



Milk and Honey Food Company Catering & Gourmet Food ToGo

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5022 Old Hydes Ferry Pike, Nashville, TN 37218

Please allow at least a 48-hour notice on all catering orders.

Milk and Honey Food Company offers small event catering and gourmet food to go. We use many local ingredients to provide healthy, farm fresh food for the consumer. Our mission is to give back to the community by providing meals to families in need. We're helping "...lead them to a good and spacious land, a land flowing with milk and honey." Exodus 3:8

Catering Menu

Boxed Lunch Combo: Sandwich with 2 sides \$12 (\$14 with choice of dessert)

kettle chips, fresh fruit, caprese salad, edamame salad, orzo pasta salad, or kale & cranberry salad

Turkey, Bacon & Apple

with brie, fruit chutney, sprouts, mayo, on oatmeal bread

Honey Roasted Ham

with sharp cheddar, lettuce, tomato, red onion, Dijon, & mayo, on oatmeal bread

Farmer's Veggie

with white cheddar, avocado, tomatoes, cucumber, red onion, clover sprouts, fruit chutney, on multigrain bread

Chicken Salad, Spicy Pimento Cheese, or Cucumber *served on multigrain or oatmeal bread*

Appetizers & Sandwich Trays

Turkey, Bacon, & Apple or Farmer's Veggie Sandwich \$7 each or \$77 per dozen

Chicken Salad, Pimento Cheese, or Cucumber Sandwich \$6 each or \$66 per dozen

Round Tea Sandwiches *Chicken Salad, Pimento Cheese, or Cucumber* \$1.50 each or \$16.50 per dozen

Finger Sandwiches *Chicken Salad, Pimento Cheese, or Cucumber* \$3.00 each or \$33.00 per dozen
(24 halves or 48 fourths of a sandwich)

Caprese Salad Skewers (100 Mini Skewers) \$75

Salmon, Cucumber, and Cream Cheese Bites (serves 15-20) \$42

Cucumber and Cream Cheese Bites (serves 15-20) \$32

Pimento Cheese & Bacon Mini Cheese Ball Bites (serves 15-20) \$38

Horseradish Roast Beef Sliders (32 sliders)	\$56
Ham and Swiss Sliders (32 sliders)	\$56
Buffalo Chicken & Blue Cheese Sliders (32 sliders)	\$56
Italian Muffaletta Sliders (32 sliders)	\$64
Basil, Goat Cheese, and Roasted Red Pepper Sliders (32 sliders)	\$56
Vegetable Tray with Hummus or Ranch (serves approx. 15)	\$42
Fruit Tray (serves approx. 15)	\$42
Specialty Cheese and Crackers Tray (serves approx. 15)	\$40

Salads/Dips & Spreads

Signature Cold Salads & Dips *edamame salad, orzo pasta salad, kale & cranberry salad, chicken salad, fruit or fruit salad, caprese salad, spicy pimento cheese (with goat cheese), spinach artichoke dip, olive feta spread*
 ½ pint \$4 pint \$8 Quart \$16 Large Bowl (serves 15-20) \$34
**Pita chips served with large order of dips & spreads*

Fresh Mixed Green Salad with Variety Toppings *spinach, kale, and chard OR spring mix with shredded carrots, sweet peppers, red onion, tomatoes, feta, and your choice of dressing*
 Small (serves 2-4) \$12 Large (serves 6-8) \$24 Extra Large (12-16) \$48

BLT Salad *mixed greens, cherry tomatoes, bacon, red onion, cheddar cheese, avocado ranch dressing*
 Small (serves 2-4) \$14 Large (serves 6-8) \$26 Extra Large (12-16) \$50

Casseroles & Entrees

Breakfast Casseroles

Spinach and artichoke with bacon, Vegetarian, Sausage and Potato, Blueberry French toast
 Small (serves 2-4) \$16 Large (serves 8-10) \$32 Extra Large (serves 16-20) \$64

Entrees

Classic Lasagna with Beef and Italian Sausage, Vegetable Lasagna, Chicken Spinach and Artichoke with Bacon Pasta Bake, Chicken and Wild Rice Casserole, Chicken or Vegetable Enchilada Casserole **Ask about our seasonal entrée(s) with vegetables from local farms.*
 Small (serves 2-4) \$16 Large (serves 8-10) \$32 Extra Large (serves 16-20) \$64

Savory Pies (serves approx. 6) \$20

Tomato Pie

Sweet Corn and Zucchini Pie

Quiche (serves approx. 6) \$22 Mini Quiche \$2.25 each

Spinach, Feta, & Tomato

Asparagus & Bacon

Broccoli, Ham, & Cheddar

Basil, Goat Cheese, & Sundried Tomato

Farm Fresh Seasonal Soups (October-March) Pint \$8/Quart \$16

Desserts/Snacks

**Ask about our rotating/variety desserts.*

Chocolate Chip Cookies

\$6 per ½ dozen \$12 per dozen

Pecan Pie Bars

\$6 per ½ dozen \$12 per dozen

(Mini) Chess Pie or Pecan Pie

\$2.25 each or \$25 per dozen

Coconut Dark Chocolate Energy Bars, Cranberry or Blueberry Raw Bars (gluten free)

