

CEREALS, CRUNCHY & TOASTY THINGS

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

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

GOURMET'S
MARKET &
CAFE

DAY DRINKS 9

Strawberry Spiked Lemonade	(gin or vodka, strawberry basil simple syrup, lemon juice, soda)
Island Home Iced Coffee	- One Drink Per Guest +1.50 (vodka, rum, tequila, Irish Cream, coffee liqueur, cold brew)
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
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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@gourmetsmarketandcafe.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

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

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): 12

pimiento cheese, bacon, tomato, sweet pickles

Cubano (Hoagie Roll): 15

house smoked pulled pork, ham, swiss, pickles,
mojo mayo, mustard

Italian (Hoagie Roll): 15

ham, salami, capicola, provolone, lettuce, red onion,
sub oil & spicy pepper mayo

Chicken Panini (Hoagie Roll): 13

tomato jam, white cheddar, bacon, comeback sauce

Southern Flat: 14

quesadilla with Monterey jack, black bean & corn,
chipotle chicken or pulled pork with salsa &
sour cream

Turkey Club (Hoagie Roll): 14.50

sliced turkey, applewood bacon, smoked gouda,
lettuce, tomato & maple mustard aioli

Chicken Salad 3 ways: 10

herbed poached chicken, Duke's mayo, celery
with lettuce & tomato (wheat, rye, Italian)

+ Crisp bacon on croissant

Scoop: on bed of lettuce, tomato with crostini

Veghead Reuben (Rye): 13

savory collard greens, homemade reuben sauce,
swiss, sauerkraut

Classic Reuben (Rye): 15

smoked turkey, pastrami or corned beef with
reuben sauce, swiss, sauerkraut

+ collards +1.50

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

Grilled Cheese with chips

Sub: fruit or featured side +1

1/2 French Toast

Add: one scrambled egg & sausage +2

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