

Salads

***Caprese 8**

Vine ripened tomatoes, fresh mozzarella & basil. Finished with a garlic oil & balsamic reduction

***Caesar Salad 7**

Classically prepared . . . available with or without anchovies.

***The Wedge 8**

Crisp iceberg, tomatoes, smoked bacon, candied pecans and blue cheese dressing.

***Mixed Green 5**

Baby greens with traditional garnish and choice of dressing.

***Super Green 9**

Baby arugula, baby spinach, baby kale, grilled asparagus, green beans, scallions, green peppers & avocado. Mixed with a roasted garlic & basil vinaigrette

***Mediterranean 9**

Romaine & mixed greens with red onion, cucumber, tomatoes, olives, feta cheese & toasted pita chips. Finished with a lemon mint dressing

***Berry Nutty 10**

Mixed greens tossed with a walnut raspberry vinaigrette & topped with blueberries, strawberries, smoked bacon, crumbled goat cheese & toasted almonds

Salad Add-ons

Steak Tips . . . 6

Grilled Shrimp . . . 5

Chicken Breast . . . 4

Salmon Filet . . . 8

Buffalo Chicken Tenders . . . 5

Sandwiches

Fish Tacos 10

Fried fish wrapped in grilled tortillas served with lettuce, jalapeno – vegetable salsa & cilantro garlic aioli.

Pesto Chicken Sandwich 9

Grilled chicken breast, roasted red peppers, pesto and provolone.

Pastrami Ruben 10

Sliced black pastrami, swiss cheese, thousand island dressing & sauerkraut served on marble rye a& a side of grained mustard.

Pretzel Smetzel 9

Pretzel encrusted fried chicken breast topped with swiss cheese served on a toasted roll with lettuce, tomato & honey mustard dressing

***Gluten Free or can be made Gluten free. Ask your server.**

***Consuming raw or undercooked meats and shellfish greatly increases your risk of food borne illness**

***Please inform your server if anyone in your party has a food allergy before ordering**

Flips Signature Burger 11

Our 8 oz. burger with aged sharp cheddar, pickled red onions & arugula

Classic Burger 9

8 oz. burger served with lettuce, tomato, pickle & fries

BBQ Pulled Pork 10

Smoked & spiced rubbed BBQ pork topped with apple slaw & fried onions.

Bison Burger 14

A seasoned chipotle bison burger with roasted red peppers, pepper jack cheese and spicy apricot mustard.

Veggie Burger 9

Grilled veggie burger . . . topped a portabella mushroom, basil, mozzarella cheese & a garlic aioli

Pilgrim 7

Sliced turkey, cranberry sauce & topped with stuffing

Italian 5

Chicken Parm 5

BLT 5

Add fries to the above 2

*** Have a Gluten Free roll instead...1**

Entrees

Lasagna 14

Layers of pasta and cheese baked with a meatballs & sausage.

***Summer Haddock 18**

Oven roasted topped with toasted Tuscan bread crumbs served with sautéed green beans, shallots & garlic

Flip Flops Mac -n- Cheese 12

Our signature mac-n-cheese.

BBQ Pulled Pork 15

Crispy buffalo chicken 14

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