

*Milk &
Honey*

ALL DAY DINING
BREAKFAST: LUNCH

*the
Goods*

135 NORTH MARKET STREET
CHATTANOOGA, TENNESSEE 37405

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MILKANDHONEYGELATO.COM

BREAKFAST SANDWICHES & WRAPS

served with

Pineapple or substitute Fresh Berries + \$1.50

*** BACON, EGG & CHEESE \$7**

Applewood bacon, egg, white cheddar and vinegar mayo on ciabatta bread.

SAUSAGE, EGG & CHEESE \$7

Breakfast sausage, scrambled egg, and white cheddar served on a homemade buttermilk biscuit.

*** HOT MESS \$8.5**

Open faced buttermilk biscuit, hot pepper jam, bacon, avocado, escabeche, chipotle cream, pepper jack cheese and a sunny side up egg.

*** MEGA BISCUIT \$8**

Breakfast sausage, fresh spinach, egg, roasted red pepper spread, caramelized onions, white cheddar on a buttermilk biscuit.

VEGGIE WRAP \$6 **ADD CHEESE +\$1**

Roasted fresh vegetables, sun dried tomato spread, egg, sliced tomato on a flour tortilla.

*** FARMHOUSE BISCUIT \$8.5**

Breakfast sausage, Benton's bacon, tomato jam, egg, arugula, white cheddar, caramelized onion on a buttermilk biscuit.

*** CHORIZO BURRITO \$8.5**

Chorizo, arugula, red potatoes, egg, fresh peppers, feta, chipotle cream and avocado.

*** HAM BURRITO \$8.5**

Applewood ham, red potatoes, egg, fresh peppers, spinach, honey mustard, chipotle cream and avocado.

⑦ VEGAN BREAKFAST BURRITO \$8

Hummus, roasted fresh vegetables, sliced tomato, spinach, roasted red potatoes, avocado and caramelized onions.

GRAINS

HOMEMADE GRANOLA \$7

Served with your choice of milk or vanilla bean yogurt.

+ Fresh Berries \$2.5

⑦ STEEL CUT OATMEAL \$6

+ \$.50 Honey + \$1.00 Nuts & Brown Sugar + \$1.00 Ripe Berries & Cream

⑦ APPLE CINNAMON PORRIDGE \$8.5

Whole grains, goji, chia, apple, cinnamon, raisins, pecans, coconut, vanilla, maple syrup with toasted almonds.

SALADS & LARGE PLATES

ADD ROASTED CHICKEN +\$3

ADD AVOCADO +\$1.5

⑦ VEGAN KALE SALAD \$5/\$9

Kale, dried cherries, sliced almonds, charred onion and champagne vinaigrette.

⑦ CURRY ROASTED CAULIFLOWER \$12

Curry roasted cauliflower, almond quinoa, hummus, garlic, spinach, red onion, pickled golden raisins, coconut broth, chili oil, cilantro.

⑦ LEMON VEGGIE QUINOA BOWL \$12

Sprouted red quinoa, roasted cauliflower & butternut squash, sauteed spinach, pickled red onion, hummus, pecans and our homemade lemon broth.

⑦ SUPERFOOD SALAD \$5/\$9

Kale, swiss chard, brussels, dried cranberries, spinach, broccoli, blueberries, currants, almonds, toasted coconut, Lemon Poppy-seed Green Tea dressing.

ALL THE GREENS CAESAR SALAD \$5/\$9

Romaine, arugula, chard, kale, brussel sprouts, broccoli, sourdough croutons, radish, tomato, caesar dressing.

KALE SALAD \$5/\$9

Kale, dried cherries, charred onion, almonds, parmesan, champagne vinaigrette.

⑦ VEGAN

* Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness.

OTHER *Good* STUFF

served with : Pineapple OR Substitute Fresh Berries + \$1.50

* **BUILD YOUR OWN BREAKFAST** Grab a sheet and tell us how you would like us to make your breakfast. **STARTS AT \$6.5**

SUPERFAMOUS BUTTERMILK BISCUIT \$3

Served with local honey and preserves. Not served with a side.

HAM & CHEESE OMELET \$9

Applewood ham and cheddar.

VEGGIE OMELET \$9

Sauteed marinated veggies, wilted spinach, white cheddar, caramelized onions, sun dried tomato spread.

KY NOVA LOX BAGEL \$11

Shuckman's Smoked Salmon, plain cream cheese, red onion, capers, sliced tomato and fresh dill. Choice of everything or plain bagel.

* **AVOCADO TOAST** \$10.5

Avocado, sun dried tomato spread, caramelized onions, arugula, salt, pepper, sunny side up egg on multigrain bread.

SF FRENCH TOAST \$9

Slices of fresh sourdough bread soaked and cast-iron cooked. Topped with powdered sugar. Served with fresh fruit, maple syrup and a side of bacon.

SAUSAGE & PEPPER HASH \$9

Red potatoes, roma tomatoes, fresh peppers, corn, sausage, onions, spinach, chipotle cream, cilantro and fried egg.

BIG KID BREAKFAST \$8

Scrambled eggs, applewood bacon, sourdough toast and choice of preserves, butter or local honey.

SANDWICHES, ETC

served with

YOUR CHOICE OF • Chips, Pineapple OR Apple.

