

SALADS

add
A PROTEIN

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

KALE \$6

Raw kale, almonds, cranberries, parmesan, champagne vinaigrette.

VEGAN OPTION AVAILABLE

SPINACH \$8

Fresh spinach, roasted mushrooms, Applewood bacon, gorgonzola, balsamic vinaigrette. **VEGAN OPTION AVAILABLE.**

CAESAR \$7

Romaine, kale, radicchio, radish, parmesan, caesar dressing, sourdough croutons.

ARUGULA \$7

Arugula, beets, goat cheese, lemon vinaigrette, parmesan, pine nuts.

VEGAN OPTION AVAILABLE.



daily

PASTRY SELECTION

MUFFINS

Blueberry \$3.5

Lemon Poppy Seed

GLUTEN FREE \$4

POP TARTS

Strawberry \$4

Nutella \$4

SCONES

Vegan Matcha \$5

Milk & Honey \$4

COOKIES

Salted Chocolate Chip \$4.5

Thumbprints*

SINGLE \$1.50 1/2 DOZEN \$6

Gelato

CUP \$7 PICK UP TO 3 FLAVORS

Milk & Honey

Salted Caramel

Cookies + Cream

Blueberry Buttermilk

Birthday Cake

Sicilian Pistachio *

Chocolate

Summer Strawberry

TAKE HOME SOME OF
OUR FAMOUS

*Sea salted
Caramels*

DOZEN \$8

CONTAINS NUTS*

COFFEE + ESPRESSO

ESPRESSO* \$3
MACCHIATO \$3.5
CORTADO \$3.5
CAPPUCCINO \$4
DRIP COFFEE* \$4
ICED COLD BREW* \$4
LATTE \$4 / \$5
MOCHA \$5 / \$6
AMERICANO* \$4 / \$5
CHAI LATTE \$4 / \$5
MATCHA LATTE* \$6
CAFÉ AU LAIT \$4 / \$5
MILK & HONEY LATTE \$5 / \$6

LAVENDER HONEY LATTE \$5 / \$6
COCONUT LATTE* NO MILK SUBS \$5 / \$6
SALTED CARAMEL LATTE \$5 / \$6
CARAMEL MACCHIATO \$5 / \$6
BURNT SUGAR LATTE \$5 / \$6
VANILLA BEAN LATTE \$5 / \$6
NUTELLA LATTE \$5 / \$6
LONDON FOG \$5
DIRTY CHAI \$5 / \$6
HOT CHOCOLATE \$4 / \$5
DAIRY FREE*

Give it a shot! Baileys \$6
Frangelico \$6



ALWAYS
SERVING
MILK
Whole • Non-Fat

+50¢ FOR NON DAIRY OPTIONS
Almond • Coconut • Oat

hot or iced LOOSE LEAF TEAS \$4

BLACK CHINA
GUNPOWDER GREEN
CHAI
GINGER PEACH
EARL GREY

LEMON YERBA MATE
TURMERIC GINGER*
LAVENDER HIBISCUS*
CHAMOMILE MINT*
ROSEBUD*

CAFFEINE FREE*

Give it a shot!

Bourbon \$6



JUICES

LIQUID GOLD \$8

Pineapple, ginger, mango, apple.

STRAWBERRY ORANGE \$7

Strawberry, orange, cane sugar.

DR. FEEL GOOD \$8

Apple, strawberry, beet, carrot, ginger, lemon, cayenne.

VALENCIA ORANGE \$5

Just orange.

RISE & SHINE \$7

Carrot, apple, ginger, orange.

RUBY RED GRAPEFRUIT \$5

Grapefruit, cane sugar.

