

Flip's Original Pasta Chips
8.50

Appetizers

Garlic Parmesan Toast
6.75

The Platter

A platter of capocollo and prosciutto hams, genoa salami, mortadella, italian fontina, provolone and Dallas fresh mozzarella cheeses, kalamata olives, green olive salad, and pepperoncini peppers, on a bed of fresh spinach, served with warm toast points 16.75

Flip's Italian Nachos

Pasta chips layered with mozzarella and cheddar cheeses, tomatoes and sliced pepperoncini peppers, served with marinara sauce 13.75
add italian sausage, pepperoni or chicken 3.50

Italian Cheese Plate

Italian fontina, provolone, Dallas fresh mozzarella, and gorgonzola, homemade grape chutney, walnuts, soft breadstick and fresh grapes 12.75

Grilled Gorgonzola Toast

Our garlic parmesan toast, grilled and topped with melted gorgonzola and mozzarella cheeses, diced tomatoes and fresh basil, walnut garnish, served with balsamic vinegar and olive oil 12.00

Toasted Ravioli

Lightly breaded pasta squares filled with a blend of cheeses, mirrored on tomato sauce, dusted with parmesan, finished with fresh basil, served with balsamic vinegar and olive oil 11.25

Pesto Dumplings

Flip's potato dumplings in a pesto cream sauce over a bed of fresh spinach, also available with marinara 11.25

Fresh Mozzarella and Tomato

Sliced Dallas fresh mozzarella and sliced tomatoes over spinach topped with fresh basil, garnished with warm toast points, served with balsamic vinegar and olive oil 11.25

Bruschetta

Our garlic parmesan toast, grilled and topped with diced tomatoes and fresh basil, served with balsamic vinegar and olive oil 9.00

Homemade Meatballs or Kamp's Italian Sausage

Your choice of Flip's meatballs or Kamp's link italian sausage smothered with marinara sauce, topped with sautéed peppers and onions 10.75

Calamari

Calamari dusted with semolina and fried, served with diablo sauce 10.75
add fried pepperoncini pepper rings 1.50

Salads and Soup

Omega 3 Antioxidant Power Salad

Spinach, blueberries, tomatoes, avocado, and red onions tossed with toasted walnuts, pine nuts and pistachios in honey sesame dressing, topped with a 4 oz. grilled salmon fillet 15.50

Mediterranean Chicken Salad

Spinach, arugula, red onion, artichoke hearts, kalamata olives, broccoli, tomato wedges, feta cheese, pine nuts and crispy croutons, with your choice of italian vinaigrette or creamy cucumber romano dressing, topped with grilled chicken 13.50

Pescatore Salad

Chilled spinach linguine topped with grilled shrimp, tomatoes, black olives, capers, scallions and italian vinaigrette 13.00

Greek Salad

Tomatoes, cucumbers, red onions, bell peppers, kalamata olives and feta in italian vinaigrette 13.00

Tortellini Salad (The Dudman)

Cheese tortellini with prosciutto ham, artichoke heart and black olives tossed in italian vinaigrette, over a bed of fresh spinach, finished with a dusting of parmesan 13.00

Classic Caesar Salad

Leaf lettuce, spinach, arugula, parmesan and seasoned croutons tossed with homemade caesar dressing
Half 5.25 / Full 10.50
add chicken 3.50 -shrimp 6.75 -salmon 8.25

Flip's Garden Salad

Leaf lettuce, spinach, arugula, carrots and red cabbage garnished with black olives, tomato wedges and a pepperoncini pepper, served with house italian vinaigrette or homemade creamy cucumber romano dressing 5.25

Soup of the Day or Flip's Tomato Basil Soup

Cup 4.25 / Bowl 5.25

Specialty Pizzas

Made with Flip's whole wheat crust

The All - Meaty Supreme

Tomato sauce, our house smoked capocollo and prosciutto hams, genoa salami, pepperoni, italian sausage, mozzarella cheese, black olives, bell peppers and pepperoncini peppers 12.50

Mediterranean

Tomato sauce, mozzarella, italian fontina, swiss, provolone, spinach, roasted red bell peppers, kalamata olives, sliced red onions and crumbled feta, garnished with fresh basil and a dollop of ricotta 12.50

Classic Sausage and Pepperoni

Tomato sauce, mozzarella cheese, italian sausage, pepperoni, and a sprinkle of oregano and basil 11.25

