

BREAKFAST

BREAKFAST BOWLS FOR CLEANSING THE BODY

V BERRY BLISS BOWL \$28

FRESHLY MADE FOREST BERRY YOGURT, OATS, QUINOA BLEND, FRESH BERRIES

FOR THE MORNING BOOST

V SPINACH & PINEAPPLE ENERGY BOOST BOWL \$24

FRESHLY MADE SPINACH & PINEAPPLE YOGURT, SLICED PINEAPPLE
QUINOA BLEND, OATS, BANANA

BREAKFAST ROLLS

MEXICAN BREAKFAST BURRITO ROLL \$28

FLOUR TORTILLA, SCRAMBLED EGG, BLACK BEANS, BELL PEPPERS

CORN, ONION, TOMATO, SERVED WITH GUACAMOLE

CARIBBEAN INSPIRED BREAKFAST ROTI \$31

TORTOLA STYLE ROTI, SWEET ONION AND CHILI OMELET
CURRIED POTATO, STEAMED GREENS FROM OUR GARDEN
SMOKED CHICKEN WITH CILANTRO AND LIME SALSA

GF LONGBAY SIGNATURE BREAKFAST \$18

OMELET WITH OREGANO, MARINATED FETA CHEESE, ZUCCHINI, SPINACH
SIDE SALAD TOSSED IN FRESH ITALIAN DRESSING

GUACAMOLE TOAST \$17 WITH PICO DE GALLO

CLASSICS

2 EGGS PLAIN | FRIED | OMELETE | SCRAMBLED \$8

**ADD ONS: ONIONS | MUSHROOMS | TOMATOES | SPINACH
CHEESE | CHIVES | BACON**

BANANA & COCONUT CREAM PANCAKES \$14

BLUEBERRY PANCAKES \$16

FRUIT PLATTER \$16

APPLEWOOD SMOKED BACON \$6

SAUSAGES \$6

TOAST \$5

BAKERY

CROISSANT \$3.50

CINNABUN \$4

DANISH \$4

MUFFINS \$5

DF DAIRY FREE

V VEGETARIAN

VE VEGAN

GF GLUTEN FREE

% 15% SERVICE FEE WILL BE ADDED TO YOUR BILL

@LONGBAYBVI



BREAKFAST CLASSIC & PASTRIES

8AM - 10AM

CLASSICS

2 EGGS PLAIN ANY STYLE 8
 APPLEWOOD SMOKED BACON 6
 SAUSAGES 6
 TOAST 5

BAKERY

CROISSANT 3.50
 DANISH 4
 CINNABUN 4
 MUFFINS 5

BRUNCH ITEMS

10AM - 2PM

EGGS

AVOCADO TOAST 18
 SCRAMBLED EGGS & ONION CONFIT

OVEN BAKED 2 POACHED EGGS 24
 SPICY TOMATO SAUCE BASIL, MOZZARELLA
 GRATINATED, OREGANO FOCACCIA

PANCAKES

(ALL PANCAKES ARE MADE WITH FRESH INGREDIENTS AND HOME-MADE BUTTERMILK)

BERRY MIX PANCAKES TOWER 24
 BLUEBERRY SAUCE, WHIPPED CREAM

BANANA & COCONUT CREAM
 PANCAKES TOWER 24
 SHAVED COCONUT, WHIPPED CREAM

COCONUT & CHOCOLATE
 PANCAKES TOWER 24
 CHOPPED ROASTED CASHEWS
 CHOCOLATE SAUCE, WHIPPED CREAM

SALADS

CORONATION CHICKEN SALAD 30
 CORONATION CHICKEN, LETTUCE, PICKLED RED CABBAGE, CUCUMBER, GREEN PEAS
 CRUSHED NUTS CORONATION YELLOW DRESSING, SUNDRIED TOMATO FOCACCIA