Milk & Honey

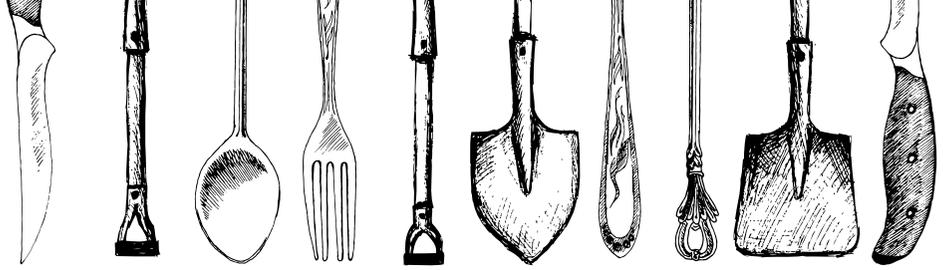
ALL DAY

*the
Goods*

the Gulch

214 11TH AVE S * NASHVILLE, TN 37203

MILKANDHONEYNASHVILLE.COM



SHAREABLE STARTERS

BURRATA & FIG \$18

Prosciutto, arugula, fig preserves, goat gouda, gorgonzola, olive oil, local honey, whole milk burrata, sourdough toast.

RICOTTA & HONEY \$12

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

*** SHAKSHUKA** \$15

Eggs poached in marinara, feta, parsley. Served with sourdough toast, hot pepper jam and roasted garlic.

PORK CONFIT POUTINE \$13

Sea salted fries, pork confit, white cheddar cheese curds, melted swiss, Stumptown redeye gravy and green onion.

TOASTS

served with

YOUR CHOICE OF
Fresh Berries
OR Home Fries

SCRAMBLED EGG TOAST \$12

Soft scrambled egg, parmesan, fresh basil, sliced tomato, olive oil. **VEGAN OPTION AVAILABLE**

*** AVOCADO TOAST** \$15

Avocado, tomato jam, caramelized onion, arugula, sunny side up eggs. **VEGAN OPTION AVAILABLE**

FIG & PROSCIUTTO TOAST \$14

Fig preserves, prosciutto, gorgonzola, goat gouda, arugula, kalamata olives.

*** MUSHROOM & RICOTTA TOAST** \$13.5

Scrambled egg, whipped ricotta, tomato jam, goat gouda, roasted mushrooms, thyme.

FRESH FROM THE *bakery*

SUPER-FAMOUS BUTTERMILK BISCUIT \$4

Served with local honey.
+ SIDE REDEYE GRAVY OR COUNTRY GRAVY +\$2

NY STYLE BAGEL \$5

Choice of plain or everything served with cream cheese.

SOURDOUGH TOAST \$4

Served with sea salted butter and strawberry preserves.

CINNAMON ROLL \$6

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

CROISSANT \$5

Served with strawberry preserves.

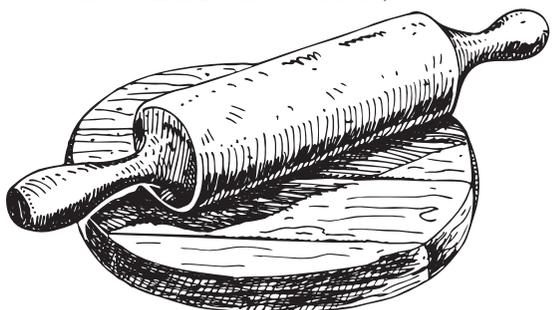
HONEY BUTTER BISCUITS \$9

Homemade buttermilk biscuits served hot with honey butter.

PISTACHIO CROISSANT \$7

ALMOND CROISSANT \$7

CHOCOLATE CROISSANT \$6



BRUNCH SANDWICHES



served with

YOUR CHOICE OF
Fresh Berries
OR Home Fries

add

Redeye OR Country Gravy +\$2
Fried Chicken +\$5 Egg +\$2

*** BACON, EGG & CHEESE \$11**

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

*** SAUSAGE, EGG & CHEESE \$11**

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

*** PROSCUITTO, EGG & SMOKED MOZZ \$12**

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

*** FARMHOUSE BISCUIT \$13.5**

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

*** STEAK & EGGS \$16**

Short rib, fried egg, white cheddar, caramelized onion spread, arugula on a toasted brioche roll.

*** HOT MESS \$13**

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

*** DIRTY BENNY \$13.5**

Open faced English muffin, ham, sunny side up eggs, Stumptown redeye gravy, fresh herbs.

*** VEGGIE BREAKFAST BURRITO \$13**

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

VEGAN OPTION AVAILABLE.

