



EAT Local
 124 WEST PARK AVENUE
 LONG BEACH, NY 11561

516-431-3133



starters

ONION SOUP AU GRATIN 9
 caramelized vidalia onions / sweet sherry
 garlic crostini / pepper jack / vermont cheddar

COCONUT SHRIMP 16
 tropical fruit salsa / coconut thai chili sauce

KUNG PAO CALAMARI 16
 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 15
 avocado / pickled red onion / spicy mayo
 corn tortilla option for

CHARCUTERIE BOARD 22
 chef's selection of assorted meat and cheese
 no crostini for

BAJA FISH TACOS 16
 cajun spiced basa / tropical fruit salsa / chipotle aioli
 corn tortilla option for

SESAME-CRUSTED TUNA SATAY 21
 asian slaw / sweet soy / wasabi aioli

QUESADILLA 15
 chicken, pork or vegetable
 corn & black bean salsa / cheddar & monterey jack

CHICKEN WINGS

traditional 15 boneless 14
 bleu cheese or ranch dressing

PIZZA

SOUTHWEST CHICKEN 18
 cauliflower black bean and corn salsa / blackened chicken
 chipotle aioli / cheddar & monterey jack

CAPRESE 15
 ripe tomato / fresh mozzarella
 basil / balsamic reduction

SPINACH & ARTICHOKE 17
 roasted garlic / parmesan / asiago
 gorgonzola / balsamic drizzle

salads

THE LB CHOP 14
 romaine / tomato / red onion / roasted corn
 pecans / bacon / crumbled bleu cheese
 creamy white balsamic

SUMMER SALAD 15
 baby spinach / fresh strawberries / feta cheese
 toasted almonds / strawberry vinaigrette

ARUGULA & GREEN APPLE 15
 baby arugula / crumbled goat cheese
 dried cranberries / pecans / apple cider vinaigrette

CLASSIC CAESAR 12
 crisp romaine / roasted garlic croutons
 shaved parmesan / tuscan caesar dressing

Add grilled chicken 8 / marinated skirt steak 14
 pan-roasted salmon 12 / sesame-seared tuna 12
 sautéed shrimp 10 / quinoa fried shrimp 10

buffalo / chipotle bbq / ginger teriyaki
 honey-garlic / hot honey / thai chili

ENTREES

CEDAR-PLANK SALMON 29

grilled asparagus / chipotle-maple bourbon glaze
garlic herb rice

ALMOND CRUSTED FLOUNDER 28

coconut rice / sautéed baby spinach
roasted red pepper coulis

BBQ BABY BACK RIBS Half Rack 22 | Full Rack 38

hickory bbq sauce / mac n cheese
corn on the cob

CAVATELLI WITH CHICKEN 23

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

ASIAN MARINATED SKIRT STEAK 34

baby bok choy / onions / bell peppers
shiitake mushrooms

16OZ CAST IRON RIBEYE 39

smokehouse maple rub / sautéed baby spinach
cheesy garlic mashed potatoes

BURGERS *Gluten-Free Bun 2*

THE ORIGINAL 15

8oz certified angus beef® house blend

BACON CHEESEBURGER 16

hickory bacon / cheddar cheese

THE COOP BURGER 18

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

SMOKEHOUSE 17

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

STEAKHOUSE BURGER 21

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

BEYOND BURGER 17

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

TURKEY BURGER 17

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

sandwiches

CALIFORNIA TURKEY MELT 16

bacon / swiss / avocado / chipotle mayo

CHICKEN OR STEAK TIDBITS 17/22

melted mozzarella / toasted garlic bread

HARVEST WRAP 16

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 17

roasted red peppers / pesto aioli / mozzarella

BLACKENED TUNA WRAP 19

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

CORONA-BATTERED ONION RINGS 9

dijon-horseradish dipping sauce

GRILLED ASPARAGUS 9



TRUFFLE-CHEESE FRIES 7

white truffle oil / shredded asiago

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