach wrap

SALADS

MEDITERRANEAN CHICKPEA SALAD 12.00

Chopped salami, balsamic glazed chickpeas, mozzarella cheese, tomato and sliced cucumber on a bed of fresh greens. **available as a wrap*

STRAWBERRY & FETA 12.00

Sliced fresh strawberries, feta cheese and grilled chicken on a bed of fresh greens

BRUNCH

SEASONAL QUICHE 6.00

A slice of our homemade quiche baked to perfection

WELLNESS 360

YOGURT PARFAIT 7.00

Vanilla greek yogurt layered with fresh berries. Served with house made granola

TOASTED BAGEL W/CREAM CHEESE 5.50

Toasted bagel with your choice of cream cheese or butter

KIDS PICNIC BOX \$12.00

INCLUDES SQUEEZE POUCH & JUICE BOX

CLASSIC GRILLED CHEESE

Cheddar cheese melted to perfection on soft white bread.

SUN BUTTER & STRAWBERRY JAM

Served on sourdough bread

TURKEY & CHEDDAR PINWHEELS


Sliced turkey and cheddar cheese rolled and sliced in tortilla

STRAWBERRY & DONUT SPEARS

Strawberries and donut holes served kebob style.

SOUPS 6.00

**subject to availability*

- TOMATO BISQUE
- TURKEY CHILI
-  A TENNESSWEET PRODUCT
- BUTTERNUT SQUASH

***FULL MENU IS UNAVAILABLE 2PM-5PM**