

Food Idioms List with Meanings and Examples

Idiom / Phrase	Meaning	Example Sentence
apple of my eye	an adored person	My precious daughter is the apple of my eye.
bad egg	a troublesome person	Bart is the bad egg of the class. He is always throwing paper airplanes.
basket case	erratic or panicky	She became such a basket case when she discovered her ex was at the party.
be nuts about	really enjoy	She is nuts about her new boyfriend.
big cheese	an important person	Where is the director? I want to talk to the big cheese.
bite off more than one can chew	take on more responsibility than what is manageable	He was multitasking and getting stressed, so I told him not to bite off more than he could chew.
bitter pill	something unpleasant that must be accepted	Awarding the trophy to her enemy was a bitter pill to swallow.
bread and butter	necessities or main points	Tell me the bread and butter of the article and explain the general idea of it.
bring home the bacon	earn income	My mother has to bring home the bacon for the family because my dad is unemployed.
butter someone up	be really nice to someone	You had better butter me up if you want a raise in salary.
cheap as chips	very inexpensive	This cup of coffee was only 50 cents. Cheap as chips!
couch potato	lazy person	Don't be such a couch potato and do some work for once!
cream of the crop	the best	The team has the cream of the crop of draft picks. They will probably win the cup soon.
cry over spilled milk	get upset over something insignificant or about something irreversible	I know you forgot your phone, but there is no need to cry over spilt milk. You can live without it for an hour.
cup of joe	cup of coffee	Let's get a cup of joe at Starbucks.
cut the cheese	fart	Who cut the cheese? It smells awful in here.
cut the mustard	meet expectations	George's work ethic didn't cut the mustard, so he got fired.

egg someone on	to urge or provoke someone	The hockey player tried to egg his opponent on by dropping his gloves.
freeze your buns off	be very cold	You will freeze your buns off in Antarctica.
full of beans	energetic	The elementary students are always full of beans.
gravy train	high pay for minimal work	Government workers ride the gravy train while sitting at their desks doing nothing.
hard nut to crack	difficult to understand or persuade	The criminal was a tough nut to crack. He never revealed any of his accomplices.
have a bun in the oven	be pregnant	Mary has a bun in the oven so she can't drink alcohol.
have your cake and eat it too	want more than you need	Frank is married but he also wants to date other women. He wants to have his cake and eat it too.
heard it through the grapevine	hear a rumor	I heard it through the grapevine that you were getting nose surgery.
hot potato	a controversial subject	Trump's last Tweet was a hot potato in the news.
in a nutshell	to sum up	In a nutshell, she is sick because she drank too much last night.
make from scratch	make with original ingredients	My wife made me a delicious omelette from scratch.
my cup of tea	something enjoyable	Musicals aren't my cup of tea. I prefer regular movies.
on a silver platter	receive benefits without working	Tom gets everything from his parents on a silver platter. He even got a new car for his birthday.
out to lunch	crazy or distracted or confused	That guy is so out to lunch. He is difficult to get business done with.
piece of cake	very easy	The final exam was a piece of cake.
piss in my cornflakes	to annoy out of spite	She always pisses in my cornflakes because of what I did to her last year.
put all of the eggs in one basket	rely on one thing	He dedicated all of his time to baseball. If he puts all of his eggs in one basket, he may not have an alternative career to rely on.
smart cookie	an intelligent person	George is one smart cookie. He got 100 percent on all his tests.

spice things up	make more exciting	Sara spiced up her room by hanging paintings on the walls.
spill the beans	reveal a secret	Who spilt the beans about my brother's surprise birthday party?
take the cake	especially good or outstanding	His slapshot definitely takes the cake. It's the best in the league!
take with a grain of salt	don't believe it is completely accurate	I always take whatever I read in the news with a grain of salt.