VEGETARIAN FULLY LOADED SALAD 30
 ROASTED BELL PEPPERS PURÉE, MARINATED FETA CHEESE
 CHERRY TOMATO, HERBED FOCACCIA

PASTA

PAN SEARED CHICKEN & SPINACH 32
 SPAGHETTI PASTA TOPPED WITH BROWN
 BUTTERY SAUCE & PARMESAN CHEESE

SMOKED SALMON & ZUCCHINI 32
 CREAM OF PARMESAN SAUCE ON TOP OF
 SPAGHETTI PASTA & PARMESAN CHEESE

FROM THE GRIDDLE

SOFT SHELL CHICKEN OR SHRIMP
 TACO TRIO 35
 ROASTED CHICKEN TACO MEAT OR SHRIMP
 FRESH PINEAPPLE CHILI SALSA &
 GUACAMOLE

KOREAN BBQ BULGOGI
 SLOPPY WAGYU BEEF 38
 PICKLED CABBAGE & TOMATO, ON SESAME
 BRIOCHE WITH HOMEMADE FRIES

DESSERTS

SEASONAL FRUIT PLATTER 16

CHOCOLATE SENSATION CAKE 18
 NUTS & GRAND MARNIER CHOCOLATE SAUCE



LUNCH BITES

V **VEGETARIAN FULLY LOADED SALAD \$20 | \$30** ROASTED BELL PEPPER PURÉE, MARINATED FETA CHEESE CHERRY TOMATO, PARMESAN CHEESE, PICKLED RED ONION HOMEMADE SUN-DRIED TOMATO FOCACCIA

PULLED CHICKEN SALAD \$22 | \$28
LETTUCE MESCAL TOSSED IN CREAMY LOW-FAT DRESSING PARMESAN CHEESE VEGETABLE GOODIES TEMPURA FRESH HOMEMADE ZA'ATAR FOCACCIA

DF **FALL OF THE BONE BABY BACK RIBS TERIYAKI BUDDHA BOWL \$25**
STEAMED RICE, SLOW BRAISED BABY BACK RIBS IN TERIYAKI SAUCE WAKAME SEAWEED SALAD SESAME SEEDS BLEND
(LET US KNOW IF YOU WANT THE RIBS FIERY HOT)

V **MEDITERRANEAN BUDDHA BOWL \$37**
LETTUCE MESCAL, CHICKPEAS, AVOCADO, BROCCOLI, CUCUMBER RADISH, FRIED HALLOUMI CHEESE, LEMON AND BASIL PESTO FROM OUR GARDEN

PEARL COUSCOUS BUDDHA BOWL \$34
SLICED CHICKEN MILANESE, ROASTED BELL PEPPER SAUCE, ONION, GINGER MUSHROOMS, GRILLED SQUASH, POMEGRANATE SEEDS

BURGERS

WAGYU BEEF HAMBURGER \$35
SESAME BRIOCHE, LETTUCE, TOMATO, ONION, DILL PICKLES
LONGBAY TOO MANY HERBS SAUCE SERVED WITH HOMEMADE FRENCH FRIES

V **BEYOND MEAT VEGGIE HAMBURGER \$35** SESAME BRIOCHE, LETTUCE, TOMATO, ONION, DILL PICKLES LONGBAY TOO MANY HERBS SAUCE SERVED WITH HOMEMADE FRENCH FRIES

