

# 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 11**

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 9**

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

## **Salad Add-ons**

Steak Tips . . . 6

Salmon Filet . . . 8

Grilled Shrimp . . . 5

Buffalo Chicken Tenders . . . 5

Chicken Breast . . . 4

Scallops...10

# Entrees

## **Lasagna 14**

Layers of pasta and cheese baked with a 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 tossed with fresh mozzarella

## **Ravioli Tavolo 15**

Savory cheese filled ravioli tossed with baby spinach, sun-dried tomatoes & mushrooms  
Baked in a light tomato pesto cream sauce

## **\*Alta Strada Scallops 22**

Pan seared & roasted Sea Scallops set atop a bacon, shaved Brussel sprouts & fresh thyme risotto  
Laced with truffle honey

**Swordfish Di Nudi 18**

Lightly seasoned & grilled center cut swordfish steak topped with a lemon herb compound butter & served with sautéed green beans with toasted walnut crumbs

**Summer Haddock 18**

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

**\*Salmon Sampran 18**

White sesame encrusted Atlantic salmon fillet pan roasted & glazed with a hoisin – sweet chile sauce  
Served with steamed jasmine rice & sautéed green beans with red peppers

**Flip Flops Mac -n- Cheese 12**

Our signature Mac-n-Cheese  
w/BBQ Pulled Pork...15    w/Crispy Buffalo Chicken...14    w/Crispy Chicken Tenders...14

**Thai Style Red Curry Stir Fry 16**

Choice of chicken or jumbo shrimp stir fried in sesame oil with carrots, snow peas, mushrooms, red peppers & broccoli. Simmered in a red curry & coconut milk sauce, served over steamed jasmine rice

**Eggplant Roletini 14**

Ricotta filled fried eggplant rolettini oven baked & topped with our homemade marinara sauce & mozzarella cheese, served with cavatappi pasta & sauce

**\*Grilled Tips 17**

Grilled marinated shoulder tenderloin beef tips set over an asparagus, cracked black pepper & Romano risotto

**Chicken Pot Pie 15**

All white meat chicken breast chunks with carrots, peas & pearl onions  
Baked in a savory veloute en casserole & topped with a buttery pie crust  
Served with a side salad

**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, Jasmine rice, Asparagus, Fries, Roasted Fingerling Potatoes, Green Beans, Risotto or Mixed Vegetable

**\* Gluten Free or can be made Gluten free. Just 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**

# 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

## **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. spiced rubbed burger grilled and topped with pepper jack cheddar, creamy avocado & sweet corn relish, served on toasted bulky with ancho chile mayo and shredded lettuce

## **Build-A-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 with lettuce, cucumber, feta, pickled carrots, red onions & avocado aioli on a toasted bulky

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

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# Brick Oven Pizza

## **House Specials**

### **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

### **IL Contadino**

Garlic – basil base with sliced chicken, bacon, caramelized onions, feta & mozzarella  
Small 11 / Large 17

### **All American**

Mayo base with ground beef, red onions, tomatoes, bacon, chopped pickles, American & mozzarella  
cheeses. Topped with ketchup & mustard  
Small 11 / Large 17

### **Alfredo**

Homemade Alfredo sauce topped with chicken, broccoli, chopped garlic & mozzarella cheese  
small 11 / Large 18

### **Flying Dragon**

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

### **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

### **Gluten Free Pizza**

Tomato & mozzarella ...small 12

### **Build Your Own Pizza**

Choose Pesto / Alfredo / BBQ sauce Plain cheese...small 7 / Large 11

### **Calzone and Stromboli**

Cheese and side of sauce...7.00 Or build your own (\$1 per topping)

Fresh Toppings small...1 Large...2

### **Toppings**

Bacon, Capers, Garlic, Eggplant, Green Peppers, Hot Roasted Peppers, Red Peppers, Mushrooms,  
Onions, Spinach, Fresh Tomatoes, Sun-dried Tomatoes, Caramelized Onions, Chicken (plain, BBQ,  
spicy or Asian), Ground Beef, Roasted Garlic, Ham, Basil, Pineapple, Meatballs, Feta cheese,  
Gorgonzola, Pepperoni, Fresh Mozzarella, Prosciutto, Ricotta, Goat cheese, Anchovies, Broccoli,  
Black olives, Sausage (sweet or hot), Artichoke Hearts