

WHERE'S THE BEEF?

All Burgers are 1/2 lb. and charbroiled, served on a toasted bun with lettuce, tomato, pickle and 1000 Island dressing. (Grilled or raw onion \$0.25).

BASIC BURGER\$10.00
With cheese\$10.50

BASIC BACON BURGER\$11.95
With cheese\$12.50

JASON'S JUMBO BURGER ..\$12.95
With cheese\$13.50
(double meat & cheese)

STACY'S VEG 'N BURGER....\$10.75
(Charbroiled garden burger)

JORDAN JR. BURGER\$7.95
1/4 lb Kids burger.

OVER THE BORDER BURGER\$11.95
With spicy mayonnaise, Ortega chilies, lettuce, tomato and Jack cheese.

BUCK'N BBQ BURGER\$11.95
With tangy BBQ sauce, Cheddar cheese, bacon, lettuce, tomato and pickle.

HARLIE'S HONOLULU BURGER \$11.95
With teriyaki glaze, Swiss cheese, mushrooms, lettuce, tomato and pickle.

DARRELL'S LOCAL BURGER..\$12.95
With Jack cheese, bacon, avocado, lettuce, tomato, pickle and 1,000 Island dressing.

OLIVIA'S OH SO BLUE BURGER\$11.95
With wing sauce, blue cheese crumbles, lettuce, tomato and pickle.

MAKE MY PATTY MELT\$10.50
With American cheese on grilled rye bread (let us know if you want onions).

DONNY'S DAMN GOOD BURGER\$13.95
Are you ready for this one?
With 1,000 Island dressing, lettuce, mayo & mustard, tomato, pickle, onion, bacon, fried egg, ham, American cheese, and don't forget The hamburger!!!
No charge for extra napkins.

HEARTBURN BURGER
.....*Ala Carte* \$12.00
Hamburger patty covered in chili, cheese and onion with a toasted bun on the side.

CRISPY CLUCKERS

BLAZEN BUFFALO\$11.95
Tossed in Wing Sauce with Ranch, Lettuce and Tomato.

MAMA MIA\$11.95
Provalone, Parmesan, Marinara and Garlic Mayonnise.

*Homemade 1/2 # Turkey Burger
may be substituted for any burger
add \$1.95

*Whole Wheat roll available
add \$1.00

CLUCKER'S ON A BUN

All 'Cluckers' are charbroiled 6 oz. boneless, skinless Chicken Breast on a toasted bun.

BASIC CLUCKER\$10.95
With mayonnaise, lettuce and tomato.

HOT CHICK CLUCKER\$11.95
With Jack cheese, spicy mayonnaise, Ortega chilies, lettuce and tomato.

COWBOY CLUCKER\$11.95
With tangy BBQ sauce, Cheddar cheese, bacon, lettuce and tomato.

KING KAMEHAMEHA CLUCKER \$11.95
With teriyaki glaze, Swiss cheese, mushrooms, lettuce and tomato.

CAROLYN'S MOTHER CLUCKER \$12.95
With bacon, avocado, Swiss cheese, tomato, lettuce and mayonnaise.

B.C. CLUCKER\$11.95
With blackened chicken, caesar dressing lettuce and tomato.

CORDO CLUCKER\$11.95
On grilled sourdough with Swiss cheese, sliced ham and Dijon mustard. (Sort of like chicken cordon bleu, but easier to make.)

HOT DOG SHOW

"DOGGIES"

These "doggies" are duplicates of the old Long Beach Hot Dog Show back in the 50's and 60's. You "old timers" will remember. Served with choice of Side
All "doggies" charbroiled 1/4 lb. Hebrew National Hot Dogs.

THE MUTT\$8.95
Plain lonely dog.

THE SLY\$9.50
Mustard, pickle relish and onions.

THE CHIHUAHUA\$10.95
smothered in homemade chili, cheese and onion.

THE DACHSHUND\$10.50
Sauerkraut, Dijon or regular mustard.

THE BOSTON BULL\$10.75
Baked beans (yes, baked beans, and Mom's favorite) and mustard.

THE CHOW\$10.95
This one is served on a hamburger bun with Cheddar cheese, bacon and 1,000 Island dressing.

THE SPIKE\$10.50
Dijon, tomato, onion & Jalapeño

*All orders served with fries, slaw, potato salad or cottage cheese.

VISIT US ON THE WEB
tracyslongbeach.com



TRACY'S BAR & GRILL
5511 E. SPRING STREET
LONG BEACH, CA 90805
(562) 421-1726

WHAT A WAY TO START

MIKE & SUZI TRACY'S TASTY WINGS\$10.95
Chicken wings tossed in our traditional cajun sauce, garlic parmesan, or our spicy asian sauce. Served with Ranch dressing, carrot & celery sticks.

NORM'S JUMBO WINGS\$11.95
Large chicken drumettes. Served with choice of traditional cajun sauce, garlic parmesan, or our spicy asian sauce. Add Blue Cheese Crumbles and Green Onions....add \$2.00

WON TON POPPERS\$11.95
(A cross between an eggroll and a traditional popper). Six won tons stuffed with Cream cheese or sharp Cheddar cheese & Jalapenos. Served with Mom's Jalapeno Sauce.