SANDWICHES

BLT \$15 | \$19 (WITH AVOCADO) FRENCH BAGUETTE, BACON, LETTUCE, TOMATO, MAYONNAISE

BREAKFAST SANDWICH \$20
CIABATTA BREAD, BACON, EGG, CHEESE, AVOCADO, LETTUCE, TOMATO

HAM & CHEESE BAGUETTE \$18
FRENCH BAGUETTE, HAM, CHEESE, LETTUCE, TOMATO, MAYONNAISE

TURKEY & CHEESE BAGUETTE \$17
FRENCH BAGUETTE, TURKEY, CHEESE, LETTUCE, TOMATO, MAYONNAISE

CHICKEN & BACON BAGUETTE \$17
FRENCH BAGUETTE, CHICKEN, BACON, LETTUCE, TOMATO, GARLIC MAYONNAISE

TUNA MAYO BAGUETTE \$14
FRENCH BAGUETTE, TUNA, LETTUCE, TOMATO, PICKLES



DINNER

SOUP

DF **RAMEN BEEF BOWL & SOY CONSOMMÉ SOUP FROM JAPAN \$28**
SHAVED BEEF, NOODLES, SWEET SOY HARDBOILED EGG MUSHROOMS &
WATER SPINACH, ROASTED GARLIC CHILI OIL

APPETIZERS

DF **SMASHED AVOCADO & MAIZE TORTILLA CHIPS \$16**

V **HOMEMADE OLIVE OIL FOCACCIA WITH BLACK OLIVE TAPENADE \$19**

V **VE** **HOMEMADE CARROT HUMMUS & ZAATAR FOCACCIA \$23**
CARROTS, CHICKPEAS, TAHINI SESAME PASTE

V **VEGETARIAN FULLY LOADED SALAD \$20 | \$30**
ROASTED BELL PEPPER PURÉE, MARINATED FETA CHEESE
CHERRY TOMATO PARMESAN CHEESE, PICKLED RED ONION
HOMEMADE SUN-DRIED TOMATO FOCACCIA

PULLED CHICKEN SALAD \$22 | \$28

LETTUCE MESCAL TOSSED IN CREAMY LOW-FAT DRESSING
PARMESAN CHEESE VEGETABLE GOODIES TEMPURA
HOMEMADE ZA'ATAR FOCACCIA

VIETNAMESE FISH CAKES \$23

NUOC MAM CHAM (SPICY MAYO DIPPING SAUCE)

DF **FRIED CHICKEN WINGS \$14 | \$28** TOSSED IN OUR HOUSE CARIBBEAN SAUCE

PROSCIUTTO E' MELONE \$29

CANTALOUPE & PARMA HAM

ENTRÉE

SIGNATURE CRISPY RED SNAPPER FILLET \$35 BEETROOT
COUSCOUS, CRISPY SIDE SALAD

V **GF** **MOREL RISOTTO \$43**

MOREL MUSHROOMS, WHITE WINE, BUTTER, PARMESAN TUILE

SIGNATURE THAI COCONUT GREEN CURRY

CHICKEN \$32 **DF** **BEEF TENDERLOIN \$44** **SHRIMP \$46**

EGGPLANT, GINGER, LEMONGRASS, GARLIC, FRESH CHILI, JASMINE RICE

GF **DF** **LES ACADIANS CRUCIAN SWEET & SPICY HALF A CHICKEN \$45**

SLOW BRAISED CHICKEN IN CARIBBEAN SPICE BLEND, CHILIS, GINGER
SPRING ONIONS, FRESH TURMERIC, GARLIC, SMOKED PAPRIKA & MORE
SERVED WITH YELLOW RICE & BEANS, CHICKEN SAUCE DIP BOWL

BRAISED LAMB SHANK \$55

WINE BRAISED LAMB, GARLIC MASHED POTATO, RATATOUILLE

GF **ANGUS BEEF TENDERLOIN FILLET STEAK \$56**

RUSTIC FINGERLING POTATO SMASH, ROASTED BROCCOLI
WHITE TRUFFLE DEMI-GLACE

BUTTERY LOBSTER TAIL \$80

COOKED SOUS VIDE, PANKO AND PARSLEY CRUSTED, WILTED SPINACH
CHARDONNAY CREAM SAUCE

NIGHTLY SPECIALS

Please ask your server
about our specials



DF DAIRY FREE **V** VEGETARIAN **VE** VEGAN **GF** GLUTEN FREE

% 15% SERVICE FEE WILL BE ADDED TO YOUR BILL **@** LONGBAYBVI