

Milk & Honey

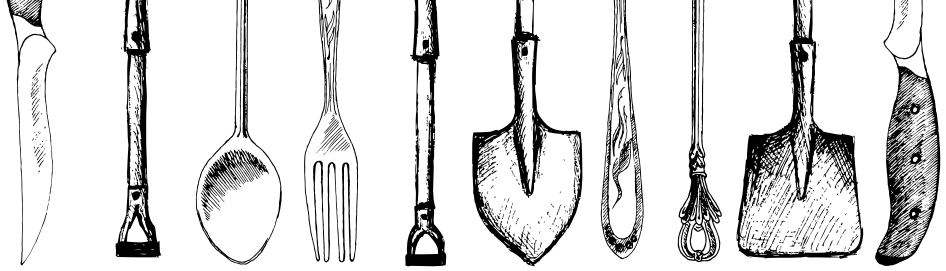
YAY
ALL

*the
Goods*

the Gulch

214 11TH AVE S * NASHVILLE, TN 37203

MILKANDHONEYNASHVILLE.COM



SHAREABLE STARTERS

BURRATA & FIG \$16.5

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

RICOTTA & HONEY \$10

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

*** SHAKSHUKA** \$14

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 + Pineapple

OR Home Fries

SCRAMBLED EGG TOAST \$12

Tomato rubbed sourdough, soft scrambled egg, parmesan, fresh basil, olive oil. **VEGAN OPTION AVAILABLE**

*** AVOCADO TOAST** \$14.5

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

FIG & PROSCIUTTO TOAST \$12.5

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

*** MUSHROOM & RICOTTA TOAST** \$12.5

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

FRESH FROM THE *bakery*

SUPER-FAMOUS BUTTERMILK BISCUIT \$4

Served with local honey and strawberry preserves.

+ **SIDE REDEYE GRAVY OR COUNTRY GRAVY** +\$2

NY STYLE BAGEL \$5

Choice of plain or everything served with preserves or 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.

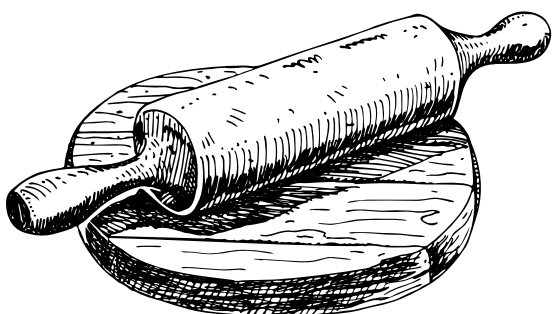
CROISSANT \$5

Served with preserves and butter.

PISTACHIO CROISSANT \$7

ALMOND CROISSANT \$7

CHOCOLATE CROISSANT \$6



BRUNCH SANDWICHES

served with

YOUR CHOICE OF
Fresh Berries + Pineapple
OR Home Fries

add

Redeye OR Country Gravy +\$2
Fried Chicken +\$5 Egg +\$1.5



* BACON, EGG & CHEESE \$9.5

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

* SAUSAGE, EGG & CHEESE \$9.5

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

* PROSCIUTTO, EGG & SMOKED MOZZ \$9.5

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

* FARMHOUSE BISCUIT \$12.5

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

* STEAK & EGGS \$13

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

* HOT MESS \$11.5

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

* DIRTY BENNY \$13

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

* VEGGIE BREAKFAST BURRITO \$11

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

VEGAN OPTION AVAILABLE.

* MR. CROISSANT \$11.5

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

* NOVA LOX BAGEL \$14.5

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

* ALABAMA PORK BISCUIT \$12

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

* FRIED CHICKEN BISCUIT \$13

Buttermilk biscuit, fried chicken, sharp cheddar. Served with a side of country gravy.

GRAINS

* APPLE CINNAMON PORRIDGE \$9

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

VEGAN OPTION AVAILABLE.

* PROTEIN BREAKFAST BOWL \$11

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

VEGAN OPTION AVAILABLE.

SIDES

fixins
for
pickin'

HOME FRIES \$4

SEA-SALTED
FRENCH FRIES \$4

BUTTERMILK WAFFLE \$5

GRANOLA + YOGURT \$5

SWEET POTATO FRIES \$5

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 \$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 \$14

Two eggs cooked any way you like, applewood bacon, sourdough toast, home fries, fresh fruit, oven roasted tomatoes. **VEGAN OPTION AVAILABLE**

SUBSTITUTE BISCUIT +\$1.5

* ROASTED MUSHROOM OMELET \$11.5

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 berries & pineapple.

* SAUSAGE & PEPPERS OMELET \$12.5

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

* HAM & CHEESE OMELET \$11.5

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

CURRY CAULIFLOWER BOWL \$16

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

CALI GRILLED CHICKEN BOWL \$16

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

CHICKEN & WAFFLES \$15

Buttermilk fried chicken, Hatcher Dairy buttermilk waffles, maple syrup. Served with your choice of home fries or berries & pineapple.

HOT CHICKEN & WAFFLES \$15

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

ROSÉ WAFFLES \$13

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

SANDWICHES

*served
with*

YOUR CHOICE OF

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

TURKEY & BRIE \$12

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

FRIED CHICKEN \$13

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

B.L.A.T. \$10.5

Applewood bacon, avocado, lettuce, ripe tomato, Duke's mayo, toasted sourdough.

TURKEY & AVOCADO \$12.5

Roasted turkey breast, bacon, avocado, lettuce, tomato, Duke's mayo, sourdough.

SHORT RIB GRILLED CHEESE \$13

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

RUBI CHICKEN SANDWICH \$13

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

HAM & TURKEY CLUB \$14.5

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

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 \$9

Romaine, kale, tuscan kale, radish, Parmesan, caesar dressing, sourdough croutons, cracked pepper.

ARUGULA \$9

Beets, goat cheese, lemon vinaigrette, pecorino romano, pine nuts, cracked black pepper. **VEGAN OPTION AVAILABLE.**



daily

PASTRY SELECTION

MUFFINS

Blueberry \$3.5

Lemon Poppy Seed

GLUTEN FREE \$4

POP TARTS

Strawberry \$4

Nutella \$4

Everything Bagel Tart \$4.5

SCONES

Vegan Matcha \$5

Milk & Honey \$4

COOKIES

Peanut Butter* \$2.50

Salted Chocolate Chip \$3.50

Thumbprints*

SINGLE \$1.50 1/2 DOZEN \$6

CONFECTIONS

Sea-Salted Caramels

SINGLE 75¢ DOZEN \$7

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* \$5 / \$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
Almond • Coconut • Oat +50¢

*hot
or
iced*

LOOSE LEAF TEAS \$4

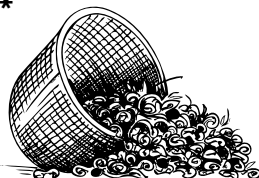
BLACK CHINA
GUNPOWDER GREEN
CHAI
GINGER PEACH
EARL GREY

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

CAFFEINE FREE*

*Give it
a shot!*

Bourbon \$6



COLD PRESSED JUICES

LIQUID GOLD \$10

Pineapple, ginger,
mango, apple.

STRAWBERRY ORANGE \$8

Strawberry, orange,
cane sugar.

DR. FEEL GOOD \$10

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

VALENCIA ORANGE \$6

Just orange.

RISE & SHINE \$9

Carrot, apple, ginger,
orange.

RUBY RED GRAPEFRUIT \$6

Grapefruit, filtered
water, cane sugar.