

Appetizers

*CALAMARI

Fried Calamari Rings Tossed with Hot Bell and Banana Peppers Served with Sweet Chili Sauce \$9.25

MACARONI AND CHEESE FRITTERS

Elbow Pasta with Spinach Cream Sauce, Breaded with Shredded Phyllo and Served with Pomodoro Sauce \$6.95

CHICKEN QUESADILLA

Grilled Flour Tortilla with Grilled Chicken, Jalapeno and Bell Peppers, Scallions, Onions and Mexican Cheeses. Served with Sour Cream and Pico De Gallo \$7.95

AVAILABLE WITH GLUTEN FREE BREAD

BAKED BRIE

Brie with Cranberries, Almonds and Honey Wrapped in Puff Pastry Served with Toasted Crostinis \$8.95

AVAILABLE WITH NO ALMONDS

LONGWOOD GRILLE NACHOS

Corn Nacho Chips, Sour Cream, Tomatoes, Guacamole, Salsa, Mexican Cheeses and Your Choice of Grilled Chicken or Chili \$8.95

*BUFFALO CHICKEN TENDERS

Served with Celery, Carrots and Bleu Cheese Dipping Sauce \$7.95

*MINI BURGERS

Topped with Pickled Red Onions, Horseradish Cream and Swiss Cheese Served on Brioche Rolls \$6.95

BBQ RIBS

Slow Roasted Pork Ribs Served with Cucumber Slaw and Onion Rings \$6.95

CRAB CAKES

Super Lump Crab Cakes with Spinach, Roasted Corn and Black Bean Salad and Horseradish Mustard Sauce \$9.95

ROASTED TOMATO & MUSHROOM BRUSCHETTA

Focaccia Bread with Roasted Plum Tomatoes, Mushrooms, Garbanzo Beans and Artichokes \$7.95

POTATO WRAPPED SHRIMP

Served with Roasted Red Pepper Sauce \$7.95

CHILI FRIES

Fries Topped with Chili, Pepper Jack Cheese, Jalapeno Peppers, Bacon, Tomatoes and Scallions \$7.95

Vegetable Spring Rolls

Served with Wasabi Yuzu Sauce \$7.95

Soups & Salads

NEW ENGLAND CLAM CHOWDER

Cup \$3.95 Bowl \$5.95

FRENCH ONION SOUP

Crock of Homemade Onion Soup with Garlic Croutons, Swiss and Provolone Cheese \$6.95

SOUP OF THE DAY ♥

Cup \$2.95 Bowl \$3.95

MINISTRONE ♥

Tomato Broth with Seasonal Vegetables, Macaroni, Basil and Parmesan Cheese
Cup \$2.95 Bowl \$3.95

CAESAR SALAD

Traditional Caesar Salad Tossed in Anchovy Based Dressing \$8.95

Add: Grilled Chicken \$3.95 Grilled Shrimp \$5.95

*Grilled Salmon or Calamari or Steak Tips \$6.95

BUFFALO CHICKEN SALAD

Chicken Tenderloins Tossed in Buffalo Sauce atop Iceberg and Romaine Lettuce with Tomatoes, Cucumbers, Bleu Cheese and Scallions \$10.95

Also Available in Honey Mustard Sauce with Cheddar Cheese

SPINACH WALNUT SALAD G

Baby Spinach Tossed in Whole Grain Mustard Vinaigrette Topped with Candied Walnuts, Grilled Red Onions, Apples, Bacon, Roasted Peppers and Goat Cheese \$10.95

COBB SALAD

Mixed Greens, Cucumbers and Tomatoes Tossed in Avocado Ranch Dressing Topped with Bacon, Scallions, Bleu Cheese, Roasted Turkey, Eggs, Red Onions and Roasted Corn \$10.95

HOUSE SALAD G ♥

Mixed Greens with Balsamic Vinaigrette, Alfalfa Sprouts, Red Onions, Carrots, Cucumbers and Tomatoes \$6.95

WALDORF CHICKEN SALAD G

Mixed Greens Tossed in Mustard Cider Vinaigrette, Served with Grilled Chicken, Walnuts, Cranberries, Celery, Red Onions, Grapes, Bleu Cheese and Sliced Apples \$11.95

WEDGE SALAD G

Iceberg Lettuce with Bleu Cheese Vinaigrette, Red Onions, Tomatoes, Cucumbers, Bacon and Crumbled Bleu Cheese \$8.95

*TUNA NICOISE SALAD

Mixed Greens Tossed in Lemon Vinaigrette with Pan Seared Sushi Grade Tuna, Haricot Verts, Kalamata Olives, Eggs, Roasted Tomatoes, Fingerling Potatoes and Grilled Red Onions \$13.95

