

# Flanders **FISH MKT**

## APPS.

<b>steamers</b> 1 lb. maine steamers, clam broth, drawn butter	mp
<b>stuffed porta</b> red peppers & monterey jack cheese	10
<b>baked avocado</b> lump crab, corn, pico, cilantro crèma	11
<b>cappy's shrimp</b> old bay, tomato, onion, tortilla chips	14
<b>onion rings</b> creole aioli	5
<b>lobster sliders</b> shucked lobster, mayo, lemon	7 per
<b>tuna sliders</b> fresh tuna, wasabi mayo	6 per

## CAPPY'S WINGS & THINGS

available flavors: cappy's rub | buffalo | sweet & spicy | bbq | teriyaki | southwest | old bay | dynamite

<b>bone-in chicken wings</b>	6 for 5   dz for 10
<b>boneless chicken wings</b>	6 for 7   dz for 13
<b>sword tips</b>	9
<b>shrimp wings</b>	5 for 8   10 for 15

## CALAMARI

<b>traditional</b>   crispy, side of marinara	11
<b>parmesan</b>   olive oil, banana peppers, parm	12
<b>sicilian</b>   marinara, spicy sausage, hot peppers, parm	13

## CRABS & CLAMS

<b>stuffies</b>   quahogs in cappy's clam stuffing	2 for 6
<b>fritters</b>   lemon, tartar sauce	3 for 6   6 for 12   dz for 20
<b>crab cakes</b>   lemon, tartar sauce	10
<b>crab dip rangoon</b>   sweet & sour sauce	8

## MUSSELS (one pound)

<b>formica</b>   white wine & garlic butter sauce	11
<b>fra diavolo</b>   fiery marinara sauce	14

## RAW.

per piece

<b>jonah crab claw</b>	2.5 per
<b>cocktail shrimp</b>	2 per
<b>oysters on the half</b>	2.5 per
<b>littlenecks</b>	1.5
<b>platter</b>   2 of each	16

## SOUPS.

<b>clam chowda</b>   clear or creamy	cup   4    bowl   7
<b>lobster bisque</b>	cup   6    bowl   10
<b>oyster stew</b>	cup   9    bowl   17

## GREENS.

<b>cappy salad</b>   grilled haddock, romaine, gorg, olive oil	15
<b>caesar</b>   romaine, parmesan, house croutons	8
<b>house</b>   romaine, tomatoes, carrots, bell peppers, croutons	7
<b>wedge</b>   iceberg, bacon, gorgonzola, cherry tomatoes, bleu cheese	7
<b>asian</b>   arugula, cabbage, red onion, bell pepper, sesame vinaigrette	8
<b>apple &amp; walnut</b>   mesclun greens, cherry tomatoes, olive oil, carrots, gorgonzola, balsamic glaze	10

ADD | chicken: *grilled, crispy, blk* | 5 fish: *blk, broil* | 10  
Shrimp: *grilled, crispy, blk* | 12 lobster | mp anchovies | 2

## PIZZA. regular or gf (+ 1.5)

<b>cheese</b>   pepperoni   bacon clam	8
<b>shrimp scampi</b>   shrimp gorgonzola	12

## BURGERS.

8 oz. angus beef served w/ fries | sub cappy's fry mix +1

<b>cappy's</b> caramelized onion, l & t, cheese, ranch	12
<b>rodeo</b> bbq, cheddar, bacon, onion rings	13
<b>salmon</b> scallion, red onion, cabbage, lemon aioli	12
<b>tuna</b> sesame seed, asian slaw, wasabi aioli	14
<b>lobster</b> on an angus burger, pepper jack, truffle fries	22
<b>mushroom</b> grilled tomatoes, basil, balsamic glaze	12

## SANDWICHES.

choice of roll or wrap – gf + 1.5 | with fries | sub cappy's mix +1

**lobster roll** | mp

**HOT** fresh lobster sautéed in butter, scallions, sherry

**COLD** fresh lobster tossed with lemon, mayo, hint of pepper

<b>clam strips</b> fried with lettuce & tartar	10
<b>whole bellies</b> fried with lettuce & tartar	14
<b>seafood salad</b> surimi crab, celery, black pepper, mayo	8
<b>fish filet</b> house or beer battered   lettuce, tomato, tartar	10
<b>crab cake</b> lettuce, tomato, tartar	13
<b>fish tacos</b> blackened tilapia, cabbage, salsa, lemon mayo, served with house seafood rice	17
<b>buffalo shrimp</b> bacon, l & t, creamy garlic dressing	13
<b>codfish blt</b> blk cod, avocado, bacon, creole mayo, l & t	15
<b>bbq chicken breast</b> lettuce, tomato	10
<b>chicken caesar</b> parmesan, house caesar dressing	10

note: while we happily accommodate persons with food allergies and do our best to ensure food safety, our kitchen is not soy/nut/gluten free. consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness, especially if you have certain health conditions.



