

## RED PIZZA SMALL & LARGE

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

Garlic, Parmesan and Fresh Herbs

**Veggie ..... sm 16 ....lg 24**

Mushrooms, Onions, Green Peppers and Garlic

**IMOP ..... sm 16 ....lg 24**

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 25**

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



## TAKE OUT MENU

flyingfishwellfleet.com

508.349.7292

### OMELETS

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

**Veggie .....11**

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

**Flying Fish .....12**

Cream Cheese, Avocado and Bacon

**Gus Omelet .....11**

Mushrooms, Spinach, Swiss Cheese and Bacon

**Denver .....11**

Ham, Green Peppers, Onions and Cheddar Cheese

**Mediterranean .....12**

Kalamata Olives, Tomatoes, Baby Spinach and Feta Cheese

**Nova Scotia .....14**

Smoked Salmon, Cream Cheese and Capers

### MAKE YOUR OWN OMELET

**Plain Omelet .....7.25**

**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 .....2.75/ea**

### EGGS

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

**One Egg - Any Style...6**

Add Bacon, Sausage or Ham...7

Linguica...8

**Two Eggs - Any Style...6.50**

Add Bacon, Sausage, Linguica or Ham...7.50

**Eggs Benedict...12**

Poached Eggs & Grilled Ham with Homemade Hollandaise Sauce

**Nova Scotia Salmon Benedict...14**

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) .....9.25**

Add Blueberries, Strawberries or Chocolate Chips...9.75

**Tall Stack (Three Pancakes) .....10.25**

Add Blueberries, Strawberries or Choc Chips...10.75

**French Toast .....10.25**

Coated in a Mixture of Egg and Cinnamon, Lightly Sweetened

## CREATE YOUR OWN PIZZA

**Small Cheese ...10 Large Cheese ...16 Gluten Free...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

## 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** .....7  
Served on an English Muffin or Nine Grain Bread with a Choice of Cheddar, Swiss or American cheese  
Substitute a Bagel or Croissant .....\$1  
Add Bacon, Sausage and Ham .....\$1  
Add Linguica .....\$2  
**House made Granola** .....8  
Served with Your Choice of Skim Milk, Whole Milk or Yogurt  
Add Fresh Berries .....11  
**Bagel Plate** .....13  
Served with Smoked Salmon, Capers, Red Onion, Tomatoes and Cream Cheese

## DAILY

- Espresso and Coffee drinks available**  
**Old Fashioned Sodas**  
**Shakes & Smoothies**



### WILDFLOUR BAKERY

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

## 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** .....9.75  
Grilled Zucchini and Summer Squash, Hummus, Roasted Red Peppers, Lettuce, Tomatoes and Balsamic Dressing  
**Italian** .....9.75  
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** .....10.75  
Imported Italian Tuna, Tomatoes, Capers, Lettuce, Red Onions and Balsamic Dressing

- Jerk Chicken Sandwich** .....14  
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  
**Fish Sandwich** .....14  
Lightly battered and served on Rustica bread with French Fries.  
Substitute Sweet Potato Fries .....2

## ALL DAY FARE SERVED DAILY FROM 11AM

- House Burger** .....13  
Served with French Fries  
Add Cheddar, Swiss or American ...1.50  
Add Great Hill Blue...2.50  
Add Caramelized Onions or Bacon ...1.75  
Substitute Sweet Potato Fries .....2  
**Fish and Chips** .....17  
Lightly Battered 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 .....5  
**House Salad** .....8 GF  
Field Greens topped with Tomatoes, Cucumbers, Red Onions, Carrots and Choice of Dressing  
**Caesar Salad** .....10  
Hearts of Romaine topped with House Made Herbed Croutons, Parmesan Cheese and Caesar Dressing  
**Greek Salad** .....10 GF  
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 GF  
Baby Arugula, House Made Pickled Beets, Avocado, Goat Cheese, Roasted Corn and Balsamic Dressing

## APPETIZERS SERVED DAILY FROM 5PM-CLOSE

- Jelly's Conch Fritters / 10**  
A Classic Combination of Peppers, Carrots, Onions and Caribbean Conch in a Buttermilk Batter. Served with House Made Remoulade  
**Spicy Caribbean Shrimp skewers / 14**  
Spicy Dry Rubbed Caribbean Shrimp Grilled on Skewers on Bed of Arugula with a House Made Mango Salsa  
**Buttermilk Calamari / 14**  
Lightly Battered and served with House Made Jamaican Sweet Pepper Sauce  
**Pan Roasted Mussels / 16**  
Local Eastham Mussels Pan Roasted in Butter, Garlic, Fresh Herbs and White Wine. Served with Warm Rustica Bread  
**Mediterranean Vegetarian Platter / 15**  
Hummus, Artichoke Dip, Fresh Mozzarella, Tomatoes, Roasted Red Peppers, Kalamata Olives, Roasted Garlic and Grilled Vegetables. Served with Warm Rustica Bread

## DINNERS

- Northern* ..... sm 15 ....lg 20  
**Salmon** .....24  
Pan Seared and topped with Buttermilk Lemon Caper Dill Sauce. Served with Fregula and Seasonal Vegetables  
**Local Cod** .....24  
Broiled in White Wine, Garlic and Butter and topped with House Made Breadcrumbs and Fresh Herbs. Served with Fregula and Seasonal Vegetables  
**Day Boat Local Flounder** .....24  
Stuffed with Finely Diced Onions, Peppers and Crab Meat topped with a Light Tomato Cream Sauce served with Italian Red Rice or Cous Cous and Seasonal Vegetables  
**Caribbean Curried Shrimp** .....24  
Sautéed in Coconut Milk and served with Italian Red Rice and Seasonal Vegetables  
**Seafood Stew** .....25  
Local Clams, Mussels and Shrimp in a Tomato White Wine sauce with Cannellini Beans and Garlic. Served with Grilled Bruschetta.

- Spicy jerk barbecue chicken** .....26  
Locally sourced Chicken Marinated in traditional Jerk Seasoning, finished on the Grill with sweet Baby Rays Bbq sauce served with traditional Jamaican Rice and Beans and Seasonal Vegetable  
**Steak Tips / 28**  
Locally Sourced Kinnealey Grass Fed Beef Marinated in Garlic, Olive Oil and Fresh Herbs and served with Roasted Potatoes and Seasonal Steak Tips  
**Meatballs and spaghetti / 18**  
Meatballs with House Made Marinara Sauce then served over Fresh Linguini

