

BEVERAGES 5.99

Vitamin C
Fresh Orange Juice

Immune Booster
Fresh Orange Juice , Carrots ,
Ginger & Mint

Citrus Combo
Pineapple , Orange & Grapefruit

Heart Detox
Beets, Apple, Carrots, Ginger & Cranberry

Green Machine
Kale, Green Apples, Spinach, Cucumber
& Avocado

Spicy Cleanser
Jalapeno, Apple , Kale, Spinach & Banana

SMOOTHIE 4.99

Relieved Emoji
Banana, Strawberry & Guava

Strawberry & Banana
Strawberry, Banana & Skim Milk

Razzle Dazzle
Raspberry, Mango, Pineapple,
Coconut Milk

Double Decker Avoca-Berry
Strawberry, Pineapple, Mango,
Kiwi, Avocado & Coconut Milk

HOMEMADE ICED TEA 2.99

Iced Tea
Peach Iced Tea
Iced Green Tea
Hibiscus Iced Tea
Mixed Berry Iced Tea
Fresh Lemonade

SOFT DRINKS

Soda Can	1.50
Pellegrino	2.50
Bottled Water	1.50
Gatorade	2.25

SNACKS

Kettle Chips	2.25
Terra Chips	2.75
Energy Bar	4.00
Macaron	5.00

DESSERTS

Chocolate Mousse Cake	4.99
Cheese Cake	4.99
Chocolate Fudge Cake	4.99
Tiramisu Cake	4.99
Creme Caramel	3.99
Rice Pudding	3.99
Chocolate Pudding	3.99

DINNER SPECIALS

APPETIZERS

• Seasoned Potato Fries	3.99
• Sweet Potato Fries	3.99
• Onion Rings (served with Marinara Sauce)	3.99
• Chicken Fingers 4pcs (served with Honey Mustard)	7.99
• Fried Calamari	8.99
• Chicken Quesadillas	9.99

SIGNATURE SALADS

• Local Kitchen Salad	8.50
• Greek Salad	8.50
• Caesar Salad	8.50
• Kale Caesar	8.50
• Cobb Salad	10.50

Add Chicken +3.00 Steak +3.50 Shrimp +4.00 Salmon +4.00

MAIN ENTRÉES

Served with Garlic Bread

POULTRY

• Chicken Parmesan over Linguini Pasta with Tomato Basil Sauce	15.99
• Chicken Francaise over Penne Pasta with Alfredo Sauce	15.99
• Chicken Marsala over Brown Rice	15.99
• Roasted Turkey with Mashed Potatoes and Mixed Vegetables	15.99
• Oven Roasted Chicken served with Mixed Vegetables and Rice	15.99

BEEF & LAMB

• Meatballs in House Tomatoes Sauce over Linguini Pasta	15.99
• Flank Steak with Mashed Potatoes & Mixed Vegetables	18.99
• New York Strip Steak with Seasoned Fries 12oz	19.99
• Lamb Chops with Rice and Mixed Vegetables	20.99

SEAFOOD

• Grilled Norwegian Salmon with Mixed Vegetables and Rice	18.99
• Shrimp Scampi over Linguini	18.99
• Cajun Shrimp over Penne Pasta	18.99
• Frutti Di Mare over Linguini Pasta With Tomato Sauce	20.99

MARKET PLATES 10.99

ENTREE WITH 2 SIDES ON A BED OF GRAINS

STEP 1 HEALTHY GRAINS

• Wild Rice • Brown Rice • Freekeh • Golden Jewel

STEP 2 ENTREES

• Lemon Herb Chicken	• Grilled Tofu
• Roasted Turkey	• Braised Steak +2.00
• Meatballs	• Wild Salmon +2.00

STEP 3 SIDES A LA CARTE 5.00

Seasonal & changes daily. Please call us for the selections of the day or visit our website at

www.LocalKitchenNYC.com

SOUPS

MADE WITH FRESH
MARKET INGREDIENTS

REGULAR 4.99
LARGE 5.99

Please call us for the
Daily Soups or visit
our website at
www.LocalKitchenNYC.com

LOCAL • KITCHEN

WHERE COMMUNITY DINES

35-07 DITMARS BLVD. ASTORIA, NY 11105

T. 718.806.1000 F. 718.806.1310

WWW.LOCALKITCHENNYC.COM



2019

Consuming raw or under cooked meats, fish, shellfish or fresh shell eggs may increase your risk of foodborne illness, especially if you have certain medical conditions. If you have food allergies, please let your server know when ordering. Texture and temperature may alter based on time in transit.