*** MR. CROISSANT \$12.5**

Toasted handmade croissant, applewood ham, sliced tomato, swiss cheese, horseradish mayo, fried egg.

NOVA LOX BAGEL \$16

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

*** ALABAMA PORK BISCUIT \$13**

Buttermilk biscuit, pork confit, caramelized onion, Alabama white sauce, white cheddar, onion spread, fried egg.

FRIED CHICKEN BISCUIT \$13.5

Buttermilk biscuit, fried chicken, sharp cheddar. Served with a side of country gravy and honey hot sauce.

ADD EGG +\$2.

GRAINS

APPLE CINNAMON PORRIDGE \$10

Whole grains, goji, chia, cinnamon, raisins, coconut, vanilla, toasted almonds. (No substitutions)

VEGAN OPTION AVAILABLE.

PROTEIN BREAKFAST BOWL \$12

Quinoa, whole grains, avocado, kale, lemon vinaigrette, almonds, mint, basil, sunny side egg, feta.

VEGAN OPTION AVAILABLE.

SIDES

*fixins
for
pickin'*

HOME FRIES \$5

**SEA-SALTED
FRENCH FRIES \$5**

BUTTERMILK WAFFLE \$5

GRANOLA + YOGURT \$6

SWEET POTATO FRIES \$6

APPLEWOOD BACON \$3

**BREAKFAST
SAUSAGE \$3**

FRESH BERRIES \$5

* 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 \$14.5

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

* BIG KID BREAKFAST \$13

Two eggs cooked any way you like, applewood bacon, sourdough toast, home fries and fresh berries.

VEGAN OPTION AVAILABLE

SUBSTITUTE BISCUIT +\$1.5

* ROASTED MUSHROOM OMELET \$12.5

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 fresh berries.

* SAUSAGE & PEPPERS OMELET \$13.5

Three egg omelet with sausage, fresh and roasted peppers, garlic, red onion, smoked mozzarella and parmesan.

Served with your choice of home fries or fresh berries.

* HAM & CHEESE OMELET \$12

Three egg omelet with applewood ham and sharp cheddar. Served with your choice of home fries or fresh berries.

CURRY CAULIFLOWER BOWL \$16

Quinoa, sweet potato, sautéed veggies, curry roasted cauliflower, pickled golden raisins, coconut broth, chili oil, cilantro. VEGAN OPTION AVAILABLE.

CALI GRILLED CHICKEN BOWL \$16

Grilled chicken, avocado, sweet potato, whole grains, beets, sautéed veggies + kale, arugula, feta, fresh herbs. Served with a side of honey lime vinaigrette and chile garlic sauce.

CHICKEN & WAFFLES \$16

Buttermilk fried chicken, buttermilk waffles, honey hot sauce, maple syrup and your choice of home fries or fresh berries.

HOT CHICKEN & WAFFLES \$16

Our version of Nashville's famous hot chicken served with buttermilk waffles, honey hot sauce, maple syrup and your choice of home fries or fresh berries.

ROSÉ WAFFLES \$14

Rosé soaked strawberry buttermilk waffles served with rosé syrup, whipped cream and your choice of home fries or fresh berries.

SANDWICHES

served with

YOUR CHOICE OF

Sea Salted Fries OR Kale Salad
ADD Sweet Potato Fries +\$1

TURKEY & BRIE \$13

Roasted turkey breast, raspberry preserves, brie, mayo, spinach, toasted pita.

FRIED CHICKEN \$14

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

B.L.A.T. \$12

Applewood bacon, avocado, lettuce, ripe tomato, mayo, double-stacked toasted sourdough.

TURKEY & AVOCADO \$13.5

Roasted turkey breast, bacon, avocado, lettuce, tomato, mayo, toasted sourdough.

SHORT RIB GRILLED CHEESE \$16

Chipotle braised short rib, horseradish mayo, pickled red onion, caramelized onion spread, arugula, white cheddar, sourdough.

THE DIANA ROSS \$14

a.k.a The Chick Supreme. Grilled chicken, white + yellow cheddar, bacon, tomato, lettuce, whole grain mustard, brioche.

HAM & TURKEY CLUB \$15

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