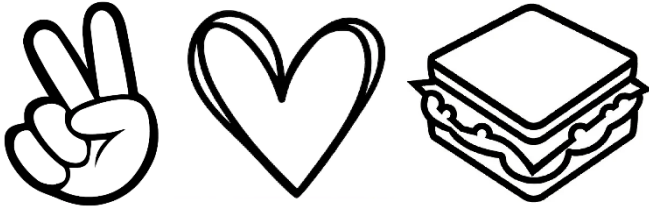


Munch

Dope-Ass Sammiches



ORDER ONLINE

MunchDeli.Online

Pick-Up & Delivery

FEEDING HOURS:

Monday - Friday: 7:30 - 2:00

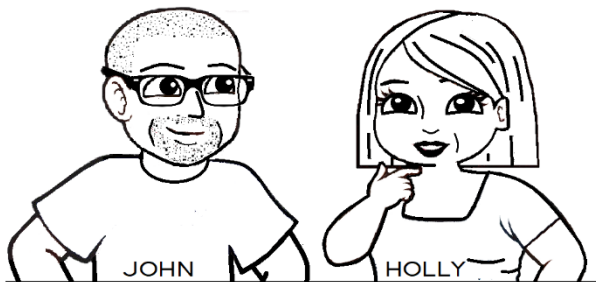
INSIDE OFFICE BUILDING



5285 Meadows #188

Lake Oswego, Oregon

503-639-8074



LOCALLY OWNED BY US!

COFFEE TYPE THINGS

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

+.75 Oat Milk . Half & Half

+2.00 CBD 10mg

- | | | | |
|------|-------------------|------|-----------------|
| 3.50 | LATTE | 4.50 | CHAI LATTE |
| 4.00 | MOCHA | 5.00 | CHAI PUTTANESCA |
| 3.00 | AMERICANO | 3.50 | STEAMERS |
| 4.50 | BREWTALE AMERICAN | 3.00 | ESPRESSO |

Caramel . Vanilla . Hazelnut . White Chocolate . Chocolate . Maple
Brown Sugar Cinnamon . Toasted Marshmallow . Almond
Bourbon Caramel . Shortbread . Butter Scotch . Peanut Butter
Coconut . Cinnamon . Mint . Habanero
Pumpkin Spice . Blackberry . Raspberry . Blueberry
SF Brown Sugar Cinnamon . SF Butter Rum . SF Caramel

BREAKFAST

(AVAILABLE: 7:30am - 11:00am)

BREAKFAST SAMMICHES

SUN'S UP

Sausage, 2 Hard Fried Egg, Tomato, Avocado, Herb Aioli
- Grilled w/ Chili Lime Seasoning 7.50

HOT MESS

Bacon, Ham, 2 Hard Fried Eggs, Pepper Jack, Spinach, Tomato, Mayo,
Crispy Jalapeno - Grilled on a Cajon Seasoned Bun 8.50

EARLY RISER

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

TYLER'S BIG TASTY

Bacon, Ham, 2 Easy Fried Eggs, Cheddar, Shredded Potatoes, Onion,
Green Pepper - Grilled 8.00

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 - Toasted 6.00

BLAKE'N EGGS

Bacon, Avocado, 2 Hard Fried Eggs - Toasted 7.00

BASIC

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

BREAKFAST WRAPS

CLASSIC WRAP

[Bacon, Ham, Sausage or PB Sausage]
2 Scrambled Eggs, Cheddar, Shredded Potatoes 6.00

SUPERFOOD WRAP

3 Scrambled Eggs, Swiss, Avocado, Spinach, Tomato 6.00

- WE ARE HAPPY TO CATER YOUR NEXT MEETING! -

DOPE-ASS SAMMICHES

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

SURPRISE ME!

Trust John to Create `Cha a Sammich Surprise 10.00

.....

COCKY TERIYAKI

Chicken, Teriyaki Sauce, Provolone, Onion, Spinach, Mayo
- Grilled Sub Bun 9.00

FIRE CHICKEN CLUB

Chicken, Bacon, Cheddar, Lettuce, Tomato, Fire Sauce
- Toasted 8.00

CHICKEN CLUB

Chicken, Bacon, Swiss, Lettuce, Tomato, Mayo - Toasted 8.00

BUFFALO CHICKEN

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

FEISTY CHICKEN

Chicken, Bacon, Pepper Jack, Onion, Avocado, Jalapeno,
Mustard - Grilled 9.00

McCLUCKSKEY

Chicken, Cheddar, Chipotle Peppers, Lettuce, Tomato,
Spicy Aioli - Grilled w/ Pollo Asada Seasoning 9.00

.....