SIGNATURE SANDWICHES 8.99

- Crispy Chicken

Cheddar Cheese, Lettuce, Tomatoes & Chipotle Aioli Spread on Ciabatta Bread

- Bbq Chicken

BBQ Chicken, Avocado, Crispy Onions on Ciabatta Bread

- Chicken Parmesan

Crispy Chicken with House Tomato Basil Sauce, Fresh Mozzarella & Parmesan Cheese on Ciabatta Hero

- Alaskan Salmon

Grilled Salmon with Organic Field Greens, Roasted Tomatoes & Roasted Garlic Aioli on 8 Grain Pocket

- Roasted Turkey

Organic Field Greens, Tomatoes, Avocado, Fresh Mozzarella & Cranberry Spread On Ciabatta Bread

- Santa Fe Chicken

Roasted Peppers, Onions, Jalapeno, Corn, Pepper Jack Cheese & Chipotle Aioli on Wrap

- Lemon Herb Chicken

Organic Field Greens, Tomatoes, Shaved Red Onions & Tahini Sauce On Wrap

- Steak Sandwich

Provolone Cheese, Caramelized Onions, Peppers, Sautéed Mushrooms & Garlic Aioli Spread on Ciabatta Bread

- Meatball Parmesan

House Tomato Basil, Mozzarella Cheese, Parmesan Cheese & Fresh Basil on Ciabatta Bread

- Vegetarian

Roasted Seasonal Vegetables, Roasted Tomatoes, Fresh Mozzarella & Pesto Spread on Brioche Bread

BURGER YOUR OWN WAY 7.99

STEP 1 BURGER CHOICE

- 100% Beef
- Garden Burger

STEP 2 COMPLEMENTARY TOPPINGS

- Lettuce
- Tomatoes
- Onions
- Pickles

STEP 3 ADD ONS

- | | | | |
|-----------------------|-------|----------------------|-------|
| • Turkey Bacon | +1.00 | • Avocado | +1.50 |
| • Jalapenos | +0.50 | • Caramelized Onions | +0.50 |
| • Crispy Onions | +0.50 | • Mushrooms | +0.50 |
| • American | +0.75 | • Fresh Mozzarella | +0.75 |
| • Cheddar | +0.75 | • Provolone | +0.75 |
| • Low Fat Pepper Jack | +0.75 | | |

STEP 4 BREAD CHOICE

- Plain Brioche
- Onion Brioche

BURGER SIDES +4.00

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|-------------------------|---------------|
| • Seasoned Potato Fries | • House Salad |
| • Sweet Potato Fries | • Onion Rings |

LOCAL KITCHEN BURGERS

(Served with Lettuce, Tomatoes & Pickles)

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|---|------|
| • Beef Burger | 7.99 |
| • Cheese Burger | 8.99 |
| • Bacon Cheese Burger (Turkey Bacon) | 9.99 |
| • Veggie Burger | 7.99 |
| • Greek Burger with Feta Cheese | 8.99 |
| • Avocado Burger | 9.50 |
| • Mexican Burger with Jalapeno Peppers & Cheddar Cheese | 9.50 |

MAKE IT DELUXE +4.00

- Seasoned Fries
- Sweet Potato Fries
- Onion Rings

PASTA BAR 7.99

SERVED WITH GARLIC BREAD

STEP 1 BASE CHOICE

- Penne
- Linguini
- Whole Wheat Penne +0.50
- Gluten Free Penne +0.50
- Zucchini Noodles +1.00

STEP 2 PASTA SAUCES

- House Tomato Basil
- Creamy Alfredo
- Pesto Sauce
- Spicy Arabiatto
- Roasted Garlic & Olive Oil
- Pesto Alfredo
- A la Vodka
- Beef Bolognese +1.00

STEP 3 UNLIMITED TOSS-INS

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|----------------------|-----------------------|
| • Broccoli | • Scallion |
| • Tomatoes | • Carrots |
| • Olives | • Roasted Corn |
| • Peppers | • Brussels Sprouts |
| • Caramelized Onions | • Feta Cheese |
| • Sweet Peas | • Roasted Cauliflower |
| • Spinach | • Fresh Mozzarella |
| • Sundried Tomatoes | • Romano Cheese |
| • Mushrooms | • Crushed Peppers |
| • Zucchini | |

STEP 4 PROTEIN OPTIONS

- | | |
|-------------------|-------|
| • Grilled Chicken | +3.00 |
| • Crispy Chicken | +3.00 |
| • Meatballs | +3.00 |
| • Grilled Tofu | +2.00 |
| • Grilled Shrimp | +4.00 |
| • Frutti Di Mare | +4.00 |
| • Grilled Salmon | +4.00 |

PASTA SUGGESTIONS

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|--|------|
| • Penne Ala Vodka | 7.99 |
| Penne Pasta, Vodka Sauce, Green Peas & Parmesan Cheese | |

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| • Linguine Bolognese | 8.99 |
| Linguine Pasta with Homemade Beef Bolognese Sauce | |

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| • Zucchini Noodles Primavera | 8.99 |
| Zucchini Noodles, Garlic, Olive Oil, Mixed Vegetables & Parmesan Cheese | |

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| • Whole Wheat Penne Genovese | 10.99 |
| Grilled Chicken, Sun Dried Tomatoes, Olives, Spinach & Pesto Alfredo | |

QUINOA BOWLS 7.99

STEP 1 QUINOA SAUCES CHOICE

- Sweet Chili Lime
- Fresh Scallion Ginger
- Very Teriyaki
- Chipotle Ancho Vinaigrette
- Traditional Moroccan

