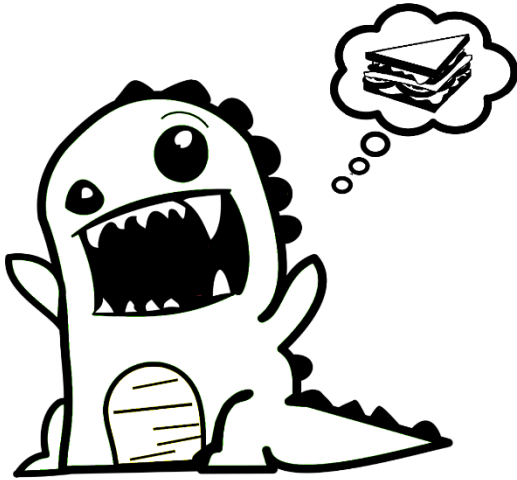


# Munch

FEED  
YOUR  
BEAST



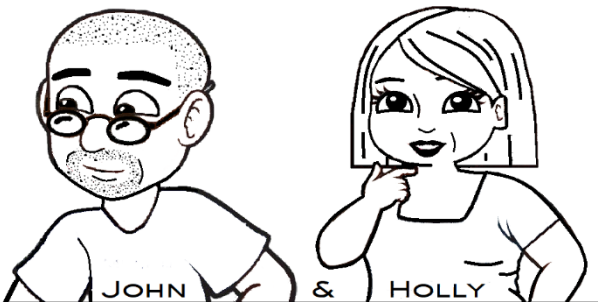
503-639-8074

ORDER & PAY ONLINE  
MunchDeli.Online

Pick-Up  
&  
Delivery

INSIDE KRUSE WOODS 1 OFFICE BUILDING  
5285 Meadows #188  
Lake Oswego, Oregon

MON - FRI: 7:30 - 2:00



LOCALLY OWNED BY US!

## COFFEE TYPE THINGS

Hot, The Way God Intended -or- Iced, If You're an Animal

+.75 Vanilla Soy, Almond Milk or Half & Half

- 3.50 LATTE
- 4.00 MOCHA
- 3.00 AMERICANO
- 4.50 BREWTAL AMERICAN
- 4.50 CHAI LATTE
- 5.00 DIRTY CHAI LATTE
- 3.50 STEAMERS

- Caramel . Vanilla . Hazelnut
- White Chocolate . Maple
- Bourbon Caramel . Mint
- Butter Scotch . Cinnamon
- Peanut Butter . Pumpkin Spice
- Blackberry Habanero
- Raspberry . Blueberry
- SF Brown Sugar Cinnamon
- SF Butter Rum . SF Caramel

## BREAKFAST SAMMICHES

### THE EXPECTED

**BREAK'WICH**  
Bacon, Easy Fried Egg,  
Cheddar Cheese,  
Shredded Potatoes,  
- Grilled 6.25

**EGG 'WICH**  
[Bacon, Ham or Sausage]  
w/ 2 Hard Fried Eggs,  
Cheddar Cheese  
- Toasted 5.50

**BLAKE'N EGGS**  
Bacon, Avocado,  
2 Hard Fried Eggs,  
- Toasted 6.00

**BASIC**  
2 Hard Fried Eggs, Swiss,  
Avocado, Spinach, Tomato  
- Toasted 6.00

### THE UNEXPECTED

**TYLER'S BIG TASTY**  
Bacon, Ham, 2 Easy Fried Eggs,  
Cheddar, Shredded Potatoes, Onion,  
Green Pepper - Grilled 6.75

**SUN'S UP**  
Sausage, 2 Hard Fried Egg, Tomato,  
Avocado, Herb Aioli, - Grilled  
w/ Chili Lime Seasoning 6.00

**HOT MESS**  
Bacon, Ham, 2 Hard Fried Eggs,  
Pepper Jack, Spinach, Tomato,  
Mayo, Crispy Jalapeno  
- Grilled on a Cajon Seasoned Bun 8.00

