

CEREALS, CRUNCHY & TOASTY THINGS

Avocado Toast: your way egg(s)* Add: tartine topping du jour +4	7.50/9.50
Housemade Granola oats, coconut, nuts, dried fruit Add: Greek yogurt +4 , milk +2	6.50
Spicy Nerdhead Biscuit spicy cheddar biscuit with tomato jam & butter	5
Famous Nuts & Bolts 1/2 LB bag to share!	8
Oatmeal Bowl fresh berries & honey Add: milk +1	7
Toasted Bagel plain or everything with whipped cream cheese	5
Warm Butter Croissant with butter & jam	6.25

MARKET LEGENDS*

Power Panini:	egg, bacon, tomato, avocado spread, Sweetwater Valley cheddar, choice of bread (bagel or croissant +2.50) (gluten free +2)	12.25
Frog in the Ditch:	sausage patties, Cotswold cheese, grilled bread with fried eggs	11
Classic Breakfast:	two eggs, sausage patties or applewood bacon, choice of toast (wheat, rustic white, or rye) (gluten free +2)	9.75
Quiche Combo:	with fresh fruits & berries or cup of soup	12
Toad in the Hole:	double cream brie, avocado spread, grilled bread with fried eggs	9
Smoked Salmon:	tomatoes, cucumbers, red onion, capers, hard cooked egg, bagel with whipped cream cheese	17.50

BEAUTIFUL BENNIES*

poached eggs, smoked paprika cream on English muffin with choice of grits, hashbrowns, collards or fruit & berries		
Market:	homemade Irish bacon & tomato jam	14.50
New York:	smoked salmon, tomato & avocado spread	17.50
Southern:	pulled pork & collards on Texas toast	15



DAY DRINKS 9

Strawberry Spiked Lemonade (gin or vodka, strawberry basil simple syrup, lemon juice, soda)	
Island Home Iced Coffee – One Drink Per Guest (vodka, rum, tequila, Irish Cream, coffee liqueur, cold brew)	+1.50
Pina Colada Mimosa (Malibu rum, pineapple, bubbles)	
Breakfast Margarita (tequila, rosemary simple syrup, lime juice, grapefruit juice, splash of soda)	
flip over for more cocktails	

MOCKTAILS 6.50

Strawberry Basil Lemonade	Blackberry Limeade	Mango Pineapple Spritz
---------------------------	--------------------	------------------------

FROM OUR BARISTA

Latte or Cappuccino	6/7
Spike it! (coffee liqueur or Irish Cream)	9
Espresso, Americano, Hammerhead (+.50)	4/5
Dirty Chai	6.75/7.75
Cold Brew	6
Bottomless House Roast	4
non-dairy options	.50
Juices (OJ, apple, cranberry, pineapple, grapefruit)	4.50
Sodas	3.49
Tea	2.99
Milk	2.49

Fresh Ground Coffee	
1/2# –	11.50
1# –	23

Let Us Cater Your Next Event!

Call : 865.330.0123
Email : events@gourmetmarketandcafe.com

BREAKFAST BOWLS*

Rib Sticker:	biscuits, sausage gravy, eggs, cheddar, bacon make it a Nerd +1.50	13.50
The Piggy:	smoked pulled pork, grits, eggs, green onion	14
Goat Cheese:	scrambled eggs, goat cheese, basil & onion with grilled tomatoes	10.50
Chipotle:	chipotle chicken, grits, cheddar, eggs, salsa roja or verde	12
The Nerd:	spicy cheddar biscuit, gravy, eggs	10

3 EGG BURRITOS, SCRAMBLERS OR OMELETTES

pick 4 items	11.50	as a burrito!	12.50
		additional items or salsas	.75 each

Meats:	bacon, ham, chorizo, chicken, Irish bacon, chipotle chicken, sausage
Cheeses:	cotswold, cheddar, swiss, brie, pepper jack, smoked gouda, Monterey jack, feta
Vegetables:	spinach, red onion, kalmata olives, green onions, mushrooms, bell peppers, jalapenos, roasted red peppers, tomatoes
Add:	goat cheese, pesto, shawarma mushrooms +1.50 pulled pork +4, smoked salmon +6

SWEETS

with 100% Vermont maple syrup & butter
Extra Syrup +1

Belgian Waffle with whipped cream Add: strawberries, blueberries, chocolate chips or granola	9 +2
Whimsy French Toast Changes daily – ask your server	MKT
Traditional French Toast Add: strawberries, blueberries, chocolate chips or granola	8.25 +2
Buttermilk Pancakes – Original GM Recipe Add: strawberries, blueberries, chocolate chips, granola or sausage crumbles	9 +2
Single Pancake	5.25
Blueberry & Sausage Pancakes “It’s a staff favorite!”	11

