

*Milk & Honey*

**DRY  
D  
ALL**

*the  
goods*

THE GULCH

214 11<sup>TH</sup> AVE SOUTH

NASHVILLE, TENNESSEE 37203

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[MILKANDHONEYNASHVILLE.COM](http://MILKANDHONEYNASHVILLE.COM)

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# SHAREABLE STARTERS

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## **BURRATA & FIG** \$16.5

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

## **RICOTTA & HONEY** \$10

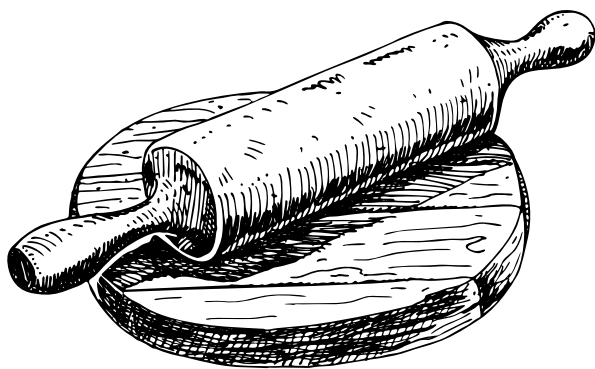
Whipped whole milk ricotta, local honey, fleur de sel, sourdough toast.

## \* **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.



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# TOASTS

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*served with*

**YOUR CHOICE OF** • Fresh Berries + Pineapple **OR** Home Fries

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## **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.

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# FRESH FROM THE *bakery*

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## **SUPER-FAMOUS BUTTERMILK BISCUIT** \$4

Served with local honey and strawberry preserves.

**ADD 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.

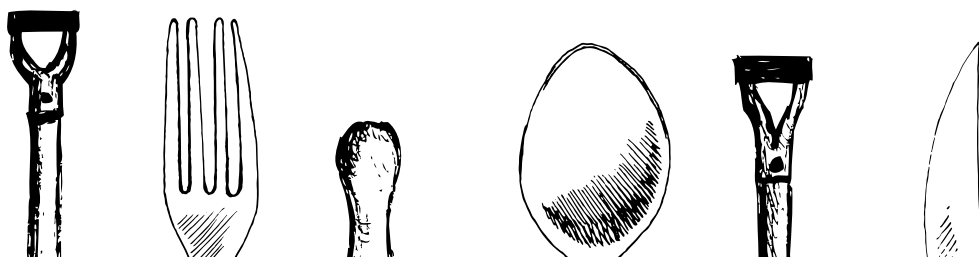
## **CROISSANT** \$5

Served with preserves and butter.

## **PISTACHIO CROISSANT** \$7

## **ALMOND CROISSANT** \$7

## **CHOCOLATE CROISSANT** \$6



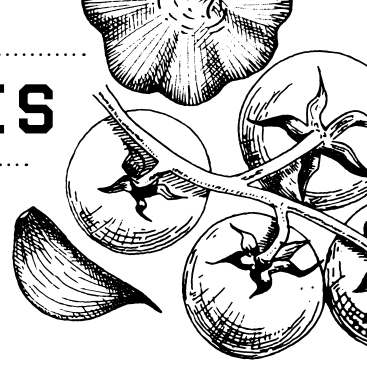
# BRUNCH SANDWICHES

*served with*

YOUR CHOICE OF • Fresh Berries + Pineapple OR Home Fries

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

ADD Fried Chicken +\$5    ADD 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.

## \* PROSCUITTO, 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

HOME FRIES \$4  
SEA-SALTED FRENCH  
FRIES \$4  
GRANOLA  
+ YOGURT \$5

*fixins for pickin'*

SWEET POTATO FRIES \$5  
APPLEWOOD  
BACON \$3  
BUTTERMILK  
WAFFLE \$5

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. **SUBSTITUTE BISCUIT +\$1.5**

**Vegan option available.**

## \* 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.

# deli board SANDWICHES

served with

YOUR CHOICE OF • Sea Salted Fries **OR** Kale Salad

ADD Sweet Potato Fries \$1 More

## 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.

## HAM & TURKEY CLUB \$14.5

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

## SHORT RIB GRILLED CHEESE \$13

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

## TURKEY & AVOCADO \$12.5

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

## RUBI CHICKEN SANDWICH \$13

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

## B.L.A.T. \$10.5

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

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# SALADS

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*add*

A PROTEIN

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

• Avocado +\$2

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## KALE \$8

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

**Vegan option available.**

## CAESAR \$9

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

## SPINACH \$9

Fresh spinach, roasted mushrooms, Applewood bacon, gorgonzola, balsamic vinaigrette.

**Vegan option available.**

## ARUGULA \$9

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

**Vegan option available.**

*naturally  
Leavened*

# WOOD-FIRED PIZZA

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Our pizza is made with thought, care, hands and love. You'll smell our sourdough starter, naturally leavened dough, authentic ingredients and 850° of wood-fired heat. And you'll taste more than 100 years of history, perfected and passed down from family to friends to us to you.

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## MARGHERITA \$14

Tomato sauce, fresh whole milk mozzarella, basil, extra virgin olive oil, sea salt.

## SWEET FIG \$18

Prosciutto, fig preserves, gorgonzola, kalamata olive, goat gouda, arugula, olive oil, sea salt.

## THE MELROSE \$17

Tomato sauce, sausage, caramelized onion, fresh mozzarella, smoked mozzarella, peppadew peppers, basil, sea salt.

## ROASTED MUSHROOM \$16

Roasted mushrooms, Extra virgin olive oil, fresh whole milk mozzarella, fresh tomato, capers, thyme, sea salt. **Vegan option available.**

## WAKE & BAKE \$18

Applewood bacon, sausage, fingerling potato, green onion, mascarpone cream sauce, fresh whole milk mozzarella, olive oil, sea salt, egg.

## BARBECUE PORK \$17

Pork confit, bourbon barbecue sauce, red onion, jalapeno, smoked mozzarella, sharp cheddar, cilantro, sea salt.

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# COFFEE + ESPRESSO

*add*

A shot of Baileys or Frangelico for \$6

ESPRESSO \$3 

MACCHIATO \$3.5

CORTADO \$3.5

CAPPUCCINO \$4

DRIP COFFEE \$4   
16oz

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 \$5 / \$6 

No Milk Substitutions

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

OTHER MILK OPTIONS  
AVAILABLE UPON REQUEST:

NON-FAT 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

## COLD PRESSED JUICES (NO SUBSTITUTIONS)

LIQUID GOLD \$10

Pineapple, ginger, mango,  
apple.

VALENCIA ORANGE \$6

Orange.

DR. FEEL GOOD \$10

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

STRAWBERRY ORANGE \$8

Strawberry, orange, cane  
sugar.

RISE & SHINE \$9

Carrot, apple, ginger, orange.

RUBY RED GRAPEFRUIT \$6

Grapefruit, filtered water,  
cane sugar.