

# starters

## Fried Calamari

with chipotle aioli and banana peppers 10

## Crab Cake

lump crab meat, spinach, corn and black bean salsa, horseradish sauce 10

## Chicken Quesadilla

peppers, scallions, onions, Mexican cheeses, sour cream, pico de gallo 9

*\*can be prepared gluten free for an additional 1.25* **G**

## Longwood Grille Nachos

house-made corn chips, sour cream, tomatoes, scallions, guacamole, Mexican cheeses and choice of grilled chicken or chili 10

## Chicken Tenders

tossed in your choice of sauce: BBQ, Honey Mustard, Asian or Buffalo 9

## Buffalo Chicken Dip

grilled pulled chicken, baked bleu cheese & cheddar sauce, corn chips, celery & carrots 9

## Warm Pretzel Sticks

beer and cheddar cheese sauce, mustard sauce 8

## Short Rib Stuffed Potato Skins

fried potato skins stuffed with braised boneless short rib meat, caramelized onions, pepper jack cheese, scallions and horseradish sauce 9

# the lite side

## Thai Salmon Salad

crisp greens, edamame, carrots, cucumbers, red peppers, scallions, cilantro, red onions, cashews, grilled pineapple, spicy peanut sauce, sesame soy vinaigrette 15

## Mediterranean Salad

crisp greens, falafel, cucumbers, roasted tomatoes, pickled red onions, feta cheese, artichokes, grilled zucchini, kalamata olives, grilled flat bread, cumin vinaigrette 14

## Cobb

roasted corn, cucumbers, tomatoes, red onions, roasted turkey, bacon, scallions, egg, crumbled bleu cheese, avocado ranch dressing 14

## Caesar

romaine, garlic croutons, parmesan cheese, anchovy based dressing 11

*\*gluten free croutons are available upon request* **G**

## Wasabi Tuna

mixed greens, bok choy, chow mein noodles, seared rare tuna, sesame seeds, carrots, radishes, avocado, cucumbers, scallions, wasabi dressing 16

## Spinach Walnut **G**

candied walnuts, grilled red onions, roasted red peppers, bacon, apples, goat cheese, whole grain mustard cider vinaigrette 13

## Southwestern Chicken Salad

crisp greens, green cabbage, corn and black bean salsa, avocado, cilantro lime vinaigrette, poblano aioli, crispy tortilla chips and cotija cheese 14

Add Protein to any Salad:

Grilled Chicken 6  
Grilled Salmon 9  
Steak Tips 10

# SOUPS

## Minestrone

tomato broth, seasonal vegetables, pasta, basil, kidney beans, white beans and parmesan cheese cup 3.50 | bowl 5.50

## New England Clam Chowder

cup 4.50 | bowl 6.50

## French Onion Soup

beef broth, garlic croutons, swiss & provolone cheese 7.50

*\*gluten free croutons are available upon request* **G**

# Pizza

## Longwood Pub Pizza

tomato sauce, mozzarella, provolone and parmesan cheese 7.50

## Build Your Own Pub Pizza 9.50

**Meats:** pepperoni, sausage, ground beef, chicken

**Vegetables:** spinach, grilled vegetables, mushrooms, onions, peppers, jalapeno peppers, broccoli, banana peppers

## Flat Bread Pizza

pulled chicken, fresh mozzarella, roasted tomatoes, red onions, spinach, nut-less herb pesto 10.50

*\*Gluten free pizza crust is available for an additional 1.25* **G**

\*Cooked to your liking. Consuming raw or undercooked meats, seafood, poultry or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions. Before placing your order, please inform your server if you or a person in your party has a food allergy.

# sandwiches

All Sandwiches are served with French fries or garden greens.

Substitute onion rings or sweet fries for 2.00. Gluten Free bread, Burger Roll or Wraps are available for an additional 1.25 **G**

**Longwood Grille Burger**   
cheddar cheese and fried onion strings 10

**Turkey Burger**    
extra lean ground turkey mixed with fresh herbs, red onions & cheddar cheese, topped with pepper jack cheese and mango salsa on a grilled brioche roll 11

**Bleu Burger**  
sliced bleu cheese, applewood smoked bacon, horseradish mustard aioli and pickled red onions on a grilled pretzel roll 12

**Buffalo Chicken Wrap**  
crisp greens, bleu cheese dressing, scallions, tomatoes and cucumbers on a wheat wrap 11

**Reuben**  
corned beef, swiss cheese, thousand island dressing and sauerkraut on a grilled marble bread 10

**Club**  
roasted turkey, applewood smoked bacon, lettuce, tomatoes and herb aioli on toasted multigrain bread 11

**Chicken Portobello**   
roasted portobello mushroom, grilled zucchini, red pepper aioli, fresh mozzarella and spinach on toasted focaccia bread 11

**Fried Cod Sandwich**  
crispy bacon, tartar sauce and swiss cheese on grilled brioche roll 12

**Chicken Salad Sandwich**  
grilled chicken, roasted tomatoes, olives and dijon mayonnaise on toasted multigrain bread 11

**Five Star Grilled Cheese**  
grilled Italian bread, five blend cheddar cheese 9

**Caprese**   
roasted tomatoes, fresh mozzarella, red pepper pesto, basil and spinach on toasted focaccia bread 10

# Entrees

**Pommery Cedar Plank Salmon**  **G**  
sweet whole grain mustard glaze, spinach and roasted potatoes 18

**Baked Haddock**  
herb Ritz cracker crust, garlic lemon butter sauce, Chef's vegetable, roasted potatoes 18

**Chicken, Broccoli & Ziti**  
choice of lemon caper or alfredo sauce 16

\*Gluten free Pasta is available for an additional 1.25 **G**

**Steak Tips**   
grilled steak tips with sautéed peppers, onions and mushrooms served with your choice of Kenya BBQ or teriyaki sauce and garlic mashed potatoes 17

**Beer Battered Fish & Chips**   
french fries, tartar sauce and broccoli slaw 17

**Longwood NY Sirloin Steak**  
grilled 10oz NY sirloin steak, red wine demi, herb butter, roasted potatoes, and Chef's vegetable 22

**Chicken Pot Pie**  
supreme sauce, pulled chicken, potatoes, peas, corn, carrots, onions, celery and golden puff pastry crust 16

**House Made Mac & Cheese**  
fusilli pasta, five cheddar cheese cream sauce and Ritz cracker crust 14

\*Add Grilled Chicken, Bacon or Ham for an additional 6

Compliment your Entree with:

House Salad or Cup of Soup 3  
Cup of Chowder or Caesar Salad 4

# Sides

**House Salad** 7  
**Sweet Fries** 5  
**Onion Rings** 5

**Roasted Potatoes** 6  
**Loaded Mashed Potato** 6  
**Vegetable** 5

**G** Gluten Free Items

 Heart Healthy Items  
*Low in Saturated Fats & Cholesterol*

 Our Signature Dishes

Executive Chef: Dianna Ahern  
dahern@innatlongwood.com

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