**EARLY RISER**  
Sausage, 2 Hard Fried Eggs, Cheddar,  
Chipotle Peppers, Spicy Aioli, Spinach  
- Grilled w/ Smokey Seasonings 7.50

## BREAKFAST WRAPS (7:30am-11am)

### THE EXPECTED

**POTATO WRAP**  
[Bacon, Ham, or Sausage]  
Eggs, Cheddar, Shredded  
Potatoes 6.00

**SUPERFOOD WRAP**  
Eggs, Swiss, Avocado, Spinach,  
Tomato 6.00

### THE UNEXPECTED

**BAD-ASS WRAP**  
Ham & Sausage, Eggs, Cheddar, Tomato,  
Onion, Jalapeno, Shredded Potatoes 7.00

**FIESTA WRAP**  
Eggs, Cream Cheese, Onion,  
Tomato, Jalapeno, Avocado, Shredded  
Potatoes, Hot Sauce 6.50

- WE ARE HAPPY TO CATER YOUR NEXT MEETING! -

# DELI SAMMICHES

Make it a Combo with a Bag of Chips & a Can of Pop +2.75

## THE EXPECTED

### TURKEY

Turkey, Cheddar, Lettuce, Tomato, Mayo 7.00

### CLASSIC CLUB

Turkey, Ham, Bacon, Swiss, Lettuce, Tomato, Mayo  
- Toasted 9.00

### PASTRAMI REUBEN

Pastrami, Swiss, Slaw, 1000 Island - Grilled 9.00

### CHICKEN CLUB

Chicken, Bacon, Swiss, Lettuce, Tomato, Mayo  
- Toasted 7.50

### BRONX

Turkey, Salami, Provolone, Lettuce, Tomato,  
Deli Mustard 7.50

### TONY'S BLT

Bacon, Lettuce, Tomato, Avocado, Provolone, Herb  
Aioli - Toasted 10.00

### TURKEY REUBEN

Turkey, Swiss, Slaw, 1000 Island - Grilled on Rye 8.50

### DOUBLE DIPPER

Philly Steak, Provolone - Grilled on a Sub Bun  
w/ Au Jus 13.00

### T.B.A

Turkey, Bacon, Avocado, Swiss, Lettuce, Tomato,  
Mayo 9.00

### CUBANO

Carnitas, Ham, Swiss, Pickles, Mayo, Mustard  
- Grilled Bun 13.00

### PASTRAMI

Pastrami, Swiss, Lettuce, Tomato, Deli Mustard 8.00

### CALIFORNIA

Turkey, Cheddar, Avocado, Onion, Lettuce,  
Tomato, Ranch 8.00

### SHILOH-OH!

Ham, Salami, Provolone, Pickles, Onions,  
Spinach, Tomato, Dope Sauce 8.00

## THE UNEXPECTED

### SURPRISE ME!

A Delicious Sammich of our Creation That is Not on the Menu 9.00

### SPICY PORK REUBEN

Pork, Pepper Jack, Jalapenos, Slaw, Herb Aioli - Grilled 9.00

### TRICKED-OUT TURKEY

Turkey, Swiss, Spinach, Dope Sauce - Grilled 8.00

### FAT ITALIAN

Ham, Fried Salami, Fried Provolone, Pepperoncini, Lettuce, Tomato,  
Herb Aioli - Grilled 8.50

### POBLANO ESCOBAR

Turkey, Bacon, Provolone, Poblano Peppers, Lettuce, Tomato,  
Dope Sauce - Grilled 9.00

### BUFFALO CHICKEN

Buffalo Chicken, Bacon, Blue Cheese, Lettuce, Tomato, Mayo - Grilled 9.00

### FIRE CHICKEN CLUB

Chicken, Bacon, Cheddar, Lettuce, Tomato, Fire Sauce - Toasted 7.50

### THE MONSTER MOTHER CLUCKER

Piled w/ Bacon, Spinach, Tomato, Provolone, Herb Aioli - [Middle Bread]- Pulled  
Chicken, Jalapenos, Cream Cheese - Toasted 15.00

