

# WINE

SPARKLING	2.5oz	5oz	Bottle
Henry of Pelham Cuvée Catharine Brut	6.25	12.5	52
WHITE	3oz	6oz	Bottle
Henry of Pelham Pinot Grigio	4	8	25
Henry of Pelham Sauvignon Blanc	4	8	25
Cave Spring Riesling Dolomite	4.5	9	30
Cave Spring Chardonnay Musque Estate	5	10	35
Fielding Estate Pinot Gris	5.5	11	37
2027 Estate Chardonnay	5.75	11.5	40
RED	3oz	6oz	Bottle
Peller Estates Trius Merlot	4	8	25
Henry of Pelham Baco Noir	4	8	25
Trius Cabernet Sauvignon	4	8	25
Cave Spring Cabernet Franc Dolomite	5.25	10.5	36
2027 Estate Pinot Noir	5.75	11.5	40
ROSÉ	3oz	6oz	Bottle
Henry of Pelham Rosé	4	8	25

# BEER & CIDER

DRAUGHTS	16oz	20oz
Amsterdam 3 Speed Lager (4.2%)	6.5	7.5
Amsterdam Big Wheel Amber (5%)	6.5	7.5
Amsterdam Boneshaker IPA (7.1%)	6.5	7.5
Amsterdam Space Invader IPA (6%)	6.5	7.5
Steam Whistle Pilsner (5%)	6.5	7.5
FLIGHTS		7
You choose the beers; we pour three 5oz glasses per order		
CANS		7
Amsterdam Brewery (ask your server about featured cans)		
Beau's Lug Tread Lagered Ale (5.2%) 473mL		7
Side Launch Wheat Ale (5.3%) 473mL		7
Wellington Imperial Stout (8%) 473mL		8
CIDERS		7
Pommie Farmhouse (6.0%) 473mL		

ASK YOUR SERVER ABOUT FEATURED WINES, CANNED BEERS, CIDERS AND DRAUGHTS.

**Note:** Actual calories of alcoholic beverages may vary; the addition of mixes will increase the calories of these beverages. Standard serving sizes are based on one drink as outlined in Canada's Low-Risk Alcohol Drinking Guidelines.

Standard Alcoholic Beverages	Standard Serving Size	Approximate Average Calories
Red Wine (12%)	1 glass (142mL/5oz)	130
White Wine (12%)	1 glass (142mL/5oz)	120
Regular Beer (5%)	1 bottle (341mL)	150
Light Beer (4%)	1 bottle (341mL)	100
Spirits (40%)	1 shot (43mL/1oz)	100





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## STARTERS

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Soup of the Day (80-370 Cals)	5
Insalata Caprese (220 Cals)	5.5
Polpette (2 meatballs) (380 Cals)	5.5
Fries, Regular (640 Cals)	4.5
Fries, Large (970 Cals)	6.5
Soup and Salad (200-370 Cals)	7.5

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## SALADS

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Caesar with Creamy Caesar Dressing (500 Cals)	10
Greek with Greek Feta Dressing (440 Cals)	10
Arugula, Pear, Parmigiana & Walnuts with Tangy Dressing (370 Cals)	10
Add a grilled chicken breast to any salad (200 Cals)	5

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## BOARDS

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<b>Charcuterie &amp; Cheese (710 Cals)</b>	13
An assortment of dry-cured Longo's Prosciutto di Parma and cacciatore, 6-month aged Manchego (Spain) and Longo's double cream brie (Ontario) served with sun-dried black olives, fig spread and seasoned crostini.	
<b>Charcuterie (460 Cals)</b>	13
An assortment of imported and domestic dry-cured specialty meats including Longo's Prosciutto di Parma, Curato salame Piacentino D.O.P., cacciatore and dry-cured beef bresaola served with Parmigiano-Reggiano, sun-dried black olives and seasoned crostini.	

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## SANDWICHES

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Sandwich served on a baguettini with your choice of a side spring greens salad (120 Cals), soup of the day (80-370 Cals) or fries (640 Cals).

<b>Chicken Club (770 Cals)</b>	13
Grilled chicken breast, bacon, sliced avocado, tomatoes, spring greens and mayo.	
<b>Vegetarian (470 Cals)</b>	12
Grilled eggplant, zucchini, onions and peppers topped with crumbled goat cheese and a balsamic glaze.	

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## WINGS

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Chicken wings tossed pub style with your choice of sauce (Longo's Buffalo, Sweet & Spicy, Korean, or Maple Habanero) and served with ranch dip and veggies.

Plain Glazed or Breaded Wings (980-2,170 Cals) 14

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## SPECIALS

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### TUESDAY & WEDNESDAY

**Sandwich Special (700-1,550 Cals)** 17  
Longo's Sandwich with a Side Salad & a Pint of Amsterdam 3 Speed Lager or 6oz of Cave Spring Riesling or Cabernet Franc.

### EVERY DAY

**Wings Special (1,160-2,400 Cals)** 18  
Longo's Pub Style Chicken Wing & a Pint of Amsterdam 3Speed Lager or 6oz of Cave Spring Riesling or Cabernet Franc.

Adults and youth (ages 13 and older) need an average of 2,000 calories a day, and children (ages 4 to 12) need an average of 1,500 calories a day. However, individual needs vary.