



Starters

Chicken Quesadilla	Peppers, scallions, Mexican cheeses, sour cream and pico de gallo	\$14.75
Longwood Grille Nachos	House made corn chips, sour cream, tomatoes, scallions, guacamole, salsa, Mexican cheeses and grilled chicken	\$12.75
Chicken Tenders	Tossed in your choice of sauce: BBQ, honey mustard, teriyaki or buffalo	\$13.75
Longwood Grille Pub Pizza (sauce contains cheese)	Tomato sauce, mozzarella, provolone and parmesan cheeses	\$12.50
Chicken Wings *contains coconut	Sweet & Spicy wings	\$12.75
Fried Mozzarella	Italian seasoned fresh mozzarella rounds with chunky marinara sauce	\$9.75
New England Clam Chowder	Cup \$7.50 Bowl \$9.50	
French Onion	Beef broth, garlic croutons, Swiss & provolone cheeses	\$8.50

Entrees

Baked Haddock	Herb Ritz cracker crust, garlic lemon butter sauce, Chef's choice vegetable and Mashed Potatoes	\$22.75
Steak Tips *	Grilled steak tips with sautéed peppers, onions and mushrooms served with mashed potatoes and your choice of BBQ or teriyaki sauce	\$22.75
Beer Battered Fish and Chips	French fries, tartar sauce and cabbage slaw	\$21.75
Chicken Pot Pie	Supreme sauce, chicken, potatoes, peas, corn, carrots, onions, celery and golden puff pastry crust	\$19.75
Chicken Parmesan	Grilled Chicken, fusilli pasta, tomato sauce, basil, provolone, mozzarella and parmesan cheeses <i>GF—Gluten free pasta is available for additional \$1.50</i>	\$19.75
Grilled Chicken Stir Fry contains egg whites	Teriyaki infused grilled breast of chicken, stir fry vegetables and fried brown rice	\$19.75
Grilled Salmon	Grilled Salmon glazed with orange ginger sauce, brown rice, garlic broccoli	\$23.75



The Lite Side

Caesar Salad

Crisp romaine, garlic croutons, shaved parmesan cheese and anchovy based dressing *GF—Gluten free croutons are available* \$12.75

House Salad

Mesclun greens, carrots, cucumbers, tomatoes, red onions, and red peppers freshly tossed with balsamic vinaigrette \$12.75

Chicken Waldorf Salad

Wine poached chicken, celery root, fresh herbs, sour cream, mayo, with garden greens, sliced tomatoes, garnished with dried cranberries and walnuts, balsamic vinaigrette \$16.75

Mediterranean Salad

Garden greens, tomatoes, cucumber, red onion, carrots, Greek olives, and feta cheese tossed in a red wine vinaigrette, topped with fried falafel \$14.75

Add Protein to any Salad Grilled Chicken \$6 Steak Tips \$10 Grilled Salmon \$10

Sandwiches

All Sandwiches are served with Dill Pickle.

Gluten Free Bread, burger roll and wraps are available for additional \$1.50

Add a side of French Fries or Cole Slaw \$3.00

Add a side salad, onion rings, or sweet potato fries for \$4.00

Classic Longwood Grille Burger*

Cheddar cheese and fried onion strings on a grilled bulkie roll \$16.50

Turkey Burger

Extra lean ground turkey mixed with fresh herbs, red onions & cheddar cheese topped with tomato & fennel salsa and avocado served on a grilled bulkie roll \$16.50

Fish Tacos

Fried beer battered Haddock, shredded cabbage, tri color tomato and fennel salsa, chipotle aioli and fresh avocado on flour tortillas \$17.50

Chicken Caprese Sandwich

Grilled breast of chicken, fresh mozzarella, spinach, roasted tomatoes, nut free roasted red pepper pesto, and balsamic glaze on toasted focaccia bread \$16.50

Club

Roasted turkey, smoked bacon, lettuce, tomatoes and herb aioli on toasted multigrain bread \$16.50

French Dip

Slowly braised beef on grilled ciabatta bread with caramelized onions, brie cheese and beef au jus \$16.50

Avocado BLT

Fresh avocado, smoked bacon, lettuce, roasted tomatoes and nut free spinach pesto on toasted focaccia bread \$16.50