

*Milk & Honey*

**RAW**

**ALT**

*the  
goods*

214 11<sup>TH</sup> AVE SOUTH  
NASHVILLE, TENNESSEE 37203

MILKANDHONEYNASHVILLE.COM

---

# SHAREABLE STARTERS

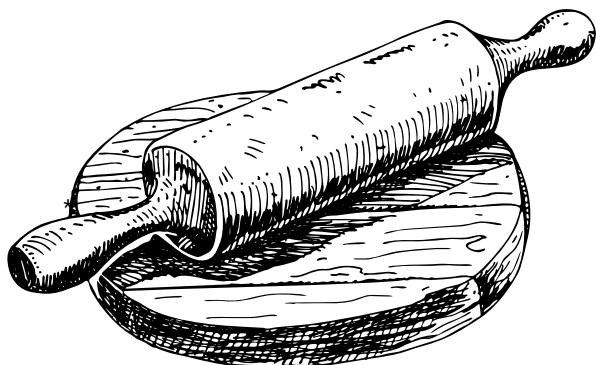
---

## RICOTTA & HONEY

Whipped whole milk ricotta, local honey, fleur de sel, sourdough toast.  
\$10

## CIDER BRINED WINGS

Cider brined and grilled wings tossed in our honey hot sauce. Served with your choice of ranch or blue cheese.  
\$13



---

## TOASTS

---

*served with*

YOUR CHOICE OF • Fresh Berries + Pineapple OR Home Fries

---

## SOURDOUGH FRENCH TOAST

Griddled in cast iron served with a side of maple syrup and applewood bacon. \$11

## \* AVOCADO TOAST

Avocado, sun dried tomato spread, caramelized onion, arugula, salt, pepper, sunny side up eggs. \$14

---

## FRESH FROM THE *bakery*

---

## SUPER-FAMOUS BUTTERMILK BISCUIT

Served with local honey and strawberry preserves. \$4  
ADD SIDE REDEYE GRAVY OR COUNTRY GRAVY +\$2

## NY STYLE BAGEL

Choice of plain or everything served with preserves or cream cheese. \$4

## SOURDOUGH TOAST

Served with sea salted butter and strawberry preserves. \$4

## BAG OF GRANOLA

Take our homemade granola on the go. \$8

## DAILY PASTRY BOX

A box of our freshly baked sweets & treats - options change daily. \$15

## CINNAMON ROLL

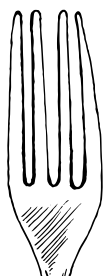
Fresh-baked soft brioche cinnamon roll topped with cream cheese icing. \$5

## HONEY HOT SAUCE

Pint. \$18

## WHOLE SOURDOUGH LOAF

Take home one of our freshly baked sourdough bread loaves – sliced or unsliced. \$9



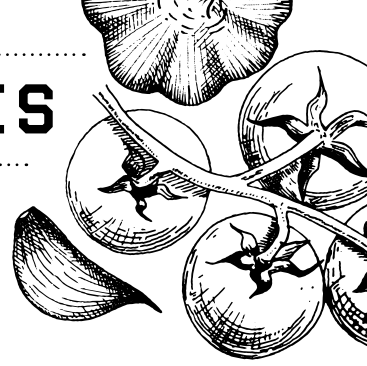
# BRUNCH SANDWICHES

served with

YOUR CHOICE OF • Fresh Berries + Pineapple OR Home Fries

ADD a side of Redeye Gravy or Country Gravy +\$2

ADD Fried Chicken for +\$5



## \* BACON, EGG & CHEESE

Applewood bacon, scrambled egg, sharp cheddar served on your choice of sourdough or buttermilk biscuit.

\$9.5

## \* SAUSAGE, EGG & CHEESE

Pork breakfast sausage, scrambled egg, white cheddar served on your choice of sourdough or buttermilk biscuit. \$9.5

## \* PROSCIUTTO, EGG & SMOKED MOZZ

Thin sliced prosciutto di parma, scrambled egg, smoked mozzarella served on your choice of sourdough or buttermilk biscuit. \$9.5

## \* FARMHOUSE BISCUIT

Buttermilk biscuit, breakfast sausage, applewood ham, tomato jam, scrambled egg, arugula, white cheddar, caramelized onion. \$12.5

## \* HOT MESS

Buttermilk biscuit, hot pepper jam, bacon, avocado, pickled red onion, chipotle crema, pepper jack cheese, sunny side up egg, cilantro.