MICK'S MELT IN YOUR MOUTH PROVALONE.....\$10.95
Homemade Breaded Provalone Topped w/ Marinara sauce.

WHAT'S THE DILLA?\$10.95
Two large flour tortillas filled with Cheddar & Jack cheese, diced green chilies and green onions. Served with fresh salsa.
Add chicken or steak.....extra \$4.00

LOGAN'S TEXAS STYLE NACHOS\$10.95
Fries smothered with our homemade chili, cheese & onion.

KEL'S KILLER FRIES\$10.75
Fries topped with toasted garlic, butter & parmesan, not recommended on a first date.

ULTIMATE FRIES\$10.95
Fries loaded with Jack & Cheddar cheese, crisp bacon and topped with green onions. Served with a side of Ranch dressing.

LETS GO SPINNY DIP'N\$10.75
Warm creamy spinach & artichoke Dip. Served with Fresh Tortilla chips.

JEFF'S FAVORITE FRIED ZUCCHINI.....\$10.75
Breaded zucchini cooked golden brown, then topped with Parmesan cheese. Served with Ranch dressing.

ONE POTATO\$10.50
Potato skins topped with crisp bacon, Cheddar & Jack cheese and green onions. Served with sour cream.

TWO POTATO\$11.50
Potato skins topped with grilled chicken, Jack cheese and Ortega chilies. Served with fresh salsa.

THREE POTATO\$11.50
Potato skins topped with BBQ sauce, grilled chicken, Cheddar cheese, grilled onions and cilantro. Served with Ranch dressing.

RON'S MACHO NACHO'S\$13.75
Tortilla chips on top of refried beans and covered with Jack & Cheddar cheese, diced tomatoes, red onion, Jalapeño's and black olives. Served with a side of salsa and sour cream.
Add grilled chicken or steak.....extra \$4.00

MORGAN'S CHICKEN NUGGETS\$10.50
Chunks of breaded chicken breast cooked till golden brown. Served with your choice of BBQ sauce, honey mustard, or Ranch dressing.

LOLO'S POPCORN SHRIMP.....\$11.95
Breaded fried shrimp served with Jill's homemade tangy sauce.

CHUCK'S CHICKIES\$10.75
3 Fried chicken sliders with pepper jack cheese, spicy mayo, lettuce & jalapeño.

JILLICIOUS FISH TACOS\$11.50
3 Mini Tempura battered fish tacos with cabbage, cilantro & spicy sauce

TRACY'S IRISH TAQUITOS\$11.25
Filled with Corned Beef and topped with Cabbage and melted Swiss Cheese. Served with Horseradish Sauce.

FOR THOSE WHO LIKE IT HOT...

Served with choice of Fries, Homemade Cole Slaw, Cottage Cheese or Homemade Potato Salad. (Onion Rings, Chili, or Sweet Potato Fries - \$1.95 more.)

THE DUKE	\$15.95
<i>New York steak sandwich served open faced on a Thick slice of grilled sub roll and topped with 2 Onion Rings.</i>	
<i>Add grilled onions or mushrooms or both.....</i>	
<i>add \$2.00</i>	
YE OLD RUBEN	\$11.95
<i>Hot corned beef, Swiss cheese, sauerkraut, 1,000 Island dressing on grilled Rye bread.</i>	
LANDON'S LITTLE PIGGY	\$10.95
<i>Ham, Cheddar cheese on grilled sourdough bread.</i>	
EITHER DIP WILL DO	\$12.95
<i>Hot sliced roast beef or fresh roasted turkey on grilled sub roll. Served with au Jus.</i>	
<i>Cheese</i>	
<i>Ortega chilies</i>	
<i>add \$1.00</i>	
<i>add \$1.50</i>	
A WEE BIT O'IRELAND	\$11.95
<i>Corned beef, Swiss cheese, pickles and mustard on grilled rye bread.</i>	
THE GOBBLER	\$11.75
<i>Hot roasted turkey, Cheddar cheese on grilled sourdough.</i>	
KINDA LIKA PHILLY	\$12.95
<i>Hot roast beef, grilled onion, bell peppers and Jack cheese on grilled sub roll</i>	
OOEY GOOEY BBQ	\$11.75
<i>Hot roasted turkey or roast beef loaded with our extra messy BBQ sauce on a grilled sub roll</i>	
ONE HOT TUNA	\$11.95
<i>Grilled rye bread topped with Albacore tuna salad & Cheddar cheese.</i>	

FOR THOSE WHO LIKE TO CHILL

Your choice of bread. Served with choice of Fries, Homemade Cole Slaw, Cottage Cheese or Homemade Potato Salad. (Onion Rings, Chili, or Sweet Potato Fries - \$1.95 more.)