STEP 2 UNLIMITED TOSS-INS

- | | |
|----------------------|-----------------------|
| • Broccoli | • Scallion |
| • Tomatoes | • Carrots |
| • Olives | • Roasted Corn |
| • Peppers | • Brussels Sprouts |
| • Caramelized Onions | • Feta Cheese |
| • Sweet Peas | • Roasted Cauliflower |
| • Spinach | • Fresh Mozzarella |
| • Sundried Tomatoes | • Romano Cheese |
| • Mushrooms | • Crushed Peppers |
| • Zucchini | |

STEP 3 PROTEIN OPTIONS

- | | |
|-------------------|-------|
| • Grilled Chicken | +3.00 |
| • Crispy Chicken | +3.00 |
| • Meatballs | +3.00 |
| • Grilled Tofu | +2.00 |
| • Grilled Shrimp | +4.00 |
| • Frutti Di Mare | +4.00 |
| • Grilled Salmon | +4.00 |

QUINOA SUGGESTIONS

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|---|------|
| Q1 GREEK | 9.99 |
| Organic Quinoa, Capers, Kale, Chickpeas, Kalamata Olives, Feta, Cherry Tomatoes, Tri-color Peppers, Fresh Oregano with Red Wine Vinaigrette | |

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| Q2 MOROCCAN QUINOA | 10.99 |
| Grilled Chicken, Chickpeas, Caramelized Onions, Fresh Basil, Olives, Kale and Carrots Tossed with Traditional Moroccan Sauce | |

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|--|-------|
| Q3 TERIYAKI SHRIMP | 11.99 |
| Shrimp, Daikon, Napa Cabbage, Kale, Carrots, Mushrooms and Olives with Scallion Ginger Sauce | |

CUSTOM SALAD 9.99

(PRE-CHOPPED)

STEP 1 GREENS

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|-----------------------|----------------|
| • Organic House Blend | • Fresh Kale |
| • Romaine Hearts | • Baby Spinach |

STEP 2 PROTEIN CHOOSE 1

- | | |
|------------------------|-------------------|
| • Crispy Chicken | • Grilled Chicken |
| • Roasted Turkey | • Grilled Tofu |
| • Falafel | |
| • Grilled Shrimp +2.00 | • Salmon +2.00 |
| • Steak +2.00 | |

EXTRA TOPPING +2.50

STEP 3 PREMIUM CHOOSE UP TO 3

- Sun-Dried Tomatoes
- Craisins
- Toasted Almonds
- Walnuts
- Portobello Mushrooms
- Egg Whites
- Bacon Bits
- Kalamata Olives
- Jack & Cheddar
- Feta Cheese
- Baby Mozzarella
- Avocado

EXTRA TOPPING +1.00

STEP 4 TOSS-INS CHOOSE UP TO 6

- Roasted Broccoli
- Sliced Roasted Beets
- Roasted Cauliflower
- Sweet Potato
- Carrots
- Corn
- Cucumbers
- Red Onions
- Mushrooms
- Hard Boiled Eggs
- Sweet Peas
- Tomatoes
- Bell Peppers
- Scallions
- Chickpeas
- Apple Slices
- Croutons
- Sunflower Seeds
- Crunchy Noodles
- Tortilla Strips
- Quinoa

EXTRA TOPPING +0.50

CHEF DESIGNED SALADS 10.50

CHICKEN FIESTA

Crispy Chicken, Romaine, Jack & Cheddar Cheeses, Fresh Corn, Tomatoes, Red Onions & Tortilla Strips with Ranch Dressing

BAKED FALAFEL

Romaine Hearts, Scallions, Tomatoes, Cucumbers, Carrots & Chickpeas with Spicy Tahini

BISTRO CHICKEN

Field Greens, Seedless Grapes, Craisins, Blue Cheese, Candied Walnuts & Caramelized Pears with Low Fat Balsamic Vinaigrette

CALIFORNIA COBB SALAD

All Natural Turkey, Turkey Bacon, Avocado, Mushrooms, Blue Cheese, Alfalfa Sprots, Tomatoes, Cucumbers, Egg Whites over Spinach & Romaine with Blue Cheese Dressing

GREEK CHICKEN SALAD

Romaine, Cherry Tomatoes, Red Onions, Feta Cheese, Cucumbers, Kalamata Olives, Tri Color Peppers with Red Vinaigrette & Extra Virgin Olive Oil

SALAD DRESSINGS

- Caesar
- Blue Cheese
- Russian
- Chipotle Lime Vinaigrette
- Roasted Garlic Vinaigrette
- Lemon Tahini
- Honey Balsamic
- Fresh Lemon Juice
- Extra Virgin Olive Oil

LOW-FAT

- Balsamic Vinegar
- Red Wine Vinegar

FAT-FREE

- Lemon Herb
- Honey Dijon Vinaigrette
- Creamy Avocado Poblano
- Raspberry Vinaigrette
- Lite Italian