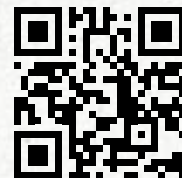




EAT Local
 124 WEST PARK AVENUE
 LONG BEACH, NY 11561

516-431-3133



FREE WI-FI

starters

SOUP OF THE DAY

ask about our freshly prepared soups

ONION SOUP AU GRATIN 10

caramelized vidalia onions / sweet sherry
 garlic crostini / pepper jack / vermont cheddar

COCONUT SHRIMP 16

tropical fruit salsa / coconut thai chili sauce

CHICKEN MEATBALL CASSEROLE 16

roma tomato cream sauce / asiago & parmesan

KUNG PAO CALAMARI 17

red bell peppers / bananas / crushed peanuts
 scallions / orange-szechuan sauce
 *traditional or buffalo style available

PULLED PORK MAC N CHEESE 15

smoked gouda & cheddar cheese sauce
 crispy onions / seasoned panko

QUINOA FRIED SHRIMP TACOS 16

avocado / pickled red onion / spicy mayo
 corn tortilla option for **gf**

CHARCUTERIE BOARD 24

chef's selection of assorted meat and cheese
 no crostini for **gf**

SESAME-CRUSTED TUNA SATAY 22

asian slaw / sweet soy / wasabi aioli

QUESADILLA 16

chicken, pork or vegetable
 corn & black bean salsa / cheddar & monterey jack

CHICKEN WINGS

traditional 17 **gf** boneless 15
 bleu cheese or ranch dressing

PIZZA

cauliflower

SOUTHWEST CHICKEN 19 **gf**

black bean and corn salsa / blackened chicken
 chipotle aioli / cheddar & monterey jack

CAPRESE 16 **gf **vp****

ripe tomato / fresh mozzarella
 basil / balsamic reduction

SPINACH & ARTICHOKE 18 **gf **vp****

roasted garlic / parmesan / asiago
 gorgonzola / balsamic drizzle

salads

THE LB CHOP 14 **gf **vp****

romaine / tomato / red onion / roasted corn
 pecans / bacon / crumbled bleu cheese
 creamy white balsamic

POMEGRANATE & BLOOD ORANGE 15 **gf **vp****

roasted brussels sprouts / candied walnuts
 baby arugula / grilled halloumi / pomegranate seeds
 blood orange vinaigrette

ARUGULA & GREEN APPLE 15 **gf **vp****

baby arugula / crumbled goat cheese
 dried cranberries / pecans / apple cider vinaigrette

CLASSIC CAESAR 13 **vp**

crisp romaine / roasted garlic croutons
 shaved parmesan / tuscan caesar dressing

Add

grilled chicken 8 / marinated skirt steak 15
 pan-roasted salmon 12 / sesame-seared tuna 14
 sautéed shrimp 12 / quinoa fried shrimp 12

buffalo / chipotle bbq
 peach moonshine BBQ
 honey-garlic / hot honey

ENTREES

CEDAR-PLANK SALMON 31

grilled asparagus / chipotle-maple bourbon glaze
garlic herb rice

CAVATELLI WITH CHICKEN 24

grilled chicken / oven roasted tomatoes / baby spinach
garlic & oil / pesto / asiago & parmesan / touch of cream

BLACKENED AHI TUNA 35

coconut rice / sliced avocado / sweet soy
grilled asparagus

ASIAN MARINATED SKIRT STEAK 36

baby bok choy / onions / bell peppers
shiitake mushrooms

PENNE WITH CRUMBLIED SAUSAGE 23

tomato cream sauce / sweet italian sausage
baby spinach

16OZ CAST IRON RIBEYE 41

smokehouse maple rub / sautéed baby spinach
cheesy garlic mashed potatoes

BURGERS *Gluten-Free Bun 2*

THE ORIGINAL 16

8oz certified angus beef® house blend

THE COOP BURGER 19

braised pulled pork / caramelized onions
smoked mozzarella / garlic & truffle aioli

SMOKEHOUSE 18

pepper jack / beer battered onion rings
bacon / chipotle bbq sauce

STEAKHOUSE BURGER 22

9.5oz dry aged beef / bourbon bacon jam
cheddar cheese / crispy onion straws

BEYOND BURGER 18

100% plant-based protein / cheddar / caramelized onions
avocado / horseradish-dijonnaise

TURKEY BURGER 18

honey-garlic infused / refried black beans
melted pepper jack / sliced avocado / panko breadcrumbs

sandwiches

CALIFORNIA TURKEY MELT 17

bacon / swiss / avocado / chipotle mayo

CHICKEN OR STEAK TIDBITS 18/23

melted mozzarella / toasted garlic bread

HARVEST WRAP 17

grilled chicken / mesclun / frosted walnuts
dried cranberries / crumbled goat cheese
apple cider vinaigrette / whole wheat wrap

PULLED PORK GRILLED CHEESE 16

crispy onion straws / smoked mozzarella
garlic & truffle aioli

GRILLED CHICKEN PANINI 18

roasted red peppers / pesto aioli / mozzarella

BLACKENED TUNA WRAP 21

mesclun / tomato / cucumber / red onion
fried lo mein noodles / sesame-ginger dressing
whole wheat wrap

GREEK SHRIMP WRAP 19

blackened shrimp / cucumber / red onion
diced romaine / feta / tzatziki sauce
whole wheat wrap

sides

CARAMELIZED BRUSSEL SPROUTS 11

roasted garlic / shallots / bacon / balsamic glaze

MAC N CHEESE 10

smoked gouda & cheddar cheese sauce / seasoned panko

ASIAN STYLE VEGETABLES 9

shitaki mushrooms / baby bok choy / peppers & onions

GRILLED ASPARAGUS 9

JUMBO BREADED ONION RINGS 9

dijon-horseradish dipping sauce

TRUFFLE-CHEESE FRIES 8

white truffle oil / shredded asiago



LOADED MASHED POTATOES 11

cheddar & monterey jack / hickory bacon
roasted garlic

20% gratuity added to tables of 6 or more. No more than 2 checks per table.

As an incentive to our customers, we now offer an immediate discount
to those paying with cash. The prices you see on our menu are the cash discount prices.

*Warning: Consuming raw or undercooked meat, poultry, seafood, shellfish and eggs may increase the risk of food borne related illness.

 gluten friendly
 vegetarian