CUBANO

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

I NEEDA CARNITA

Carnitas, Cheddar, Jalapeno, Onion, Spinach, Tomato,
Mayo - Grilled Sub Bun 9.50

JASON'S FAVORITE SAMMICH

Carnitas, Chorizo, Provolone, Easy Egg, Spinach, Tomato,
Onion - Grilled 12.00

SPICY PORK REUBEN

Carnitas, Pepper Jack, Jalapenos, Slaw, Herb Aioli - Grilled 9.50

.....

THE BEAR

Philly Steak, Italian Stewed Tomatoes w/ Garlic Onions,
Provolone, Spinach - Grilled w/ Crusted Parmesan 11.00

DOUBLE DIPPER

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

SPICY DOUBLE DIPPER

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

GREEKIN' OUT

Gyros, Feta, Onions, Tomato, Spinach, Dope Sauce
- Grilled Sub Bun 14.00

.....

SHILOH-OH!

Ham, Salami, Provolone, Pickles, Onions, Spinach, Tomato,
Dope Sauce 8.50

FAT ITALIAN

Ham, Fried Salami, Fried Provolone, Pepperoncini, Lettuce, Tomato,
Herb Aioli - Grilled 9.00

BOUJIE CUBAN

Ham, Provolone, Pepperoncini, Tomato, Herb Aioli
- Grilled w/ Crusted Parmesan 9.00

.....

POBLANO ESCOBAR

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

TRICKED-OUT TURKEY

Turkey, Swiss, Spinach, Dope Sauce - Grilled 8.50

TBA

Turkey, Bacon, Avocado, Swiss, Lettuce, Tomato, Mayo 9.50

CHIPOTLE TURKEY

Turkey, Cheddar, Jalapeno, Lettuce, Tomato, Mayo,
Chipotle BBQ - Toasted 8.50

CALIFORNIA

Turkey, Cheddar, Avocado, Onion, Lettuce, Tomato, Ranch 9.00

CLASSIC CLUB

Turkey, Ham, Bacon, Swiss, Lettuce, Tomato, Mayo - Toasted 9.50

TURKEY REUBEN

Turkey, Swiss, Coleslaw, 1000 Island - Grilled on Rye 9.00

BRONX

Turkey, Salami, Provolone, Lettuce, Tomato, Deli Mustard 8.50

TURKEY

Turkey, Cheddar, Lettuce, Tomato, Mayo 8.00

.....

PASTRAMI REUBEN

Pastrami, Swiss, Coleslaw, 1000 Island - Grilled on Rye 9.50

COLD PASTRAMI

Pastrami, Swiss, Lettuce, Tomato, Deli Mustard 9.00

SALADS

CHICKEN CRANBERRY ALMOND SALAD

Chicken, Dried Cranberries, Almonds, Feta,
Poppy Seed Dressing 9.00

CHICKEN CAESAR SALAD

Chicken, Parmesan, Croutons 9.00

CLUB SALAD

Turkey, Ham, Bacon, Cheddar, Tomato,
Avocado, Ranch Dressing 9.00

TACO SALAD

Chicken, Jalapeno, Cheddar, Tomato,
Avocado, Taco Seasoning, Fire Dressing 9.00

GARDEN SALAD

Tomato, Avocado, Onion, Green Peppers,
Pepperoncini, Creamy Italian Dressing 8.00

JESS SALAD

Ham, Salami, Provolone, Pickles, Onions,
Tomato, Creamy Italian 9.00

VEGGIE OPTIONS

TOM & AVO'S GRILLED CHEESE

Cheddar, Swiss, Avocado,
Tomato - Grilled 7.00

VEGGIE CHICKEN GRILLER

PB Chicken, Swiss, Avocado,
Onion, Tomato, Spinach, Herb
Aioli - Grilled 8.50

VEG-TASTIC

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

.....

Replace Any Meat on the
Menu w/ Plant Based
Chicken or Sausage!

SUB SAMMICHES

BIG GUY

Ham, Salami, Pepperoni, Provolone, Lettuce,
Tomato, Creamy Italian 9.50

LONG BOARD

Turkey, Provolone, Avocado, Onion, Lettuce,
Tomato, Herb Aioli 9.50

OREGONIAN

Turkey, Bacon, Provolone, Avocado, Lettuce,
Tomato, Creamy Italian 9.50

SPICY ITALIAN

Salami, Pepperoni, Provolone, Pepperoncini,
Onion, Lettuce, Tomato, Spicy Aioli 9.50

SMOKEY 'DOKEY

Turkey, Cheddar, Chipotle Peppers, Lettuce,
Tomato, Spicy Aioli 9.50

HOLLA'PENNO

Turkey, Cheddar, Jalapeno, Lettuce, Tomato,
Chipotle BBQ, Mayo 9.50