TRACY'S CASUAL CLUB	\$12.75
<i>Fresh roasted turkey breast, crisp bacon, avocado, lettuce and tomato on 2 slices of toasted bread.</i>	
YOU LIKA THE MEAT	\$11.25
<i>Choice of roast beef, thinly sliced ham or fresh roasted turkey breast with mayonnaise and lettuce.</i>	
TASTEE TUNA	\$11.25
<i>Dolphin safe albacore tuna (Flipper was not injured) with mayonnaise and lettuce.</i>	
EGG ME ON	\$8.95
<i>Egg salad with mayonnaise and lettuce.</i>	
B.L.T.	\$10.75
<i>Bacon, lettuce, tomato and mayonnaise. Toasted or not toasted... that is the question!</i>	
B.L.T.A.	\$11.75
<i>Avocado is the addition to the above, Duh!</i>	
THE IRISHER	\$11.50
<i>Stacked corned beef, mustard, pickle and lettuce on Rye bread.</i>	
<i>(Or we'll heat the meat, add Swiss cheese and omit The lettuce, add \$.75.)</i>	
ANY 1/2 WILL DO	
<i>For those who can't handle the whole Thing, you can enjoy a 1/2 sandwich (except sandwiches on a sub Roll) with choice of cup of Soup, Chili, or Salad.</i>	
<i>Grilled cheese, Egg salad, B. L. T.</i>	<i>\$7.95</i>
<i>All others</i>	<i>\$8.95</i>

ON THE GREENER SIDE

All of our salads are chopped and tossed and served with Garlic Bread.

THE SAMURAI	\$12.50
<i>Grilled chicken breast, Romaine lettuce, carrots, red bell peppers, cucumbers, crunchy wontons, Mandarin oranges and toasted almonds. Served with sesame dressing</i>	
AMBER'S ANTI (without the pasta) SALAD	\$11.95
<i>Hard salami, pepperoncinis, Provolone cheese, tomatoes, black olives, red onion and mixed greens. Tossed with your choice of dressing (Chef recommends Italian).</i>	
SOMEWHERE IN THE SOUTHWEST	\$12.50
<i>Grilled chicken breast, mixed greens, black beans, corn, red onion, tomatoes and avocado. Tossed with Chef Jill's spicy Southwestern dressing.</i>	
HAIL TO THE CHEF	\$12.50
<i>Ham, roasted turkey breast, Cheddar & Swiss cheese, tomatoes, hard boiled eggs, and mixed greens. Choice of dressing.</i>	
CAESAR THE GREAT	\$11.95
<i>Blackened or grilled chicken breast, Parmesan cheese, croutons, and Romaine lettuce. Tossed with our classic Caesar dressing.</i>	
<i>Blackened Salmon.....</i>	
<i>add \$7.00</i>	
KRISTI'S SUPER SALAD	\$11.95
<i>This salad has it all (except the meat). Cheddar cheese, celery, carrots, tomato, avocado, cucumber, hard boiled eggs, mushrooms, raisins, mixed greens, sunflower seeds and croutons. Choice of dressing.</i>	
<i>Blue cheese crumbles</i>	
<i>add \$1.50</i>	
POPEYE	\$12.50
<i>Fresh spinach, grilled chicken, red onion, bacon, hard-boiled egg, and mandarin oranges. Tossed with a sweet & tangy vinaigrette.</i>	
THE TY COBB	\$12.50
<i>Mixed greens topped with fresh roasted turkey breast, bacon, avocado, hard boiled eggs, tomato, Blue Cheese crumbles. Choice of dressing on the side.</i>	
DEEP SEA	\$12.50
<i>Mixed greens topped with albacore tuna salad, chopped hard boiled egg, tomato and cucumber. Choice of dressing on the side.</i>	
HOME ON THE RANGE	\$12.50
<i>Mixed greens, grilled chicken, corn, cilantro, tomato, black beans, red onion, cheddar cheese and avocado. Tossed with BBQ ranch & topped with tortilla strips.</i>	
GG'S DELIGHT	\$12.50
<i>Mixed greens, dried cranberries, jicama, grilled chicken, feta & candied walnuts tossed in our raspberry vinaigrette.</i>	
YOUR EVERYDAY GARDEN SALAD	\$6.95
<i>Mixed greens, Cheddar cheese, tomato, carrots and croutons. Choice of dressing .</i>	

HOMEMADE DRESSINGS:

Blue Cheese, Ranch, 1,000 Island,
Honey Mustard, Italian and Catalina

A LITTLE EXTRA

COLESLAW	\$3.50
POTATO SALAD	\$3.50
COTTAGE CHEESE	\$3.00
FRESH FRUIT	\$6.50
GARLIC BREAD	\$5.50
<i>(Great with chili, soup or salads)</i>	
SIDE OF FRIES	\$6.50
1/2 ORDER FRIES	\$4.50
ONION RINGS	\$6.95
SWEET POTATO FRIES	\$6.95
SIDE SALSA OR SOUR CREAM	\$1.95
SIDE OF GUACAMOLE	\$6.25

A LA CARTE

SOUP OF THE DAY

8oz. Cup	\$5.50
12 oz. Bowl.....	\$6.95
25 oz. Extra Large Bowl	\$10.95

TRACY'S AWESOME CHILI

(with cheese & onions)

8oz.-Cup	\$6.50
12oz.Bowl	\$7.95
25 oz. Extra Large Bowl	\$11.95