



## TAKE OUT

FLYINGFISHWELLFLEET.COM  
508.349.7292



### EGGS

*\*All served with house home fries and nine-grain bread*

#### One Egg - Any Style....5

Add Bacon, Sausage, Linguica or Ham....6

#### Two Eggs - Any Style....5.50

Add Bacon, Sausage, Linguica or Ham....6.50

#### Eggs Benedict....12

Poached Eggs & Grilled Ham with Homemade Hollandaise Sauce

#### Nova Scotia Salmon Bendict....12

Poached Eggs & Smoked Salmon with Homemade Hollandaise Sauce

#### Eggs Florentine....12

Poached Eggs & Baby Spinach topped with Homemade Hollandaise Sauce

### PANCAKES / FRENCH TOAST

*\*Served with real Vermont maple syrup*

#### Short Stack (Two Pancakes) .....8.50

Add Blueberries, Strawberries or Chocolate Chips....9.5

#### Tall Stack (Three Pancakes) .....9.50

Add Blueberries, Strawberries or Chocolate Chips ...10.50

#### French Toast .....9

Coated in Egg and Cinnamon, Lightly Sweetened

### OMELETS

*\*All served with house home fries and nine-grain bread  
Sorry, no substitutions or additions to house omelets*

#### Veggie Omelet .....10

Mushrooms, Green Peppers, Onions, Spinach, Fresh Tomatoes and Cheddar Cheese

#### Flying Fish Omelet .....10

Cream Cheese, Avocado and Bacon

#### Gus Omelet .....10

Mushrooms, Spinach, Swiss Cheese and Bacon

#### Denver Omelet .....10

Ham, Green Peppers, Onions and Cheddar Cheese

#### Greek Omelet .....10

Kalamata Olives, Tomatoes, Baby Spinach and Feta Cheese

#### Nova Scotia Omelet .....12

Smoked Salmon, Cream Cheese and Capers

### MAKE YOUR OWN OMELET

#### Plain Omelet .....6.25

#### Cheese .....1.50/ea

Fresh Mozzarella, Cream Cheese, Cheddar, Feta, Parmesan, Swiss, Goat Cheese, Swiss, American

#### Meat .....1.75/ea

Bacon, Ham, Linguica,

#### Nova Scotia Smoked Salmon .....2.75/ea

#### Vegetables .....1.00/ea

Mushrooms, Red Onions, Green Peppers, Baby Spinach, Fresh Tomatoes

#### Specialty Vegetables .....1.50/ea

Grilled Mixed Veggies, Kalamata Olives, Pesto, Scallions, Fresh Basil

#### Avocado .....2.25/ea

### BREAKFAST SIDES

#### Home Fries .....3

#### Bagel, Toast or English Muffin .....2

#### Bacon, Sausage, Linguica or Ham .....3

#### Fresh Berries .....3.75

### OTHER BREAKFAST OFFERINGS

#### Breakfast Burrito .....8

Scramble Eggs, Refried Beans with Fresh Cilantro and Cheddar Cheese wrapped in a Whole Wheat Flour Tortilla

With Home Fries .....9

#### Egg Sandwich .....5

Served on an English Muffin or Nine Grain Bread with a Choice of Cheddar, Swiss or American cheese

Substitute a Bagel or Croissant .....\$.75

Add Bacon, Sausage, Linguica and Ham .....\$.50

#### House made Granola .....7

Served with Your Choice of Skim Milk, Whole Milk or Yogurt

Add Fresh Berries .....10

#### Bagel Plate .....10

Served with Smoked Salmon, Capers, Red Onion, Tomatoes and Cream Cheese

### SANDWICHES

*\* Served Daily 11a.m. - 4p.m.*

*\*All sandwiches are served on choice of whole wheat wrap, rustica or nine-grain bread with pickles and chips*

#### Vegetarian .....9.00

Grilled Zucchini and Summer Squash, Hummus, Roasted Red Peppers, Lettuce, Tomatoes and Balsamic Dressing

#### Italian .....9.50

Salami, Capicola, Ham, Provolone, Roasted Red Peppers, Lettuce, Tomatoes, Banana Peppers and House Made Balsamic Dressing

#### Curried Chicken .....9.50

Curried Chicken salad, Walnuts, Raisins, Lettuce, Tomato and Mayo

#### Tonno .....10.50

Imported Italian Tuna, Tomatoes, Capers, Lettuce, Red Onions and Balsamic Dressing

### BURGERS

#### House Burger .....11

Served with French Fries

Add Great Hill Blue, Cheddar, Swiss or American ...1.50

Add Caramelized Onions or Bacon ...1.75

Substitute Sweet Potato Fries .....2

#### Fish and Chips .....15

Lightly Battered and served with French Fries

Substitute Sweet Potato Fries .....2

#### Jerk Chicken Sandwich .....12

Marinated Chicken Charbroiled with Avocado, Red Onion, Lettuce, Cheddar Cheese topped with Sundried Tomato Mayo and served with French fries

Substitute Sweet Potato Fries .....2

### SALADS

*\*All salads served with a choice of house made Balsamic, Blue cheese or Caesar dressing*

