



ALWAYS FRESH
AND DELICIOUS

(251) 375-1899

www.FlippedOutKitchen.com

7765 Airport Blvd · Suite 120
Mobile, Alabama 36608

FOR THE KIDDOS – \$5.95

includes a kids drink

(AVAILABLE for 12-and-under patrons ONLY, please)

We offer three simple kids dishes – if you wish to prepare a custom sauté skillet for your child it will be at regular price, as we don't do half-portions. However, we will gladly provide a to-go box so that their leftovers can be YOUR lunch tomorrow.

- **Penne Alfredo**

–just pasta and alfredo sauce

- **Bowtie Spaghetti**

–just pasta and marinara

- **Chicken-n-Rice**

– just rice, brown gravy, and chicken

SWEET FINISHES

Check out the dessert offerings in our Grab-n-Go as you pay. WE LOVE sweets, and try to keep a great selection in addition to our house-made 'nanner puddin'

- **House Cakes - \$3.25/slice**

- Other Desserts priced as made

STARTERS

Simple and fresh because our other food is so amazing.

Three Flavored Sour Cream Dips to choose from:

- **Flavored Sour Cream Dip**
- **Cajun Friends** (Jalapeno & Cilantro)
- **N'Awlins Nice** (Louisiana Herbs & Spices)
- **Pork Belly** (Just pig and chives)
 - w/ warm chips **\$4.95**
 - w/ fresh veggies **\$5.95**

SOUP OF THE DAY – \$ Market Price

We do fresh and seasonal, and we don't do soup every day!
But if we're cookin' it, it's gonna be great!! Just ask -

I JUST WANT A SALAD - BUILD A BOWL

Tell us what green, then add any 5 veggies and 2 toppings – we'll make it fresh, top it with croutons and put your favorite dressing on the side. **\$7.95**

- Add a freshly sautéed protein – Standard - **\$3.95**
- Premium Protein - **\$4.95**

We offer Spring Mix, Romaine, Kale, Fresh Spinach and a house mix of several greens

• In addition to the veggies on our sauté line, we also have these salad toppings - Pepperoncini Peppers, cucumber slices, grated parmesan, sunflower seeds, Sweeties (tiny Peruvian sweet peppers), dried cranberries, and chopped pecans

DRESSINGS

– Oil and Vinegar, Balsamic Vinaigrette, Ranch, Caesar, Blue Cheese, Honey Mustard, Flipped Out Sauce

OR CHOOSE FROM A HOUSE SALAD CREATION

- **Flipped Out Salad – \$12.95**

House greens tossed in our vinaigrette, topped with seven fresh veggies, prosciutto, chicken, croutons and fresh parmesan.

- **The Green Cajun – \$11.95**

Fresh romaine tossed in our Comeback dressing, topped with Cajun spiced shrimp, roasted garlic, red onions, fresh mushrooms, carrots, and celery.

- **Seabreeze – \$12.95**

A mix of fresh spinach, romaine, and spring mix tossed with our vinaigrette dressing, topped with salmon, and finished with green beans, cucumbers, Sweeties, and summer squash – topped with fresh parmesan.

- **Sirloin Caesar - \$10.95**

Fresh romaine tossed in our Caesar dressing, topped with sliced sirloin with Southwest seasoning, and surrounded by grape tomatoes, cucumber slices, and green onions, finished with croutons and parmesan cheese.