

Flip's Original Pasta Chips
7.75

Appetizers

Garlic Parmesan Toast
6.00

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 15.25

Italian Cheese Plate

Italian fontina, provolone, Dallas fresh mozzarella, goat cheese and gorgonzola, homemade grape chutney, walnuts, soft breadstick and fresh grapes 11.50

Flip's Italian Nachos

Pasta chips layered with mozzarella and cheddar cheeses, tomatoes and sliced pepperoncini peppers, served with marinara sauce 12.50,
add italian sausage, pepperoni or chicken 3.00

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 10.75

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 10.25

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 10.25

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 9.75

Pesto Dumplings

Flip's potato dumplings in a pesto cream sauce over a bed of fresh spinach, also available with marinara 10.25

Calamari

Calamari dusted with semolina and fried, served with diablo sauce 9.75,
add fried pepperoncini peppers rings 1.25

Bruschetta

Our garlic parmesan toast, grilled and topped with diced tomatoes and fresh basil, served with balsamic vinegar and olive oil 8.25

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 14.00

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 12.25

Classic Caesar Salad

Romaine lettuce, sun-dried tomatoes, parmesan and seasoned croutons tossed with homemade caesar dressing Half 4.75 / Full 9.50,
add chicken 3.00 -shrimp 6.00 -salmon 7.50

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 11.75

Pescatore Salad

Chilled spinach linguine topped with crab meat, poached shrimp, tomatoes, black olives, capers, scallions and italian vinaigrette 11.75

Flip's Garden Salad

Romaine lettuce, carrots and red cabbage, served with house italian vinaigrette or homemade creamy cucumber romano dressing 4.75

Greek Salad

Tomatoes, cucumbers, red onions, bell peppers, kalamata olives and feta cheese in italian vinaigrette 11.75

Soup of the Day or Flip's Tomato Basil Soup
Cup 3.75 / Bowl 4.75

Specialty Pizzas

Made with Flip's whole wheat dough

Million Dollar Pizza

Diablo cream sauce, italian sausage, mozzarella and cheddar cheeses, sauteed mushrooms and onions, topped with fried pepperoncini peppers 16.50

Prosciutto Arugula Pizza

Sesame seed crust with light brushing of olive oil, prosciutto ham, italian fontina, swiss, provolone cheeses, and fresh rosemary, baked and finished with seasoned arugula 16.50

Classic Sausage and Pepperoni

Tomato sauce, mozzarella cheese, italian sausage, pepperoni, and a sprinkle of oregano and basil 15.50

Garden Hamlet

Light brushing of olive oil, prosciutto ham, mozzarella, italian fontina, swiss, goat cheese and provolone, fresh spinach and roasted red bell peppers 15.50

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 15.50

Vegetarian

Tomato sauce, mozzarella cheese, mushrooms, tomatoes, black olives, capers, artichoke hearts, and a sprinkle of oregano and basil 15.50

Four Cheese

Tomato sauce, mozzarella, italian fontina, swiss, and provolone cheeses, and a sprinkle of oregano and basil 15.50

The All - Meaty Supreme Calzone

Enough for two to share...Our house smoked capocollo and prosciutto hams, genoa salami, pepperoni, italian sausage, mozzarella cheese, black olives and bell peppers folded into our whole wheat dough and baked till golden, served with a side of marinara sauce 16.50

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 11.75

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 11.75

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 11.75

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 11.75

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 12.75

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

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

Pasta Classics

Includes soup & garden salad or a small caesar (no soup)

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 with Diablo Sauce

Fettuccine Alfredo

Linguine w/ Pesto

Whole Wheat Fusilli w/ Creamy Pesto

Linguine White Clam or Red Clam Sauce

Gluten-Free Pasta Available

Vermicelli w/ Garlic and Butter

19.95

18.95

Flips Specialty Dishes

Includes soup & garden salad or a small caesar (no soup)

Manicotti

Egg pasta stuffed with ricotta and parmesan, mirrored on marinara, topped with creamy pesto and toasted pine nuts 19.50

Smokin' Mac & Cheese

Rigatoni, italian fontina, swiss, provolone and cheddar cheeses with our house smoked capocollo ham, topped with parmesan and toasted bread crumbs, finished with chopped green onions 19.50

Tortellini

Cheese filled tortellini served in a sweet marsala cream sauce with artichoke hearts, scallions and garlic also available with marinara sauce 19.50

The Hoffman

Whole wheat fusilli tossed in our spicy diablo sauce with sauteed bell peppers and onions, topped with a veggie patty, finished with crispy fried pepperoncini peppers 19.50

The Smokestack

Crispy eggplant layered with ricotta filled pasta, mozzarella and parmesan, lightly sauteed bell peppers, onions, mushrooms and spinach, mirrored on marinara and finished with smoked gouda cream 19.50

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 19.50

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 19.50

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 19.50

Gnocchi Pesto Cream

Potato dumplings tossed in our pesto cream sauce with sun-dried tomatoes and pine nuts, finished with gorgonzola cheese and fresh basil, over a bed of fresh spinach 19.50

Mediterranean Pasta

Gulf shrimp sauteed in olive oil with artichokes, capers, onions, sun-dried tomatoes, kalamata olives, fresh spinach, basil, garlic and pine nuts, tossed with fettuccine and finished with feta cheese 19.75

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 19.75 Salmon 20.75

Lobster Ravioli

Lobster filled raviolis topped with even more lobster and a delicate lemon cream sauce 23.50