Add Grilled Chicken to Any Salad .....4

#### House Salad .....7

Field Greens topped with Tomatoes, Cucumbers, Red Onions, Carrots and Choice of Dressing

#### Caesar Salad .....9

Hearts of Romaine topped with House Made Herbed Croutons, Parmesan Cheese and Caesar Dressing

#### Greek Salad .....10

Hearts of Romaine topped with Tomatoes, Green Peppers, Kalamata Olives, Feta Cheese, Red Onions, Cucumbers, and Balsamic Dressing

#### Spinach Salad .....12

Baby Spinach topped with Walnuts, Dried Cranberries, Red Onions, Crumbled Great Hill Blue Cheese and balsamic Dressing

#### Roasted Beet and Arugula Salad .....13

Baby Arugula, House Made Pickled Beets, Avocado, Goat Cheese, Roasted Corn and Balsamic Dressing

### DINNERS

*Northern ..... sm 15 ....lg 20*

#### Seafood Stew

Local Clams, Mussels and Shrimp in a Tomato, White Wine, Garlic Sauce served with Cannellini Beans and Grilled Bruschetta

#### Mussels in Cream Sauce

Pan Roasted Mussels with Garlic, White Wine and Sweet Italian Sausage. Finished with a Shallot Fennel Cream Sauce served with Fresh Linguini

#### Salmon

Pan Seared and Topped and Served with a Buttermilk Lemon Caper Dill Sauce Served with Jasmine Rice

#### Local Cod

Broiled in White Wine, Garlic and Butter Topped with Fresh Herb Breadcrumbs

#### Day Boat Local Flounder

Stuffed and Baked with Spinach, Ricotta, Sundried Tomatoes, Pine Nuts and Lemon Zest. Served with White Wine and (Cous Cous/Red Rice/Quinoa)

#### Caribbean Curried Shrimp

Sauteed in Coconut Milk and Served over Jasmine Rice with Sauteed (vegetable)

#### Grilled Chicken and Artichokes

Marinated Grilled Chicken, Wilted Baby Spinach and Roasted Red Peppers Served over Handmade Linguini

#### Portuguese Style Clams

Wellfleet Clams, Kale, Linguica and White Beans Sauteed in a White Wine Sauce over Handmade Linguini

### DAILY

Espresso and Coffee drinks available

Old Fashioned Sodas

Shakes & Smoothies





## PIZZA TO GO

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### RED PIZZA SMALL & LARGE

**Northern** ..... sm 15 ....lg 20

Garlic, Parmesan and Fresh Herbs

**Veggie** ..... sm 16 ....lg 23

Mushrooms, Onions, Green Peppers and Garlic

**IMOP** ..... sm 16 ....lg 23

Italian Sausage, Mushrooms, Red Onions and Green Peppers

**Carne** ..... sm 17 ....lg 25

Spicy Sausage, Linguica, Pepperoni and Meatballs

**Texas Barbecue** ..... sm 17 ....lg 25

BBQ Sauce, Grilled Chicken, Roasted Red Peppers, Red Onion, Mushrooms and Garlic

**Flying Fish** ..... sm 17 ....lg 25

Artichokes, Pepperoni Garlic and Black Olives

### WHITE PIZZA SMALL & LARGE

**Bruschetta** ..... sm 16 ....lg 23

Cheese-less, Sauce-less Pizza topped with Extra Virgin Olive Oil, Garlic, Tomatoes, Black Olive, Fresh Basil, Red Onions, Capers and Fresh Herbs

**Bianca** ..... sm 16 ....lg 23

Grilled Chicken, Spinach, Feta Cheese, Tomatoes and Fresh Herbs

**Spinach & Feta** ..... sm 17 ....lg 25

Grilled Chicken, Spinach, Feta Cheese, Tomatoes and Fresh Herbs

**Mediterranean** ..... sm 17 ....lg 25

Artichokes, Spinach, Tomatoes, Garlic, and Feta Cheese

## CREATE YOUR OWN PIZZA

Small Cheese ...10 Large Cheese ...15

### Cheese

Feta, Parmesan, Extra Cheese

**Half:** small ...1.25 Large ...1.50 **Whole:** small ...1.50 Large ...1.75

### Fresh Mozzarella and Blue Cheese

**Half:** small ...1.75 Large ...2 **Whole:** small ...2 Large ...2.25

### Meats

Pepperoni, Linguica, Bacon, Sausage, Grilled Chicken, Meatballs, Ham, Anchovies

**Half:** small ...1.75 Large ...2 **Whole:** small ...2 Large ...2.25

### Vegetables

Artichokes, Banana Peppers, Black Olives, Capers, Caramelized Onions, Fresh Basil, Garlic, Fresh Tomatoes, Mushrooms, Red Onion, Grilled Veggies, Pineapple, Olives, Sundried Tomatoes, Spinach, Green Peppers, Kalamata Olives, Red Peppers

**Half:** small ...1.25 Large ...1.50 **Whole:** small ...1.50 Large ...1.75



## WILDFLOUR BAKERY

large variety of bakery items all freshly baked in house daily.