

~ PASS-AROUNDS ~

**FED WINGS**  
single 10... double 17  
choice of buffalo, bourbon bbq, or bulgogi marinade

**MAPLE-GLAZED  
SWEET POTATO TOTS 8**

**BACON BRUSSELS SPROUTS 10**  
goat cheese, balsamic

**MAC & CHEESE 12**  
manchego, smoked gouda & mozzarella  
ADD... peppered bacon, chorizo, soyrizo,  
pulled pork... 2 ea ... IPA short ribs... 4

**BBQ PORK SLIDERS 10**  
chipotle pulled pork, bulgogi marinade,  
jicama slaw, kimchi aioli, milk bun, cornichon

**SHORT RIB POUTINE 16**  
house fries, short rib, gravy, mozzarella, scallions  
ADD: free range egg... 2

**BEER CHEESE FRIES 9**  
house cut fries, topped with beer cheese sauce,  
herbs, parmesan, garlic

**BAKED PRETZELS 10**  
warm sea salt pretzels, beer cheese sauce

~ BOWLS ~

**SALMON BOWL 16**  
grilled salmon, steamed brown rice,  
sautéed seasonal vegetables, bulgogi marinade,  
bean sprouts, green onions, toasted sesame

**ASADA BOWL 16**  
marinated flat iron steak, steamed brown rice,  
sautéed seasonal vegetables, bulgogi marinade,  
kimchi aioli, green onions, radish, toasted sesame

**CHICKEN BOWL 14**  
free range chicken breast, bulgogi marinade,  
steamed brown rice, green onions,  
sautéed seasonal vegetables

~ SOUPS & SALADS ~

**TOMATO BASIL SOUP 5 / 7**

**SOUP OF THE DAY**  
(market price)

**ROASTED BEET 11**  
spinach, fennel, mandarin orange, feta,  
basil, spiced candied walnut, white balsamic

**WARM QUINOA &  
KALE SALAD 11**  
roasted spiced pear, grilled grape,  
lemon thyme vinaigrette

**FRIED BRUSSELS SALAD 11**  
spinach, blackened shallots, roasted spiced pears,  
goat cheese, toasted almonds, balsamic reduction

**FETA CHICKEN SALAD 15**  
romaine, chickpeas, dried cranberries, olives,  
heirloom tomato, cucumbers,  
red onions, feta cheese, oregano,  
grilled chicken, lemon vinaigrette, naan bread

**ADD TO ANY SALAD:**  
vegan patty... 4    grilled chicken breast... 6  
shrimp... 7    grilled salmon... 9

~ BURGERS & DOGS ~

served with one of the following: house salad, Caesar salad, soup, house fries, or kettle chips

**THE FEDERAL 14**  
garlic chips, smoked cheddar, balsamic onion,  
bibb lettuce, black peppercorn aioli, on milk bun

**OMH "oh my habañero" 15**  
grilled angus patty, butter lettuce, red onions,  
ghost pepper cheese, guacamole, tomato jam,  
roasted pickled habañero, jalapeño aioli,  
on milk bun

**TURKEY BURGER 14**  
grilled turkey patty, lettuce tomato, Swiss cheese,  
red onion, guacamole, mayo, bacon, milk bun

**THE SMOKEHOUSE 16**  
grilled angus beef, smoked turkey,  
pepper bacon, smoked cheddar,  
BBQ pulled pork, milk bun

**VEGGIE BURGER 12**  
hand formed artisan vegan field roast  
veggie patty, soy bean curd vegan cheese,  
jicama slaw, spinach, jalapeño veganaise,  
guacamole, milk bun

**MEAT LOAF BURGER 14**  
house made meat loaf, pepper bacon,  
red onions, roma tomatoes, balsamic onions,  
spinach grape tomato chutney,  
Swiss cheese, on milk bun

**FED DOG 9**  
all beef kosher frank, onion jam, pepper mayo,  
pickled jalapeño, poppy seed bun  
(or sub veggie dog)

**ADD TO ANY BURGER OR DOG:** guacamole... 2 ... bacon... 2 ... free range egg... 2

~ SANDWICHES ~

served with: house salad, Caesar salad, or kettle chips,... add soup... 2 ... sub fries... 2

**FRESH CAPRESE 13**  
tomato heirloom, basil, fresh mozzarella,  
basil pesto, balsamic reduction, wheat baguette

**CHICKEN PHILLY 12**  
grilled chicken, roasted peppers, onions,  
pickled jalapenos, pepper aioli, pepper  
jack cheese, French baguette

**TUNA SALAD 13**  
roasted tomato, alfalfa sprouts, tarragon,  
lemon zest, red onion, wheat baguette

**BLT & AVOCADO 11**  
pepper bacon, tomato, caramelized onions,  
sweet greens, sliced avocado, pepper aioli,  
French baguette

**GRILLED CHEESE 9**  
pepper jack, american, cheddar,  
Swiss on pain de mie bread

**TURKEY CLUB 12**  
smoked turkey, spinach, tomato, pepper bacon,  
mayo, mustard, French baguette

**Get any half sandwich with choice of soup OR salad & a fountain drink for \$8.99**

**DAILY DEALS**

**MONDAYS** HAPPY EVERY HOUR **TUESDAYS** BLUE PLATE SPECIAL **WEDNESDAYS** SWEET AND/OR SAVORY **THURSDAYS** IN VINO VERITAS **FRIDAYS** FRY-DAY

**WEEKEND BRUNCH SPECIAL \$20 BRUNCH ENTREE & BOTTOMLESS MIMOSAS** **WEERDAY LUNCH \$8.99 SPECIAL**

**HAPPY HOUR MONDAY ALL DAY, TUESDAY - SUNDAY 4PM - 7PM** **LATE NIGHT HAPPY HOUR SUNDAY THRU THURSDAY 9PM - CLOSE**

WWW.THEFEDERALBAR.COM / WWW.FACEBOOK.COM/THEFEDERALBARLONGBEACH / GIFT CERTIFICATES AVAILABLE

\*Notice: Consuming raw or undercooked meat, poultry, seafood or eggs may increase your risk of food borne illness.\*  
Please inform your server of any food allergies. Credit card payment(s) limited to four (4) per check or table.