*consuming raw or undercooked foods increases your risk for foodborne illness

MARKET CLASSICS

kettle chips or featured side
upgrade: hashbrown casserole, fruit & berries, grits or collards +2
cup of soup +4.50

Southern Grilled Cheese (Italian): pimiento cheese, bacon, tomato, sweet pickles	12
Cubano (Hoagie Roll): house smoked pulled pork, ham, swiss, pickles, mojo mayo, mustard	15
Italian (Hoagie Roll): ham, salami, capicola, provolone, lettuce, red onion, sub oil & spicy pepper mayo	15
Chicken Panini (Hoagie Roll): tomato jam, white cheddar, bacon, comeback sauce	13
Southern Flat: quesadilla with Monterey jack, black bean & corn, chipotle chicken or pulled pork with salsa & sour cream	14
Turkey Club (Hoagie Roll): sliced turkey, applewood bacon, smoked gouda, lettuce, tomato & maple mustard aioli	14.50
Chicken Salad 3 ways: herbed poached chicken, Duke’s mayo, celery with lettuce & tomato (wheat, rye, Italian)	10
+ Crisp bacon on croissant	14
Scoop: on bed of lettuce, tomato with crostini	10
Veghead Reuben (Rye): savory collard greens, homemade reuben sauce, swiss, sauerkraut	13
Classic Reuben (Rye): smoked turkey, pastrami or corned beef with reuben sauce, swiss, sauerkraut + collards +1.50	15

SHARABLE PIES 10

All great diners have great pie!
5 inch pies | all made in house

Seasonal Crumble	Rotating Ice Box	Time-Honored Classic
------------------	------------------	----------------------



DAY DRINKS 9

Housemade Bloody Mary Love the mix? Take home a liter! 13.50	
Pina Colada Mimosa “I’d rather be on the beach” (Malibu rum, pineapple, bubbles)	
Sparkling Lavender Lemonade (vanilla vodka or vodka, lavender simple syrup, lemon juice, splash of bubbles)	
Breakfast Margarita (tequila, rosemary simple syrup, lime juice, grapefruit juice, splash of soda)	
Berry Smash (whiskey, lemon juice, blueberries, blackberry simple syrup, basil, soda)	
Strawberry Spiked Lemonade (gin or vodka, strawberry basil simple syrup, lemon juice, soda)	
Island Home Iced Coffee – One Drink Per Guest (vodka, rum, tequila, Irish cream, coffee liqueur, cold brew)	+1.50
House Mimosa or Carafe	7.50/21

MOCKTAILS 6.50

Strawberry Basil Lemonade	Blackberry Limeade	Mango Pineapple Spritz
---------------------------	--------------------	------------------------

KIDS MENU 5.25

Ages 10 & under

Single Pancake Add: one scrambled egg & sausage +2	1/2 French Toast Add: one scrambled egg & sausage +2
Grilled Cheese with chips Sub: fruit or featured side +1	Turkey & Cheese with chips Sub: fruit or featured side +1

SALADS & HOUSEMADE SOUP

4.50 cup 7 bowl
All salads are a blend of mesclun & arugula lettuce

Fiesta: black beans & corn, cotija cheese, toasted pepita, tortilla strips with chipotle vinaigrette	14 10.50 half
Strawberry Citrus: strawberry, feta, heirloom carrots, glazed pecans & mandarin oranges	14 9.50 half
Our Chef: hard boiled egg, cucumbers, heirloom tomatoes, cheddar cheese, applewood smoked bacon, sliced ham, turkey, swiss	16 12.50 half
GM Mediterranean: cauliflower hummus, cucumbers, kalamata olives, feta, heirloom tomatoes, shawarma mushrooms, red onion	14 10.50 half
Classic Garden: heirloom carrots & tomatoes, red onion, cucumbers Add: bacon +2, cheese +1	9
Add to any Salad +5.50: sliced turkey, sliced chicken, herb roasted chicken, southwestern chicken, chicken salad, smoked salmon +3.50	
Dressings: buttermilk ranch, creamy blue cheese, chipotle vinaigrette, tahini vinaigrette, red wine vinaigrette	

PICK 3 FOR 13

A la Carte 5.50

Boursin Cheese Grits	Fresh Fruit & Berries
Cauliflower Hummus\Crostini	Black Bean & Corn Salad
Hashbrown Casserole	Savory Collard Greens
Half Avocado (3)	Sliced Tomatoes (5)
Irish Bacon +1	Sausage Patties +1
Applewood Bacon +2	Biscuits & Gravy +2.50
Nerd Biscuit & Gravy +3	Cup of Soup (4.50)

GRAB – N – GOURMET

Take any of your favorites home
8oz | 16oz | 32oz

Chicken Salad	Pimiento Cheese	Tomato Jam	Cauliflower Hummus
---------------	-----------------	------------	--------------------