

Salads

***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

***Mediterranean 9**

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

***Beet Salad 9**

Salt roasted beets, arugula & red onions tossed with a lemon thyme vinaigrette. Topped with toasted almonds & crumbled goat cheese

***Winter Harvest 11**

Baby spinach & arugula tossed in a sweet apple cider vinaigrette with sliced apples, pears, pickled red onions, roasted pecans & pancetta

Salad Add-ons

Steak Tips 6

Grilled Shrimp 5

Chicken Breast 4

Salmon Filet 8

Buffalo Chicken Tenders 5

Scallops 10

***Gluten Free**

***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**

Entrees

Lasagna 14

Layers of pasta and cheese baked with meatballs & sausage

Gumbo 10

Traditional New Orleans Gumbo with shrimp, chicken and Andouille sausage served over rice

Gnocchi con Mozzarella 12

Fluffy potato dumplings with house made red sauce topped with fresh mozzarella

Winter Ravioli 15

Freshly made butternut squash ravioli with spinach simmered in a maple cream sauce topped with crispy carrots

***Harvest Scallop 22**

Pan roasted Sea Scallops, sweet corn, edamame & fresh herb risotto folded into a brown sugar roasted acorn squash

Winter Haddock 18

Fresh baked Atlantic Haddock fillet topped with a caper dijonaise and buttery cracker crumbs
Served with sautéed vegetables

***Salmon Strega 19**

Oven roasted Atlantic Salmon fillet stuffed with roasted red peppers, spinach & mozzarella. Topped with a saffron beurre blanc & served with sautéed vegetables

Flip Flops Mac –n- Cheese

Our signature mac-n-cheese.

BBQ Pulled Pork 15

Crispy buffalo chicken 14

Plain 12

Grand Orchard Chicken 16

Sautéed chicken breast scaloppini with local apples, shallots & sage simmered in a Gran gala cream sauce & served over butternut squash ravioli

***Grilled Tips 17**

Garlic & herb marinated beef tips over a caramelized onion risotto

Louisiana Style Meatloaf 16

Bacon wrapped & oven baked andouille sausage, pork & beef meatloaf with onions, peppers & celery
Served with sautéed vegetables & gravy

Bavarian Chicken 15

Crushed pretzel encrusted pan fried chicken breasts laced with a creamy honey mustard sauce & served with Brussel sprouts & spätzle. **Cannot be made Gluten free**

***Grilled NY Sirloin 23**

A 12 oz. choice New York sirloin grilled with your choice of Montreal seasonings, Au Poive or Plain
Served with your choice of side

***Jambalaya 16**

Pulled roasted chicken breast, andouille sausage and shrimp. Finished in a lightly spiced tomato based broth with celery, onions, bell peppers, rice and jalapeños

Sides

Sautéed Spinach, Fries, roasted fingerling potatoes, green beans, risotto or mixed vegetable

*** Gluten Free or can be made Gluten free. Just ask your server**

Sandwiches

Fish Tacos 10

Fried fish wrapped in grilled tortillas served with lettuce, jalapeño – 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 and 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

Flips Signature Burger 12

Our 8 oz. burger with caramelized onion cheddar cheese, bacon & crispy fried onions. Served on a toasted roll with garlic aioli & sautéed romaine lettuce

Build a Burger 9

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

BBQ Pulled Pork 10

Smoked & spice 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

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

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Brick Oven Pizza

Margherita

Italy's original: Crushed peeled tomatoes, fresh mozzarella, and fresh basil Small 8 Large 13

Genovese

Freshly made pesto sauce, grilled chicken, roasted red peppers, and fresh mozzarella
Small 10 Large 17

BLT

Apple smoked bacon, spinach and fresh tomatoes Small 10 Large 17

Four Little Pigs

For the meat lovers. Ham, sausage, pepperoni, and apple smoked bacon Small 11 Large 19

Flying Dragon

Crispy chicken tossed with sweet chili sauce on a ranch base topped with mozzarella cheese and fried onions Small 10 Large 17

Alfredo

Homemade Alfredo sauce topped with chicken, broccoli, chopped garlic & mozzarella
Small 12 Large 18

The BRB (Or call it the "girl's night out")

Onions, goat cheese, garlic, mozzarella, fresh herbs and spinach. Served with sauce on the side
Small 10 Large 17

Calzone and Stromboli

Cheese and side of sauce 7 Or build your own (\$1 per topping)

Gluten Free Pizza

Tomato & mozzarella Small 12

Build Your Own Pizza

Plain cheese Small 7 Large 11
Pesto, Alfredo or BBQ sauce Small 1 Large 2
Fresh Toppings Small 1 Large 2

Bacon

Eggplant

Black Olives

Chicken (plain, BBQ, spicy or Asian)

Green Peppers

Capers

Ground Beef

Hot Peppers

Garlic

Ham

Roasted Red Peppers

Roasted Garlic

Meatballs

Mushrooms

Basil

Pepperoni

Onions

Pineapple

Prosciutto

Spinach

Feta

Fresh Tomatoes

Gorgonzola

Sausage (sweet or hot)

Sundried Tomatoes

Fresh Mozzarella

Artichoke Hearts

Caramelized onions

Ricotta

Broccoli

Anchovies

Goat Cheese

