

BREAKFAST FAVORITES

Biscuits & Sausage Gravy \$5.99

Homemade buttermilk biscuits smothered with freshly made sausage gravy seasoned to perfection. #OoooWeeee

Egg Breakfast \$6.99

Choice of two eggs cooked your way, choice of meat bacon or sausage, with a choice of warm buttered bread: toast, biscuit, bagel or English muffin, and a side, your choice: grits, hash browns, home fries, oatmeal or fruit. #EggTacularChoices

French Toast \$8.99

Hot French toast made from the thickest of Texas Toast, buttered and powdered like the French require it to be! #FrenchApproved
Strawberry OR Blueberry topping, add \$1.00

Pancakes \$6.99

Three of the most highly publicized, fluffed and dangerous pancakes that you will ever eat! #FluffedandDangerous
Strawberry OR Blueberry topping, add \$1.00

Waffles \$6.99

Fresh Belgian waffle flown into JAX daily with passport in hand. Patted down with powder upon arrival. #TSAApproved

Chicken & Waffles \$8.99

Hot Fresh Belgian Waffle with crispy Southern fried chicken... It's an international romance made for the big screen. #WhenHarryMetSally

Oatmeal \$2.50

Breakfast Burrito \$6.99

Fresh flour tortilla, filled with your choice of meat sausage, bacon or chicken, scrambled eggs and queso cheese and rolled up tighter than a serape Mexican blanket! #VivaLaMexico

Eggs Benedict \$6.99

Two poached eggs layered on top of a hot buttered English muffin, topped with freshly cooked bacon or ham and extra creamy Hollandaise sauce! We won't call you a... never mind. #TooEasy

"& Eggs" \$9.99

Upgrade your egg breakfast! Instead of our basic meat options, get your choice of pork chops, country ham, or steak (+\$2)! It's bigger, stronger... tougher, meaner, leaner... we ran out of adjectives! #Supersized

Omelets \$6.99

Ome-Let you order an omelet with up to three of your choice of these toppings: bacon, ham, sausage, tomatoes, cheese, mushrooms, bell peppers, jalapeños, avocado. #Eggcellent
Each additional topping, add \$1.00

"& Grits" \$8.99

Choice of fresh fish or sautéed shrimp alongside the hottest of hot, buttery grits known to humankind! Oooo-weeee! We need a moment... #OurFavorite

Sandwiches \$3.00

Choice of bacon or sausage (fried or scrambled), choice of cheese layered on top of hot, buttered and grilled Texas toast! We are not responsible for you biting your fingers... #FingersBeware



MUNCHIES
Food for the Soul

(904) 240-1404

4555 St. Johns Avenue, Jacksonville, FL 32210

EATMOREMUNCHIES.COM

— The Only —
SOUL FOOD BUFFET
in JACKSONVILLE

ALL-DAY FAVS

- 1 MEAT + 1 SIDE** \$7.99
Includes choice of bread
- 2 MEATS + 3 SIDES** \$10.99
Includes choice of bread
- 4 VEGETABLE PLATE** \$9.99
Includes choice of bread

MEAT OPTIONS

- Fish** Fried or Grilled
- Chicken** Fried, Grilled, or BBQ
- Pork Chops** Fried, Grilled, or Smothered
- Shrimp** Fried or Grilled
- Steak** add \$2
- Meatloaf Balls**

SIDES \$3.00

- Mashed Potatoes
- Rice & Gravy
- Mac & Cheese
- Okra & Tomatoes
- Sweet Carrots
- Lima Beans
- Collard Greens
- Cabbage
- Squash
- Sweet Cream Peas
- Italian Green Beans
- Black Eye Peas
- French Fries
- Side Salad

BREADS

- Grilled Biscuit
- Warm Cornbread
- Hot Dinner Roll

DESSERTS

- Cupcakes
- Brownies
- Parfaits
- Cobblers
- Banana Pudding

DRINKS

- Tea: Sweet & Unsweetened
- Soft Drinks: Pepsi, Diet Pepsi, Sierra Mist, Dr. Pepper, Mountain Dew, Fruit Punch
- Other Drinks: Lemonade, Orange Juice, Apple Juice, Pineapple Juice

BUFFET

MONDAY-SATURDAY, 11AM-3PM

- All-You-Can-Eat Buffet** \$11.99
- All-You-Can-Eat Veggie Plate** \$9.99
- Take Home Box** \$6.99/lb

SUNDAY, 11AM-5PM

- Sunday Brunch Buffet** \$14.99

Everyday Specials

- Kids Under 4 Years** Eat Free!
- Kids 4-10 Years** \$7.95
- Seniors** 10% Off
- Active Military** 10% Off
- Police & First Responders** 10% Off

WINGS

- 5 Wings.....\$4.99
- 10 Wings.....\$9.99
- 15 Wings.....\$14.99
- 25 Wings.....\$24.99
- 50 Wings.....\$49.99

Served with celery and carrots
Make it a Combo - 3.00

Flavors MUNCH SAUCE • BUFFALO
TERIYAKI • BBQ • CHIPOTLE RANCH
PARMESAN GARLIC • LEMON PEPPER
CARIBBEAN JERK • SMOKED PEACH
HONEY MUSTARD

BUILD YOUR OWN

All Day Long - \$7.99
Comes with choice of 1 side

BASE

- CHOOSE ONE
- Burger (Sourdough Bun)
 - Wrap (Flour Tortillas)
 - Sandwich (6 inch Hoagie Roll)
 - Quesadilla (2 Wraps Pressed Together)
 - Salad (Bed of Lettuce)

MEATS

- CHOOSE ONE
- Chicken (Grilled or Fried)
 - Beef (Burger or Philly Steak)
 - Shrimp (Grilled or Fried)
 - Fish (Grilled or Fried)
 - Bacon, Ham, Turkey, Chicken Salad,
 - Tuna Salad, Veggie

SAUCES

- CHOOSE UP TO THREE
- Munch Sauce, Teriyaki, Caesar,
 - Fajita, Ranch, Spicy, BBQ, Greek,
 - Buffalo, Chipotle Ranch,
 - Parmesan Garlic, Honey Mustard,
 - Mayo, Ketchup, Mustard

CHEESE

- CHOOSE ONE
- American, Swiss, Provolone,
 - Bleu Cheese, Feta

TOPPINGS

- NO LIMIT
- Lettuce, Tomato, Onion (Raw or Sautéed), Green Peppers, Jalapeños, Sautéed Mushrooms, Avocado