



SOUPS & SALADS

TOMATO BASIL SOUP 5 | 7

SOUP OF THE DAY
(market price)

CRAB CAKE SALAD 18

Maryland blue lump crab cake, avocado relish, roasted sweet corn, mixed baby greens, smoked paprika, red pepper aioli

WARM QUINOA & KALE SALAD 11

roasted spiced pear, grilled grape, lemon thyme vinaigrette

FETA CHICKEN SALAD 15

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

FRIED BRUSSELS SALAD 11

spinach, blackened shallots, roasted spiced pears, goat cheese, toasted almonds, balsamic reduction

ADD TO ANY SALAD:

Mary's free range chicken breast... 9
vegan patty... 4 shrimp... 7 grilled salmon... 9

BOWLS

SALMON BOWL 22
grilled salmon, steamed brown rice, sautéed seasonal vegetables, bulgogi marinade, bean sprouts, green onions, toasted sesame

ASADA BOWL 17
marinated flat iron steak, steamed brown rice, sautéed seasonal vegetables, bulgogi marinade, kimchi aioli, green onions, radish, toasted sesame

CHICKEN BOWL 16
free range chicken breast, bulgogi marinade, steamed brown rice, green onions, sautéed seasonal vegetables

BURGERS, DOGS & SANDWICHES

THE FEDERAL 14

garlic chips, smoked cheddar, balsamic onion, bibb lettuce, black peppercorn aioli, on milk bun, served with house fries (sub veggie or turkey patty)

FED DOG 9

all beef kosher frank, onion jam, pepper mayo, pickled jalapeño, poppy seed bun, served with house fries (sub veggie dog)

BURGER & BOOMTOWN SPECIAL

from 11:30am to 3pm, add any boomtown beer to your burger for only \$3

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

FRESH CAPRESE 13

tomato heirloom, basil, fresh mozzarella, basil pesto, balsamic reduction, wheat baguette, served with Fed house salad

BLT & AVOCADO 11

pepper bacon, tomato, caramelized onions, sweet greens, sliced avocado, pepper aioli, French baguette, served with Fed house salad (ADD: turkey... 2)

CHICKEN PHILLY 12

grilled chicken, roasted peppers, onions, pickled jalapeños, pepper aioli, pepper jack cheese, French baguette, served with Fed house salad

GRILLED CHEESE 9

pepper jack, American, cheddar, Swiss on pain de mie bread, served with Fed house salad

DAILY LUNCH SPECIAL

Get any half sandwich (fresh caprese, chicken philly, blt & avocado, or grilled cheese) with your choice of soup OR Fed house salad & fountain drink for **\$8.99**

DAILY DEALS

LUNCH SPECIAL MONDAY THROUGH FRIDAY - 11:30AM TO 3PM

BURGER & BOOMTOWN SPECIAL MONDAY THROUGH FRIDAY - 11:30AM TO 3PM

BRUNCH SPECIAL SATURDAY & SUNDAY - 10:30AM TO 3PM

BLUE PLATE SPECIAL SUNDAY THROUGH WEDNESDAY - 5PM-CLOSE

HAPPY HOUR MONDAY: HAPPY HOUR EVERY HOUR & TUES TO SUN - 4PM-7PM

LATE NIGHT HAPPY HOUR SUN-THURS - 9PM-CLOSE

WWW.THEFEDERALBAR.COM | WWW.FACEBOOK.COM/THEFEDERALBARLONGBEACH | GIFT CERTIFICATES AVAILABLE | **FEDERAL NOW OFFERS FULL SERVICE CATERING**

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. Federal adds 20% gratuity to parties of 8 or more.