\$11

## VEGGIE BREAKFAST BURRITO

Soy marinated sautéed vegetables, roasted mushrooms, scrambled egg, sun dried tomato spread, feta, tomato, basil, parmesan, flour tortilla.

\$10

## NOVA LOX BAGEL

Nova lox, tomato, cream cheese, red onion, capers and dill. Served on your choice of plain or everything bagel. \$14

## \* FRIED CHICKEN BISCUIT

Buttermilk biscuit, fried chicken, sharp cheddar, egg over medium. Served with a side of redeye gravy. \$13

# GRAINS

## APPLE CINNAMON PORRIDGE

Whole grains, goji, chia, cinnamon, raisins, coconut, vanilla, toasted almonds. \$9 (NO SUBSTITUTIONS)

## PROTEIN BREAKFAST BOWL

Quinoa, wheatberries, farro, avocado, kale, lemon vinaigrette, almonds, mint, basil, sunny side egg, feta. \$10

## HOMEMADE GRANOLA

Served with a side of vanilla yogurt. \$8

ADD FRESH BERRIES + \$2.50

# SIDES

fixins for pickin'

HOME FRIES \$4

SEA-SALTED FRENCH  
FRIES \$4

APPLEWOOD  
BACON \$3

BREAKFAST SAUSAGE \$3

FRESH BERRIES  
+ PINEAPPLE \$4

\* These items can be ordered undercooked.

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



## OTHER *Good* STUFF

### \* HODGEPODGE HASH

Roasted red & sweet potatoes, sausage, sautéed veggies and onions, caramelized onion, pickled red onion, sunny egg, chipotle crema, feta, cilantro. \$14

### \* BIG KID BREAKFAST

Two eggs cooked any way you like, applewood bacon, sourdough toast, home fries, fresh fruit.. \$13

SUBSTITUTE BISCUIT +\$1.5

### ROASTED MUSHROOM OMELET

Three egg omelet with spicy roasted mushrooms, garlic, tomato, fresh and roasted peppers, goat gouda and parmesan. Served with your choice of home fries or berries & pineapple. \$11.5

### SAUSAGE & PEPPERS OMELET

Three egg omelet with sausage, fresh and roasted peppers, garlic, red onion, smoked mozzarella and parmesan. Served with your choice of home fries or berries & pineapple. \$12

### HAM & CHEESE OMELET

Three egg omelet with applewood ham and sharp cheddar. Served with your choice of homefries or berries & pineapple. \$11

### CURRY CAULIFLOWER BOWL

Quinoa, hummus, sweet potato, sautéed veggies, curry roasted cauliflower, pickled golden raisins, coconut broth, chili oil, fried chickpeas, cilantro. \$16

### CHICKEN & WAFFLE

Buttermilk fried chicken, buttermilk waffle, bourbon maple syrup. Served with your choice of home fries or berries & pineapple. \$14.5

### BUTTERMILK WAFFLE

Buttermilk waffle, maple syrup, applewood bacon. Served with your choice of home fries or berries & pineapple. \$10

## *deli board* SANDWICHES

*served with*

YOUR CHOICE OF • Sea Salted Fries **OR** Kale Salad  
SUB Sweet Potato Fries \$1 More

### TURKEY & BRIE

Roasted turkey breast, raspberry preserves, brie, Duke's mayo, spinach, wood fired pita. \$11

### FRIED CHICKEN

Buttermilk fried chicken, sharp cheddar, lettuce, tomato, house pickles, brioche. \$13

### TURKEY & AVOCADO

Roasted turkey breast, bacon, avocado, lettuce, tomato, cashew crema, Duke's mayo, sourdough. \$12

### HAM & TURKEY CLUB

Applewood ham, roasted turkey, bacon, white and yellow cheddar, lettuce, tomato, avocado, mayo, whole grain honey mustard, sourdough. \$14.5

