

# SALADS

*add*  
A PROTEIN

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

## KALE \$8

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

VEGAN OPTION AVAILABLE

## SPINACH \$9

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

## CAESAR \$7

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

## ARUGULA \$9

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

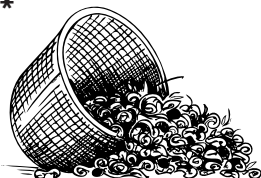
BLACK CHINA  
GUNPOWDER GREEN  
CHAI  
GINGER PEACH  
EARL GREY

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*

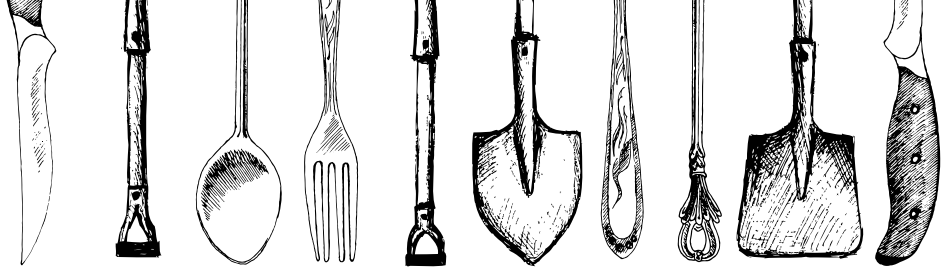
**ALL DAY**

*the  
Goods*

*the Gulch*

214 11<sup>TH</sup> AVE S \* NASHVILLE, TN 37203

MILKANDHONEYNASHVILLE.COM



## SHAREABLE STARTERS

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### **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.

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## TOASTS

*served with*

**YOUR CHOICE OF**  
Fresh Berries  
**OR** Home Fries

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### **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.

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## FRESH FROM THE *bakery*

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### **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.

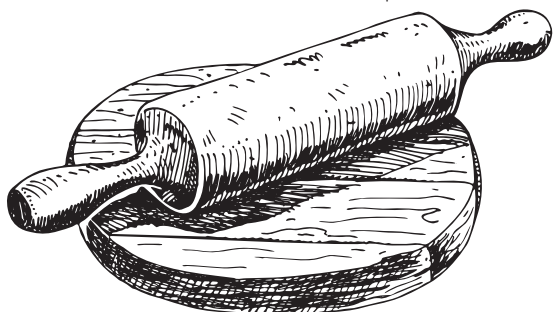
### **HONEY BUTTER BISCUITS** \$9

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.