



## E+rose Wellness Cafe Menu

<https://menuweb.menu>

1201 Demonbreun St, Nashville, Tennessee, USA, 37203, United States

+16157425184 - <https://eandrose.com>



Here you can find the [menu](#) of **E+rose Wellness Cafe** in Nashville. At the moment, there are **16** dishes and drinks on the card. Nestled in the heart of the city, this vibrant eatery shines as a go-to destination for health-conscious diners. Offering an extensive array of superfood choices, including delicious açai bowls and seasonal dishes, it promises a nutritious and satisfying experience. The grab-and-go options cater to busy professionals, while the vegetarian and vegan offerings delight those seeking plant-based meals. However, patrons should be aware of limited seating and occasional noise levels. While the service may vary, the flavorful dishes, like the Breakfast Quinoa Bowl and refreshing smoothies, make it an oasis in a landscape dominated by heavier fare.

# E+rose Wellness Cafe Menu



## Smoothies

SMOOTHIE

## Thai Dishes

PAD THAI

## Shakes

SHAKE

## Milkshakes

STRAWBERRY SHAKE

## Beverages

JUICES

## These Types Of Dishes Are Being Served

TOSTADAS

## Toast

TOAST

AVOCADO TOAST

## Drinks

SMOOTHIES

DRINKS

## Restaurant Category

VEGAN

VEGETARIAN

## Ingredients Used

HONEY

AVOCADO

FRUIT

QUINOA

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Tennessee, USA, 37203, United  
States

### Opening Hours:

Monday 08:00-17:00  
Tuesday 08:00-17:00  
Wednesday 08:00-17:00  
Thursday 08:00-17:00  
Friday 08:00-17:00  
Saturday 09:00-17:00  
Sunday 09:00-17:00

Made with [menuweb.menu](https://menuweb.menu)