Pizza Margherita

Tomato sauce, Dallas fresh mozzarella and shredded mozzarella cheeses, sliced tomatoes, garlic, baked and finished with fresh basil leaves and a drizzle of extra virgin olive oil 11.25

Vegetarian

Tomato sauce, mozzarella cheese, mushrooms, tomatoes, black olives, capers, artichoke hearts, and a sprinkle of oregano and basil 11.25

Four Cheese

Tomato sauce, mozzarella, italian fontina, swiss, and provolone cheeses, and a sprinkle of oregano and basil 11.25

Sandwiches

Fresh Mozzarella and Prosciutto

An open faced, toasted baguette spread with pesto, layered with Dallas fresh mozzarella, sliced tomatoes, prosciutto ham, spinach and fresh basil, served with pasta chips 13.00

Italian Grilled Cheese

Buttered baguette with mozzarella, italian fontina, swiss, provolone, parmesan cheeses and our house smoked capocollo ham, served with a cup of Flip's tomato basil soup 13.00

Warm Muffaletta

An open faced, toasted baguette spread with our classic green olive salad and mayonnaise then layered with capocollo ham, genoa salami, mortadella and melted mozzarella, served with pasta chips 13.00

The Old Fashioned Burger

Our 6oz, hand formed, antibiotic free beef patty, chargrilled with melted cheddar on a toasted bun, served with Flip's fries, with lettuce, tomato, onion, pickles and mustard on the side 13.00

Meatballs or Italian Sausage

Choice of Flip's homemade meatballs or Kamp's link italian sausage on an open faced, toasted baguette with melted mozzarella, topped with sauteed bell peppers and onions, served with pasta chips and side of marinara 14.00

Flip's serves antibiotic and hormone free chicken, beef and pork

18% Gratuity may be added to parties of six or more

Pasta Classics

Served with a slice of garlic parmesan toast

Spaghetti and Meatballs w/ Mama's Meat Sauce

Vermicelli w/ Mama's Meat Sauce

Rigatoni and Kamp's Italian Sausage w/ Marinara

Spinach Linguine w/ Marinara

Spaghetti Carbonara

Whole Wheat Fusilli w/ Diablo

Fettuccine Alfredo

Linguine w/ Pesto

Whole Wheat Fusilli w/ Creamy Pesto

Linguine w/ White Clam Sauce

13.50

12.50

Flips Picatta

Your choice of lightly breaded chicken breast or grilled salmon fillet prepared with a white wine, lemon, caper butter sauce, over vermicelli, served with toasted pine nut wilted spinach and sauteed mushrooms

Chicken 14.75 Salmon 17.75

Manicotti

Egg pasta stuffed with ricotta and parmesan, mirrored on marinara, topped with creamy pesto and toasted pine nuts 13.00

Smokin' Mac & Cheese

Rigatoni, italian fontina, swiss, provolone and cheddar cheses with our house smoked capocollo ham, topped with parmesan and toasted bread crumbs, finished with chopped green onions 13.00

Tortellini

Cheese filled tortellini served in a sweet marsala cream sauce with artichoke hearts, scallions and garlic also available with marinara sauce 13.75

The Smokestack

Crispy eggplant layered with ricotta, mozzarella and parmesan filled pasta, lightly sauteed bell peppers, onions, mushrooms and spinach, mirrored on marinara and finished with smoked gouda cream 13.75

Chicken Parmesan

Crispy breaded chicken breast topped with marinara sauce, melted mozzarella and parmesan cheeses, served over vermicelli tossed with arugula in garlic and butter sauce 14.75

Lasagna

Ground beef, ricotta, cottage cheese, mushrooms and black olives baked between layers of pasta, topped with mama's meat sauce, finished in the oven with mozzarella 13.75

Chicken Lasagna

Chicken breast, mozzarella, parmesan, ricotta and cottage cheeses baked between layers of pasta, finished with mushroom onion cream sauce, also available with marinara sauce 13.75

Gnocchi Pesto Cream

Potato dumplings tossed in our pesto cream sauce with pine nuts, finished with gorgonzola cheese and fresh basil, over a bed of fresh spinach 14.75

Mediterranean Pasta

Gulf shrimp sauteed in olive oil with artichokes, capers, onions, kalamata olives, fresh spinach, basil, garlic and pine nuts, tossed with fettuccine and finished with feta cheese 16.25

The Hoffman

Whole wheat fusilli tossed in our spicy diablo sauce with sauteed bell peppers and onions, topped with crispy eggplant, finished with fried pepperoncini peppers 14.75