

MENU



EAT Local
124 WEST PARK AVENUE
LONG BEACH, NY 11561



516-431-3133



FREE WI-FI

starters

- ONION SOUP AU GRATIN** 11 / 11.44
caramelized vidalia onions, sweet sherry, garlic crostini, pepper jack, vermont cheddar
- COCONUT SHRIMP** 16 / 16.64
tropical fruit salsa, coconut thai chili sauce
- FISH TACOS** 18 / 18.72
beer battered cod, mango salsa, chipotle coleslaw
- KUNG PAO CALAMARI** 17 / 17.68
red bell peppers, bananas, crushed peanuts, scallions, orange-szechuan sauce
*traditional or buffalo style available
- PULLED PORK MAC N CHEESE** 16 / 16.64
smoked gouda & cheddar cheese sauce, crispy onions, seasoned panko
- QUINOA FRIED SHRIMP TACOS** 16 / 16.64
avocado, pickled red onion, spicy mayo, corn tortilla option for
- CHARCUTERIE BOARD** 24 / 24.96
chef's selection of assorted meat and cheese, no crostini for
- SESAME-CRUSTED TUNA SATAY** 22 / 22.88
asian slaw, sweet soy, wasabi aioli
- QUESADILLA** 17 / 17.68
chicken, pork or vegetable
corn & black bean salsa, cheddar & monterey jack

PIZZA

cauliflower

- SOUTHWEST CHICKEN** 21 / 21.84
black bean and corn salsa, blackened chicken, chipotle aioli, cheddar & monterey jack
- CAPRESE** 18 / 18.72
ripe tomato, fresh mozzarella, basil, balsamic reduction
- SPINACH & ARTICHOKE** 19 / 19.76
roasted garlic, parmesan, asiago, gorgonzola, balsamic drizzle

salads

- THE LB CHOP** 15 / 15.60
romaine, tomato, red onion, roasted corn, pecans, bacon, crumbled bleu cheese, creamy white balsamic
- POMEGRANATE & BLOOD ORANGE** 16 / 16.64
roasted brussels sprouts, candied walnuts, baby arugula, grilled halloumi, pomegranate seeds, blood orange vinaigrette
- ARUGULA & GREEN APPLE** 16 / 16.64
baby arugula, crumbled goat cheese, dried cranberries, pecans, apple cider vinaigrette
- CLASSIC CAESAR** 14 / 14.56
crisp romaine, roasted garlic croutons, shaved parmesan, tuscan caesar dressing

Add

- grilled chicken 8 / 8.32
- marinated skirt steak 16 / 16.64
- pan-roasted salmon 13 / 13.52
- blackened salmon 13 / 13.52
- sesame-seared tuna 14 / 14.56
- sautéed shrimp 13 / 13.52
- quinoa fried shrimp 12 / 12.48

CHICKEN WINGS

- traditional** 17 / 17.68 **boneless** 15 / 15.6
bleu cheese or ranch dressing

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

ENTREES

CEDAR-PLANK SALMON 34 / 35.36
grilled asparagus, chipotle-maple bourbon glaze,
garlic herb rice

CAVATELLI WITH CHICKEN 25 / 26
grilled chicken, oven roasted tomatoes / baby spinach,
garlic & oil, pesto, asiago & parmesan, touch of cream

BLACKENED AHI TUNA 35 / 36.4
coconut rice, sliced avocado, sweet soy,
grilled asparagus

ASIAN MARINATED SKIRT STEAK 41 / 42.64
baby bok choy, onions, bell peppers,
shiitake mushrooms

ROTINI WITH CRUMBLIED SAUSAGE 24 / 24.96
tomato cream sauce, sweet italian sausage,
baby spinach

16OZ CAST IRON RIBEYE 45 / 46.80 
smokehouse maple rub, sautéed baby spinach,
cheesy garlic mashed potatoes


BURGERS *Gluten-Free Bun 2*

THE ORIGINAL 16 / 16.64
8oz certified angus beef® house blend

THE COOP BURGER 19 / 19.76
braised pulled pork, caramelized onions,
smoked mozzarella, garlic & truffle aioli

SMOKEHOUSE 18 / 18.72
pepper jack, beer battered onion rings,
bacon, chipotle bbq sauce

STEAKHOUSE BURGER 24 / 24.96
9.5oz dry aged beef, bourbon bacon jam,
cheddar cheese, crispy onion straws

BEYOND BURGER 19 / 19.76 
100% plant-based protein, cheddar, caramelized onions,
avocado, horseradish-dijonnaise

TURKEY BURGER 18 / 18.72
honey-garlic infused, refried black beans,
melted pepper jack, sliced avocado, panko breadcrumbs

sandwiches

CALIFORNIA TURKEY MELT 17 / 17.68
bacon, swiss, avocado, chipotle mayo

CHICKEN TIDBITS 18 / 18.72
melted mozzarella, toasted garlic bread

STEAK TIDBITS 23 / 23.92
melted mozzarella, toasted garlic bread

HARVEST WRAP 17 / 17.68
grilled chicken, mesclun, frosted walnuts,
dried cranberries, crumbled goat cheese,
apple cider vinaigrette, whole wheat wrap

PULLED PORK GRILLED CHEESE 16 / 16.64
crispy onion straws, smoked mozzarella,
garlic & truffle aioli


GRILLED CHICKEN PANINI 18 / 18.72
roasted red peppers, pesto aioli, mozzarella

BLACKENED TUNA WRAP 22 / 22.88
mesclun, tomato, cucumber, red onion,
fried lo mein noodles, sesame-ginger dressing

GREEK SHRIMP WRAP 19 / 19.76
blackened shrimp, cucumber, red onion,
diced romaine, feta, tzatziki sauce

sides

CARAMELIZED BRUSSEL SPROUTS 11 / 11.44  
roasted garlic, shallots, bacon, balsamic glaze

MAC N CHEESE 12 / 12.48 
smoked gouda & cheddar cheese sauce, seasoned panko

ASIAN STYLE VEGETABLES 10 / 10.40 
shitaki mushrooms, baby bok choy, peppers & onions



GRILLED ASPARAGUS 9 / 9.36  

JUMBO BREADED ONION RINGS 11 / 11.44 
dijon-horseradish dipping sauce

TRUFFLE-CHEESE FRIES 11 / 11.44  
white truffle oil, shredded asiago

LOADED MASHED POTATOES 11 / 11.44
cheddar & monterey jack, hickory bacon,
roasted garlic

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

 gluten friendly
 vegetarian

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