

MÜNCH

SANDWICHES

- ham**15.00
ham, apple butter, cream cheese, gruyere, dressed
mustard greens on baguette.
- dill turkey**15.00
smoked turkey breast, dill mayo, dill pickles, crunchy dill
slaw, havarti cheese on marble rye.
- roast beef**16.00
za'atar roast beef, mama lil peppers, horseradish mayo,
cheddar cheese on baguette.
- buffalo chicken** 16.00
legs slow cooked in duck fat, buffalo sauce, spicy pimento
cheese, celery & fennel slaw, alabama white sauce on olive
oil panino.
- meatball**17.00
beef & pork meatballs, marinara sauce, mozzarella,
parmesan on a hoagie.
- togna bologna** 10.00
fried mortadella, provolone, garlic aioli on a toasty bun.

OTHER THINGS

- caesar salad** 5 | 12
crispy romaine, croutons, parmesan, creamy munch
caesar dressing.
- orange blossom salad** 6 | 15
local mixed greens, feta, roasted virginia roasted
hazelnuts, chayote, fresh herbs, orange blossom dressing.
- munch potato salad** 3 | 6 | 11
japanese style, kennebec potatoes, cucumber, scallion,
cilantro, dill, mayo, crispy fried shallots .
- mac salad** 3 | 6 | 11
bacon, alabama white sauce, fresh herbs.

limited offer

- beb (bacon, egg, & bean)** 16.00
charred green beans, house made bacon jam, garlic aioli,
parmesan, soft boiled egg, on toasty challah pullman.
- the shenan-d'or**16.00
saucy shenandoah style pulled pork (think carolina gold,
but a little spicy), black lime aioli, pickles, on a toasty
brioche bun. its the perfect sandwich to celebrate our
country's 250th, and our world cup run.
add slaw. . . 1.00

* consuming raw or undercooked meats or eggs may increase your risk of food-borne illness.

SWEET THINGS

- chocolate chip cookie** 5.00
- brownie** 5.00

KIDS

- grilled cheese** 6.70
melty cheddar, & smoked gouda on toasty bread.
- peanut butter and jelly** 5.00
- baby ball** 3.00
one munch meatball with parmesan.

BEVERAGES

- mexican coke 3.25
- mexican sprite 3.25
- gale's root beer 3.50
- sidral mundet apple soda 2.75
- stubborn vanilla cream soda 2.99
- high tide sparkling water (cherry lime) 2.75
- high tide sparkling water (passion fruit) 2.75
- shine water, strawberry - lemon 3.00
- saratoga sparkling water 2.99
- gold peak sweet tea 3.99
- tractor lemonade 3.75

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