

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	15.00
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.	
üüü-mami	15.00
roasted asparagus & melty mushroom cheese (think pimento cheese, but with mushrooms and flavorful spring things) on sourdough.	
togna bologna	10.00
fried mortadella, provolone, garlic aioli on a toasty bun.	

OTHER THINGS

polenta-kale soup	6
kale, leeks, shallots, tomato, mushrooms & polenta simmered in chicken broth with olive oil & herbs.	
caesar salad	5 12
crispy romaine, croutons, parmesan, creamy munch caesar dressing.	
spring things salad	6 15
mixed greens, strawberries, radish, feta, rye crumble, candied walnuts, citrus vinaigrette.	
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.	

* 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
- the kian**.....8.67
peanut butter and munch honey fluff on milk bread.
- 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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