### SPICY DOUBLE DIPPER

Philly Steak, Pepper Jack, Dante's Sauce - Grilled on a Sub Bun w/ Au Jus 14.00

### I NEEDA CARNITA

Carnitas, Cheddar, Jalapeno, Onion, Spinach, Tomato, Mayo - Grilled Bun 9.00

### CHIPOTLE TURKEY

Turkey, Cheddar, Jalapeno, Lettuce, Tomato, Mayo, Chipotle BBQ - Toasted 7.50

### BOUJIE CUBAN

Ham, Provolone, Pepperoncini, Tomato, Herb Aioli - Grilled w/ Crusted Parm 8.50

### SOUTHWEST TURKEY

Turkey, Pepper Jack, Tomato, Avocado, Easy Fried Egg - Grilled w/ Pepper Oil 7.50

### FEISTY CHICKEN

Chicken, Bacon, Pepper Jack, Onion, Avocado, Jalapeno, Mustard - Grilled 8.50

### McCLUCKSKEY

Chicken, Cheddar, Chipotle Peppers, Lettuce, Tomato, Spicy Aioli  
- Grilled w/ Pollo Asada Seasonings 8.50

## SALADS

### CHICKEN CRANBERRY ALMOND SALAD

Chicken, Dried Cranberries, Almonds, Feta,  
Poppy Seed Dressing 8.00

### CHICKEN CAESAR SALAD

Chicken, Parmesan, Croutons,  
Caesar Dressing 8.00

### CLUB SALAD

Turkey, Ham, Bacon, Cheddar, Tomato,  
Avocado, Ranch Dressing 8.00

### TACO SALAD

Chicken, Jalapeno, Cheddar, Tomato,  
Avocado, Taco Seasoning, Fire Dressing 8.00

### SHILOH SALAD

Ham, Salami, Provolone, Pickles, Onions,  
Tomato, Creamy Italian 8.00

### BLTA SALAD

Bacon, Lettuce, Tomato, Avocado, Ranch 8.00

### GARDEN SALAD

Tomato, Avocado, Onion, Green Peppers  
Creamy Italian Dressing 7.00

## VEGGIE SAMMICHES

### CHEESE GRILLER

Cheddar, Swiss, Avocado,  
Tomato - Grilled 7.00

### VEGGIE CHICKEN GRILLER

PB Chicken, Swiss, Avocado,  
Onion, Tomato, Spinach, Herb  
Aioli - Grilled 8.00

### VEGGIE SHILOH

Spinach, Tomato, Onions,  
Pickles, Provolone,  
Dope Sauce 7.00

### REPLACE

Any Meat on the Menu for  
Plant Based Meat!

- PLANT BASED CHICKEN
- PLANT BASED BEEF
- PLANT BASED SAUSAGE

## SUB SAMMICHES

### BIG GUY

Ham, Salami, Pepperoni, Provolone, Lettuce,  
Tomato, Creamy Italian 9.00

### LONG BOARD

Turkey, Provolone, Avocado, Onion, Lettuce,  
Tomato, Herb Aioli 9.00

### OREGONIAN

Turkey, Bacon, Provolone, Avocado, Lettuce,  
Tomato, Creamy Italian 9.00

### SPICY ITALIAN

Salami, Pepperoni, Provolone, Pepperoncini,  
Onion, Lettuce, Tomato, Spicy Aioli 9.00

### SMOKEY 'DOKEY

Turkey, Cheddar, Chipotle Peppers, Lettuce,  
Tomato, Spicy Aioli 9.00

### BIG KAHUNA

Hawaiian BBQ Chicken Salad, Pineapple, Onion,  
Provolone, Lettuce, Mayo 9.00

### HOLLA'PENNO

Turkey, Cheddar, Jalapeno, Lettuce, Tomato,  
Chipotle BBQ, Mayo 9.00