



We nourish community through hospitality and our commitment to quality. Our food + drinks are made from scratch using original recipes and thoughtfully-sourced ingredients from regional farmers and producers whenever possible. Welcome to Frothy.

BREAKFAST

CALIFORNIA*

2 fried farm eggs over medium, atop 2 slices of sourdough toast, with an avocado wedge, sprouts, and house-made salsa on the side \$10 🌱 {+ Broadbent bacon \$3}

FARM BREAKFAST*

2 farm eggs (Egg Shack / Herndon, KY) cooked to order, Broadbent bacon (Kuttawa, KY) or pork sausage, herb-roasted red potatoes, orange wedges, and toast \$11 🌱

BOB

2 pancakes, syrup, and choice of 2 sides \$11 🌱 {+ chocolate chips \$.50}

CORNER BEEF + POTATO HASH*

With a fried farm egg over medium, pickled onions, spicy Hoff sauce aioli \$10.50 🌱

MONKEY CRISTO*

Ham, Swiss, and strawberry jam on honey white, dipped in egg and grilled. Served with a cup of fruit \$9.50

ROYALE

Smoked turkey, Swiss, avocado, lettuce, tomato, basil mayo, served warm on multigrain \$9.50 🌱 {+Broadbent bacon \$3}

BRISKET SANDWICH

Red wine braised TN Grassfed Farm brisket (Clarksville, TN), caramelized onions and peppers, with cheddar cheese, served on a grilled hoagie roll \$12.50

PMP

Prosciutto, mozzarella, provolone, lettuce, tomato, basil mayo, served warm on sourdough \$11 🌱 {+ avocado mash \$1}

LOADED BISCUITS + CHORIZO GRAVY

A BAKERY by frothy monkey biscuit served open faced and topped with house-made chorizo gravy featuring chorizo from Porter Road Butcher (Nashville, TN), loaded with peppers, caramelized onions, 2 farm eggs, cheddar cheese \$12

QUINOA BOWL*

Chilled Mediterranean quinoa with herbed tofu, basil pesto marinated chickpeas, sprouts, red onions, cucumbers, and sun-dried tomato pesto \$10 {+ a farm egg or spinach \$1.50} 🌱

CHEESY GRIT BOWL

Warm feta cheese grits with chilled prosciutto, arugula, tomato jam and dijon sour cream \$9 {+ farm eggs* \$3} 🌱

OATMEAL

Rollled oats, 3 toppings, brown sugar, steamed milk \$7 {available for brunch}

fresh fruits strawberries, bananas, apples, pears, seasonal fruit
dried fruits cranberries, raisins
nuts** walnuts, almonds
{Natural peanut butter \$0.50}

{Chips + Salsa on the side unless noted}

BETSY

White meat chicken salad (cranberries, celery, dijon & maple) with mixed greens, tomato served on warmed sourdough \$9.50 🌱

ITALIAN SUB

Salami, ham, mozzarella served grilled on a BAKERY hoagie roll with basil mayo, sun-dried tomato pesto, lettuce and tomato. \$11 🌱

SALMON SANDWICH*

Pan-seared salmon fillet on BAKERY by frothy monkey bun with lemon dill dijon sauce, lettuce, and tomato, served with herb-roasted red potatoes. \$13 🌱

HUEVOS ROLANDOS*

2 farm eggs over medium atop seasoned black beans & tomatoes, and red potatoes. Served with avocado wedge and sour cream \$11 🌱 {+ kale or spinach \$1.50 / + pork barbacoa \$5}

ARCHITECT OMELET*

2 large farm egg omelet. Choice of 1 protein, 1 cheese & 2 veggies. {egg whites are available} Served with toast, butter + jam \$13 🌱

protein Broadbent bacon (Kuttawa, KY), ham, pork sausage, tofu

cheese cheddar, Swiss, provolone, mozzarella, feta, blue cheese, parmesan

veggies tomatoes, onions, carrots, sprouts, cucumber, red peppers, spinach, kale, fresh basil, mushrooms

Toast (2 slices) \$2.50 (GF available)

Herb-roasted red potatoes \$2.50

Feta cheese grits \$2.50 Biscuit \$2.50

Farm eggs* \$3 (Egg Shack, Herndon, KY)

Egg whites \$3 Cup of fruit \$2.50

Broadbent bacon (Kuttawa, KY) \$3

Ham \$3 / Pork sausage* \$3 / Tofu \$3

GRILLED CHEESE*

Cheddar, mozzarella, avocado mash and over hard farm egg with basil mayo, on honey white \$9.50 {+ Broadbent bacon \$3} 🌱

FARM BURGER*

Grilled TN Grassfed Farm beef (Clarksville, TN) topped with pimento cheese, bacon dijon crème fraiche, mixed greens, tomato, banana peppers, served with herb-roasted red potatoes. \$13 🌱

QUINOA + BLACK BEAN BURGER

Tomato, lettuce, mozzarella and sun-dried tomato pesto, basil mayo, served with herb-roasted red potatoes on a BAKERY by frothy monkey bun \$11 {+ avocado mash \$1} 🌱



BAGELS

BAKERY by frothy monkey bagel selections: plain, wheat, poppy, sesame, everything

Toasted with butter + jam \$2.50
{+ cream cheese or Georgia Grinders peanut butter \$.50}