\$1.75 each

Strawberry Banana Pudding

Small (serves 2-4) \$15 Large (serves 8-10) \$30 Extra Large (serves 15-20) \$60

Chocolate Covered Strawberries

\$1.50 each or \$16.50 per dozen

Granola (vegan + gluten free)

\$3 per ½ pint \$6 per pint \$12 per quart

Triple Chocolate Brownies

Small (serves 4-6) \$12 Large (serves 8-10) \$24 Extra Large (serves 15-20) \$48

Peanut Butter, Key lime, or Fudge Pie (one size serves 4-6) \$14

Drinks

\$6 per gallon

Mango Fruit Tea

Sweet or Unsweet Tea

Citrus Water (Lemon, Orange, Strawberry, or Cucumber)

Bottled Water \$1.25 per bottle

Disposable Catering Equipment/Delivery

Plates, bowls, cups, straws, lids, napkins, forks, spoons, knives, salt and pepper \$10 per set of 10

Disposable Catering Equipment

1 extra large disposable chafing dish, wire rack, 2 serving spoons/tongs, 2 fuel cans \$12

Large Disposable Cooler of Ice \$10

Delivery Fee \$1.00 per mile, from our location

**Request your favorite dish or family recipe– priced by ingredients.*

**Allergies/Specific Diet? Call or email us to let us know and we'll try our best to fit your needs.*

**Sign up for our mailing list at www.milkandhoneyfoodcompany.com . You'll receive emails with new menu items and all things Milk and Honey Food Company. Check us out on Facebook, Instagram, and Twitter. We're always sharing pictures and stories of our food adventures!*

Milk and Honey Food Company's Buffet Style Event Catering Menu

Event menus can be crafted to fit the needs of you and your guests. Please contact Alex White @ 615-594-0500 or milkandhoneyfoodco@gmail.com for further pricing and menu options. **ALL large (75+people) catering orders must be placed at least one week in advance. Orders for fewer than 75 guests must be placed 48-72 hours in advance.**

Estimated Menu Pricing

1 Meat, 2 sides, 1 Bread: Approximately \$15 per person

1 Meat, 3 sides, 2 Breads: Approximately \$25 per person

2 Meats, 4 sides, 2 Breads: Approximately \$35 per person

*Prices will vary based on market price and does not include dinnerware or linens for your event. Please contact our preferred vendor,

Music City Tents & Events, online at www.musiccitytents.com or call 615-298-9222 to rent the equipment needed for your event.

Day of Event Catering Fee: \$500

(Includes: 3 professional buffet servers for 4 hours [\$25 for each additional hour (per server) and \$125 for each additional server needed], catering pans/catering equipment, set up, clean up, etc.)

Buffet Meat Options

Baked Ham

Oven Roasted Turkey Breast

Chicken & Dressing

Baked Chicken

Grilled Chicken (tenders or breasts)

Southern Fried Chicken (tenders or breasts)

Poppy Seed Chicken

Pulled Pork BBQ with 2 Sauces

Pork Tenderloin

Salmon

Beef and Italian Sausage Lasagna

Chicken, Spinach, Bacon, and Artichoke Pasta Bake

Buffet Soup Options

(1 Soup & 1 Bread Choice) \$10-15 per person

(2 Soups & 2 Bread Choices) \$20-25 per person

Beef or Brunswick Stew

Chicken and Dumplings

Chicken Tortilla

Chili (beef or vegetarian)

Minestrone

Potato Soup with Cheese & Bacon

Tomato Basil

Vegetable Soup

Buffet Bread Options

Garlic Bread Sticks

Southern Style Cornbread

Sweet and Cheesy Muffins

Yeast Rolls

Buffet Side Item Options

Bacon Wrapped Green Bean Bundles

Baked Beans

Broccoli Casserole

Broccoli or Cornbread Salad

Corn Pudding or Casserole

Creamy Parmesan Cheese Grits

Greek Pasta Salad

Green Bean Casserole

Hash Brown Casserole

Macaroni and Cheese

Marinated Cucumbers, Onions and/or Tomatoes

Mashed Cauliflower

Mashed Potatoes

Roasted Asparagus

Roasted Balsamic Glazed Brussels Sprouts

Roasted Carrots

Roasted Rosemary Garlic Potatoes

Roasted Seasonal Farm Fresh Vegetables

Spring Mix or Caesar Salad with 2 dressings

Squash Casserole

Sweet Potato Casserole with Pecan Praline Topping

Sweet & Spicy Coleslaw

Traditional Potato Salad

Wild Rice Pilaf

Mexican Fiesta Buffet Options \$12 per person

(Served with mexi-rice, tortilla chips, and salsa)

Chicken or Beef Enchiladas

Add Guacamole, Sour cream, or Shredded Cheese

\$0.75 per person

Add Cheese Dip or Jalapeno Cheese Dip

\$1.25 per person

Buffet Dessert Options

Large (serves 10-12) \$30

Extra Large (serves 20-22) \$60

Apple, Peach, or Berry Crisp

Bread Pudding

Chocolate Delight

Triple Chocolate Brownies

Peach Delight

Strawberry Banana Pudding

Beverages

\$6 per gallon, in buffet style drink dispensers

Sweet or Unsweetened Tea, Fruit Tea, Lemonade,
Water, Coffee

Lemons and sweeteners add \$3 extra per gallon
purchased.

Ice available for \$2 per bag/serves up to 20