### RUBI CHICKEN SANDWICH

Grilled chicken, brioche, pesto, whole milk mozzarella, roasted red pepper, ripe tomato, whole grain honey mustard, lettuce. \$12

## SALADS

Grilled Chicken **OR** Fried Chicken +\$5 • Avocado \$2

### KALE

Raw kale, almonds, cranberries, parmesan, champagne vinaigrette. \$8

### SUPERFOOD NO SUBSTITUTIONS

Kale, brussels, collards, spinach, chickpeas, broccoli, blueberries, cranberries, currants, coconut, green tea lemon poppy seed vinaigrette. \$9

### CAESAR

Romaine, kale, tuscan kale, radish, radicchio, parmesan, caesar dressing, rye crumbs, black pepper. \$9

### ARUGULA

Shaved beets, goat cheese, lemon vinaigrette, pecorino romano, pine nuts, cracked black pepper. \$9



.....

# SMOOTHIES

.....

**TRIPLE BERRY**

Mixed berry, yogurt, whole milk. \$7

**ELVIS**

Peanut butter, banana, local honey, yogurt, whole milk. \$7

**TIGER’S BLOOD**

Pineapple, coconut, cherries, yogurt, whole milk. \$7

**STRAWBERRY BANANA**

Strawberry, bananas, yogurt, whole milk. \$7

**MEAN & GREEN**

Apple, pear, mango, kiwi, pineapple, cucumber, kale, spinach, ginger, spirulina, yogurt, whole milk. \$8

.....

# COCKTAILS TO-GO

.....

**MIMOSAS**

Champagne + fresh orange juice. Serves 2-4 people. \$25

**THE BEE’S KNEES**

Vodka, lemon, St. Germain, Lillet Blanc, local honey. \$11

**HIBISCUS MARGARITA**

Reposado, triple sec, Punt e Mes, hibiscus sour, tonic. \$11

**MILK & HONEY MARGARITA**

Anejo tequila, triple sec, agave, lime. \$10

**CITRUS SANGRIA**

Fresh citrus, white wine, rum, coconut water, pineapple, elderflower. \$7

**FROSÉ**

Rosé, Lillet Blanc, St. Germain, lemon. Frozen, of course. \$15

.....

# BEVERAGES

.....

**CANNED SODAS \$1.50**

Coca-Cola, Sprite, Diet Coke

**VALENCIA ORANGE JUICE \$6**

Orange.

**BOTTLED WATER \$1**

.

.....

\* These items can be ordered undercooked.

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

COFFEE + ESPRESSO

add

A shot of Baileys or Frangelico for \$6

ESPRESSO \$3

MACCHIATO \$3.5

CORTADO \$3.5

CAPPUCCINO \$4

DRIP COFFEE \$3  
DRIP COFFEE REFILLS \$.75

ICED COLD BREW \$3

LATTE \$4 / \$5

MOCHA \$5 / \$6

AMERICANO \$4 / \$5

CHAI LATTE \$4 / \$5

MATCHA LATTE \$5 / \$6

CAFÉ AU LAIT \$4 / \$5

MILK & HONEY LATTE \$5 / \$6

LAVENDER HONEY LATTE \$5 / \$6

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

SALTED CARAMEL LATTE \$5 / \$6

CARAMEL MACCHIATO \$5 / \$6

BURNT SUGAR LATTE \$5 / \$6

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

WHITE CHOCOLATE  
MOCHA \$5 / \$6

VANILLA BEAN LATTE \$5 / \$6

NUTELLA LATTE \$5 / \$6

LONDON FOG \$5

DIRTY CHAI \$5 / \$6

HOT CHOCOLATE \$4 / \$5

JOE-TO-GO \$24  
Freshly brewed drip coffee & condiments. 8-10 cups

DAIRY FREE

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



LOOSE LEAF TEAS \$4

ADD A SHOT OF BOURBON FOR + \$6

BLACK CHINA

GUNPOWDER GREEN

\* ROSEBUD

CHAI

\* LAVENDER HIBISCUS

\* CHAMOMILE MINT

EARL GREY

LEMON YERBA MATE

\* TURMERIC GINGER

GINGER PEACH

\* CAFFEINE FREE

BULK BAG OF LOOSE LEAF TEA - \$10