PLAIN JANE*

Sandwich with farm eggs, Swiss, tomato on your choice of bagel \$7 🌱

JULIE*

Sandwich with farm eggs, feta, basil, tomato on your choice of bagel \$8 🌱

Egg whites available upon request

Tofu \$3 / Broadbent bacon (Kuttawa, KY) \$1.50

Sprouts \$0.50 / Avocado mash \$1

Pork sausage \$1.50 / Ham \$3

CLYDE

Corned beef, Swiss, sauerkraut, sun-dried tomato buck sauce, served warm on rye \$11.50 🌱

NED

Hummus, cucumber, sprouts, red peppers, spinach on warmed multigrain \$7.50 🌱 {+ tofu or portabella \$3}

Cup of soup \$1.50 (a la carte cup \$4 / bowl \$6)

Side salad \$2 (a la carte \$4.50)

Cup of fruit or raw veggies \$2.50

Herb-roasted potatoes \$2.50

Chips + salsa \$2.50



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SALADS served by
{with your choice of bread on the side}

LUNA ROSE

Mixed greens topped with julienned Genoa salami, blue cheese crumbles, house-made pickled onions, almonds and blood orange vinaigrette \$9 / \$12 🌱

KALE CAESAR

Kale + arugula, house-made Caesar dressing + house-made croutons, parmesan cheese \$11 🌱

GAIL

Mixed greens, grilled chicken breast, feta, avocado wedge, cucumbers, walnuts**, lemon garlic vinaigrette with a strawberry \$10 / \$13 🌱

Grilled chicken \$4	Tofu \$3
Chicken salad \$4	Hummus \$3
Salmon* \$9	Portabella \$3
Pimento cheese \$3	Shrimp* \$9 (after 4p)
House-made croutons \$5.00	

SALAD ARCHITECT

Choice of greens + 5 ingredients + a house-made dressing (lemon garlic vinaigrette, balsamic vinaigrette, blood orange vinaigrette, bacon ranch) \$9.5 🌱

greens

mixed greens, spinach

veggies

tomatoes, onions, carrots, sprouts, cucumber, red peppers, kale {avocado wedge \$1}

dried fruit

cranberries, raisins

fresh fruit

strawberries, apples, pears

nuts**

walnuts, almonds

cheese

cheddar, Swiss, provolone, feta, blue cheese, mozzarella, parmesan

ARTISAN CHEESE BOARD & PIMENTO CHEESE

With dried fruit, house-made bread, walnuts** \$11 🌱

CHARCUTERIE BOARD

Prosciutto, Broadbent country ham (Kuttawa, KY), salami, dried mango, whole grain mustard, house-pickled okra, and toast points \$12 🌱

ARTISAN CHEESE + CHARCUTERIE BOARD*

Daily selection of two cheeses, pimento cheese, prosciutto, Broadbent country ham (Kuttawa, KY), salami, dried mango, walnuts**, whole grain mustard, house-pickled okra and toast points / Serves 4 \$21 🌱

HOUSE-MADE HUMMUS

With raw veggies or corn chips (or both) \$6 🌱

CHIPS + SALSA

House-made salsa with corn chips \$5 🌱

SHRIMP + GRITS*

Blackened shrimp with tomatoes, red peppers, onions and Broadbent bacon (Kuttawa, KY) over creamy feta grits \$16 🌱

CHICKEN + GNOCCHI*

Herb marinated chicken breast on potato gnocchi, with mushrooms, spinach, and basil pesto cream \$12

SALMON + QUINOA*

Pan seared salmon* over chilled Mediterranean quinoa, basil pesto marinated chickpeas, red onions and sun-dried tomato pesto \$14 🌱

RED WINE BRAISED BRISKET

Red wine braised TN Grassfed Farm brisket (Clarksville, TN), seasonal roasted vegetables, and red potatoes with herbed butter \$14 🌱

PORK BARBACOA

Pulled pork barbacoa with black beans, caramelized onions and peppers, pickled onion, and cilantro. Served with 2 corn tortillas. \$13 🌱

FISH OF THE DAY*

Pan-seared fish of the day over feta grits, buttered asparagus, and basil pesto \$16 🌱

HUEVOS ROLANDOS*

2 farm eggs over medium atop seasoned black beans & tomatoes, and red potatoes. Served with avocado wedge and sour cream \$11 🌱 {+ kale or spinach \$1.50 / + pork barbacoa \$5}

SUN-DRIED TOMATO PESTO PASTA

Nicoletto's (Nashville, TN) fusilli pasta with tomatoes, red onions, spinach and a sun-dried tomato pesto cream with parmesan \$12 {+ chicken* \$4 / shrimp* \$9 / portabella \$3}

CHEESY EGGS + BACON* \$6

Farm egg scrambled with cheese, 1 slice of Broadbent bacon + fruit

MONKEY DOLLARS* \$6

3 kid-sized pancakes, scrambled eggs + fruit 🌱 {+ chocolate chips \$.50}

KIDS OATMEAL \$4

Half portion of oatmeal. See the Breakfast menu for topping choices. (avail. for brunch)

CUP OF FRUIT \$2.50

VEGGIES + HUMMUS \$6

{sandwiches are served w chips + orange wedges}

HAM + CHEESE \$6

TURKEY + CHEESE \$6

GRILLED CHEESE \$6

PB + J** \$6

12south / avenue of the arts / east nashville
the nations / franklin / chattanooga

{hours}

brunch every day until 5pm

dinner 4pm-cl

check our website for hours

🌱 = gf or can be modified to be gf. Our gf items are made with gluten free ingredients but not in a certified gluten free kitchen.

*Consuming raw or undercooked meats, poultry, seafood, shellfish, eggs, or condiments that contain raw animal or egg ingredients may increase your risk of foodborne illness, especially if you have certain medical conditions.

** Contains nuts