ATHENS SALAD ♥

Romaine and Iceberg Lettuce, Cucumbers, Garbanzo Beans, Roasted Tomatoes, Feta Cheese, Red Onions, Artichokes, Red Peppers, Grilled Zucchini and Kalamata Olives

Tossed in Red Wine Herb Vinaigrette and Finished with Grilled Flat Bread \$10.95

*ASIAN SALMON SALAD

Sesame and Soy Marinated Salmon on Mixed Greens, Rice Noodles, Bean Sprouts, Mushrooms, Water Chestnuts and Wontons Dressed with Scallion and Ginger Vinaigrette \$12.95

SHRIMP QUESADILLA SALAD

Grilled Shrimp on Top of Romaine and Iceberg Lettuce, Pepper Jack Cheese, Scallions, Roasted Corn and Black Bean Relish, Tomatoes, Peppers, Avocado Ranch Dressing and Served with Cheese Quesadilla \$12.95

Thin Crust Pizza

Also Available on Gluten Free
Pizza Crust

Thin Crust Pizza

CHICKEN PARMESAN CALZONE

Pizza Crust Stuffed with Breaded Chicken, Fresh Mozzarella, Parmesan Cheese and Basil Served with Marinara Dipping Sauce \$8.95

FOUR CHEESE

Traditional Cheese Pizza with Mozzarella, Provolone, Parmesan and Asiago Cheese \$8.50
Add Choice of Topping: Sausage \$1.00 or Pepperoni \$1.00

FIRE ROASTED VEGGIE

Roasted Red Pepper Pesto, Parmesan Cheese, Spinach, Goat Cheese, Mushrooms, Red Onions and Asparagus \$8.95

PLEASE TELL YOU SERVER IF A PERSON IN YOUR PARTY HAS A FOOD ALLERGY

To View our Banquet Facilities and Plan Your Next Function in One of Our Ballrooms Visit Our website at www.Innatlongwood.com

Sandwiches

REUBEN

Sliced Corned Beef, Swiss Cheese, Sauerkraut, and Thousand Island Spread

Served on Grilled Marble Bread \$8.95

*LONGWOOD GRILLE BURGER

With Cheddar Cheese and Onion Strings \$8.95

CHICKEN PORTOBELLO

Grilled Chicken Breast with Roasted Red Pepper Aioli, Provolone Cheese, Spinach and Portobello Mushroom

Served on Focaccia Bread \$8.95

CHICKEN FAJITA WRAP ♥

Sautéed Pulled Chicken, Pico De Gallo, Peppers, Onions and Pepper Jack Cheese Served in Multi-Grain

Wrap with Avocado Aioli \$8.95

TUNA MELT

Served on Grilled Texas Style White Bread with Swiss Cheese and Tomato \$8.95

FRENCH DIP

Shaved Prime Rib Served in Grilled Onion Ciabatta Bread with Onion Beef Broth \$9.95

FALAFEL ♥

Lavash Wrap with Greek Cucumber Yogurt, Falafel, Alfalfa Sprouts, Carrots and Salsa Cruda \$8.95

TURKEY BURGER ♥

The Real Deal, Extra Lean Ground Turkey Mixed with Fresh Herbs, Red Onions and Cheddar Cheese. Topped with Pepper

Jack Cheese and Mango Chili Salsa \$9.95

TURKEY CLUB

Roasted Turkey, Lettuce, Tomatoes, Apple Wood Smoked Bacon and Garlic Aioli Served on Triple

Layered Toasted Multi-Grain Bread \$8.95

*SALMON BLT

Grilled Salmon, Spinach, Pickled Red Onions, Roasted Tomatoes, Bacon and Roasted Red Pepper Aioli

on Focaccia Bread \$10.95

BONELESS BBQ SHORT RIB

Boneless Beef Rib Meat with Our Own Chipotle BBQ Sauce

Served on Grilled Ciabatta Bread \$9.95

*STEAK SANDWICH

Grilled Peppered Steak, Brie Cheese, Arugula and Roasted Red Peppers on Onion Ciabatta Bread \$11.95

CALIFORNIA TURKEY WRAP ♥

Smoked Turkey, Roasted Tomatoes, Spinach, Red Onions, Alfalfa Sprouts, Cucumbers and Avocado Ranch Aioli Served in Multi-Grain Flour Tortilla Wrap \$8.95

All Sandwiches Can be Prepared on Gluten Free Bread or Wrap and are Served with French Fries or Mixed Greens. For an Additional \$1.00 Substitute with Onion Rings or Sweet Potato Fries.