SUBSTITUTE A SUPERFOOD SIDE SALAD +\$3.5
ADD AVOCADO TO ANY SANDWICH + \$1.5

BENTON'S BLT \$9

Benton's bacon, tomato, lettuce, vinegar mayo multigrain bread.

HAM & TURKEY CLUB \$10.5

Turkey, applewood ham, lettuce, tomato, cheddar, white cheddar, vinegar mayo, whole grain honey mustard, triple stack toasted sourdough.

TURKEY & BRIE PITA \$9

Turkey, raspberry preserves, brie cheese, vinegar mayo, fresh spinach, toasted pita pockets.

TURKEY & AVOCADO \$9.5

Turkey, bacon, avocado, tomato, lettuce, white cheddar, mayo, multigrain bread.

HAM & CHEDDAR PANINI \$8.5

Applewood ham, cheddar, vinegar mayo, toasted sourdough.

ADD AVOCADO +\$1.5

GARDEN VEGGIE WRAP \$8.5

Roasted veggies, tomato, roasted red pepper, red onion, avocado, spinach, fresh peppers, pepper jack cheese, sun dried tomato spread, flour tortilla.

⑤ **PB&J** \$6

Creamy roasted peanut butter, seasonal preserves, multigrain bread.

⑤ **VEGAN BURGER** \$12

Whole wheat bun, plant-based burger, vegan cheddar, lettuce, tomato, caramelized onions, red pepper romesco, avocado.

⑤ **VEGAN GARDEN VEGGIE WRAP** \$9

Roasted veggies, tomato, hummus, roasted red peppers, red onion, avocado, spinach, fresh peppers, vegan mayo, flour tortilla.

COFFEE + ESPRESSO

OTHER MILK OPTIONS AVAILABLE UPON REQUEST : NON-FAT, SOY, ALMOND, COCONUT, OAT MILK +\$.50

ESPRESSO \$3

PLAIN OL' LATTE \$3.5 / \$4.5

CAFÉ AU LAIT \$4 / \$5

MOCHA \$5 / \$6

CAPPUCCINO \$4

AMERICANO \$4 / \$5

MACCHIATO \$3.5

CHAI LATTE \$4 / \$5

GREEN TEA LATTE \$5

LONDON FOG \$5

COCONUT LATTE \$5 / \$6 No Milk Substitutions

CARAMEL MACCHIATO \$5 / \$6

DRIP COFFEE \$3 / \$4

ICED COLD BREW \$3.5

MILK AND HONEY LATTE \$5 / \$6

LAVENDER LATTE \$4 / \$5

NUTELLA LATTE \$5 / \$6

S'MORES LATTE \$5 / \$6

MATCHA LATTE \$5 / \$6

SALTED CARAMEL LATTE \$5 / \$6

VANILLA LATTE \$5 / \$6

SAMOA LATTE \$5 / \$6

SALTED CARAMEL MOCHA \$5 / \$6

TOFFEE NUT \$5 / \$6

WHITE CHOCOLATE \$5 / \$6

BURNT SUGAR LATTE \$5 / \$6

HORCHATA LATTE \$5 / \$6 No Milk Substitutions

DIRTY CHAI \$5 / \$6

SMOOTHIES + SHAKES

TRIPLE BERRY

Fresh berries, Greek yogurt, whole milk. \$8

ELVIS

Peanut butter, banana, local honey, Greek yogurt, whole milk. \$8

STRAWBERRY BANANA

Strawberry, bananas, Greek yogurt, whole milk. \$8

MEAN & GREEN

Apple, pear, mango, kiwi, pineapple, cucumber, kale, spinach, ginger, spirulina, Greek yogurt, whole milk. \$9

TIGER'S BLOOD

Cherries, Greek yogurt, pineapple, coconut, grenadine, coconut latte milk. \$8

hot or iced LOOSE LEAF TEAS \$4

BLACK CHINA

GUNPOWDER GREEN

EARL GREY

*WILD SWEET ORANGE

*LAVENDER HIBISCUS

*CHAMOMILE AND MINT

JASMINE

GINGER PEACH

LEMON MATE

CHAI

*TURMERIC GINGER

*CAFFEINE FREE

SWEETS & TREATS

GELATO \$6

Prepacked 8oz container of our homemade gelato.

Choose from one of the flavors:

Milk & Honey

Cookies n' Cream

Summer Strawberry

Chocolate

Salted Caramel

Coffee n' Cream

THUMBPRINT COOKIES \$3.5

Half Dozen.

SEA-SALTED CARAMELS \$7

Dozen.

COLD PRESSED JUICES

VALENCIA ORANGE

Orange. \$6

RUBY RED GRAPEFRUIT

Grapefruit, cane sugar, filtered water. \$6

BEVERAGES

SODAS

Coke, Diet Coke, Sprite. \$1.50

BOTTLED WATER \$1

CAN BEER

BLUE MOON \$5

STELLA ARTOIS \$5

TINY BOMB \$5

TRAFFIC JAM CIDER \$5

KOLSCH \$5.5

LEFT HAND

Milk Stout \$5.5

MEAD (GLUTEN FREE) \$6

HIGHLAND

Gaelic Ale \$5.5

WILD SOUR \$6.5

TERRAPIN

Hi-Fi \$5

PBR \$3

FIVE WITS BREWING COMPANY

American Daydream Wheat or Sunblaze IPA \$5

WISEACRE

Ananda IPA \$5

6 PACKS OF BEER



American Daydream Wheat
Or
Sunblaze IPA

\$14