Entrées

Any Vegetable Or Starch Can be Substituted with Gluten Free Or Whole Wheat Pasta

Entrées

CHICKEN PICCATA

Pan Seared Chicken, Garlic, Shallots, Capers, Tomatoes and Linguine Pasta in Lemon and White Wine Reduction Butter Sauce \$13.95

SUBSTITUTE WITH SHRIMP \$3.95

*BEER BATTERED FISH AND CHIPS

Served with French Fries, Cucumber Slaw and Tartar Sauce \$14.95

*POMMERY CEDAR PLANK SALMON G

Salmon with Sweet Whole Grain Mustard Served with Jasmine Rice and Spinach \$16.95

*GRILLED STEAK TIPS

With Sautéed Peppers, Onions and Mushrooms in Your Choice of Kenya BBQ or Teriyaki Sauce Served with Garlic Mashed Potatoes \$14.95

Available with Gluten Free Sauce

*BAKED COD

Served with Herb Ritz Cracker Crust, Lobster Sauce, Baby Carrots and Potato Au Gratin \$16.95

BBQ RIBS

Slow Roasted In House Pork Spareribs Served with French Fries, Onion Rings, Cucumber Slaw and Jalapeno Corn Bread Half Rack \$10.95 or Full Rack \$17.95

*SWORDFISH OSCAR G

Grilled Swordfish Topped with Crab Meat and Hollandaise Sauce Served with Grilled Asparagus and Jasmine Rice \$18.95

*BLACKENED FISH OF THE DAY

Served with Jasmine Rice, Corn and Black Bean Salad and Avocado and Mango Salsa \$17.95

*SOUTHERN CHICKEN DINNER

Buttermilk Chicken Lightly Floured and Fried Served with Chicken Gravy, Garlic Mashed Potatoes and Baby Carrots \$13.95

*SEAFOOD STUFFED SHRIMP

Large Shrimp with Seafood Stuffing Finished with Lobster Sauce Served with Jasmine Rice and Haricot Verts \$16.95

SURF AND TURF G

Pepper Berry Crusted Petite Skirt Steak with Shrimp and Scallop Scampi, Potato Au Gratin and Grilled Asparagus \$20.95

CHICKEN BRUSCHETTA

Grilled Chicken with Sautéed Tomatoes, Red Onions, Garlic, Shallots, Basil, Parmesan Cheese, Fresh Mozzarella, Pine Nuts and Fussili Pasta \$13.95

SUBSTITUTE WITH SHRIMP \$3.95

CHICKEN POT PIE

Supreme Sauce with Chicken, Potatoes, Corn, Carrots, Peas, Onions and Celery Served in Casserole Dish with Puff Pastry Crust \$13.95

*SCALLOP AND BACON KABOBS G

Roasted Bacon Wrapped Scallops with Cracked Black Pepper and Honey Served with Spinach Risotto \$18.95

CHICKEN BROCCOLI AND ZITI

Grilled Chicken, Garlic, Shallots and Broccoli with Penne Pasta. Served in Your Choice of Alfredo or Scampi Sauce \$12.95

Substitute with Shrimp \$3.95

*STEAK FRITES G

Grilled Traditional French Sirloin Steak Finished with Dijon Butter \$19.95

*LONGWOOD SIRLOIN STEAK

Grilled 10 Ounce Steak with Potato Au Gratin, Asparagus and Red Wine Demi \$20.95

Enhance Your Steak With:

Au Poivre Crust \$.75

Mushrooms, Caramelized Onions or Peppers \$1.50

Stuffed Shrimp, Scallop and Bacon Kabob or Grilled Shrimp \$5.95

SIDE OPTIONS

Jasmine Rice \$1.50 • Baked Potato \$1.50

Haricot Verts \$1.50 • Baked Potato with Works \$2.50

Garlic Mashed Potatoes \$1.50 • Potato Au Gratin \$2.00

Grilled Asparagus \$2.00 • Baby Carrots \$1.50

All Entrees Can be Complemented with House Salad or Cup of Soup For an Additional \$2.00 Cup of Chowder or Caesar Salad \$3.00

PLEASE TELL YOU SERVER IF A PERSON IN YOUR PARTY HAS A FOOD ALLERGY

Executive Chef: Dianna Ahern • dahern@innatlongwood.com

♥ Heart Healthy Items—Low in Saturated Fats, Sodium and Cholesterol G Gluten Free Items

*Consuming Cooked to Order Foods, Raw or Undercooked Meats, Fish, Poultry, Seafood, Shellfish or Eggs may Increase Your Risk of Food Borne Illness, Especially if you have Certain Medical Conditions.