## LOBSTER. mp

lobster dinner boiled, drawn butter, clear or creamy chowder  
1 ¼ | 1 ½ | 2 | 3-12 pounds

lazy lobster sauté 1 ¼ lb lobster, boiled & shucked, finished in  
sweet butter

new england clambake for one 1 ¼ lb lobster, maine  
steamers, mussels, bbq chicken breast, corn on the cob, red  
potatoes, cup clear clam chowder, drawn butter.....stuffed +5

lobster pot pie lobster, fresh vegetables, potatoes, lobster  
cream sauce, biscuit crust..... 26

## STEAMED.

steamer dinner 2 pounds..... mp

alaskan king crab legs 1 pound..... mp

chesapeake shrimp 1 pound peel & eat with old bay..... 18

HOT | melted butter | COLD | tears of joy cocktail sauce

## GRILLED & STUFF.

new york strip 12 oz hand cut..... 23

ribeye 12 oz hand cut..... 25

prime rib *weekends only*..... 25

stf flounder..... 2 for 16

stf shrimp..... 2 for 17

stf sea scallops..... 28

combo stuffed flounder, stuffed shrimp, stuffed clam..... 16

FLAVORS | blk, bbq, teriyaki

SURF YOUR TURF | shrimp, clam strips, stf flounder,

OR stf shrimp – 6 | lobster – mp

## FISH. fried | blk | broiled | grilled\*

served with a side and choice of soup or salad

17

24

COD

SALMON

BAY SCALLOPS

WILD SALMON

HADDOCK

SWORDFISH

CATFISH

OYSTERS

RAINFOREST TILAPIA

TUNA

FLOUNDER

SEA SCALLOPS mp

TROUT

\*CHOICE OF SAUCE

SHRIMP

teriyaki, bbq, garlic lemon butter

## FRIED PLATTERS.

clam strips half or whole pint..... 13 | 17

bellies half or whole pint..... mp

seafood platter fish, shrimp, calamari, clam strips, bay  
scallops, stuffed clam, clam fritters..... 30

## PASTA.

NOODLE gf + 1.5 | penne | linguini | spinach fettucine | whole wheat  
penne

penne a la vodka vodka sauce, spinach, tomato..... 10

mediterranean artichoke hearts, spinach, black olives,  
tomatoes, green onions, garlic, white wine sauce..... 12

alfredo house parmesan cream sauce, garden vegetables..... 10

florentine spinach, tomato, alfredo..... 10

scampi garlic, white wine, butter, parsley..... 10

primavera zucchini, squash, broccoli, tomatoes, roasted red  
peppers, white wine sauce..... 10

ADD | lobster 14 | shrimp 12 | chix 5 | sea scallops 14

## ANCHORS.

fish & chips .....house 10 | beer battered 11

gorgonzola shrimp\* shallots, bacon, spinach, rosemary,  
gorgonzola cream sauce, garlic toast..... 24

lime cilantro tilapia pico de gallo, avocado, cilantro crème,  
cajun

rice..... 18\

coconut shrimp\* coconut battered, apricot dipping sauce..20

linguini with clam sauce white or red..... 20

parmesan swordfish\* parm and bread crumb crust..... 24

bouillabaisse leeks & tomato stew, fish, mussels, clams,  
AKC, lobster, shrimp, scallop, garlic crostini..... 29

pasta formica lump crab, shrimp, spicy italian sausage,  
marinara, linguini..... 20

shrimp scampi garlic butter sauce, house seafood rice..... 20

lemon pepper wild salmon wild rice, asparagus, thyme..24

stuffed trout\* crab, red pepper, spinach stuffing, monterey  
jack cheese, rice..... 20

cedar plank salmon\* blackened, maple glaze..... 21

cajun chicken & shrimp\* blackened mild, med, or hot..... 18

cappy's combo\* broiled or blk | crab cake, shrimp, stuffed  
clam, stuffed flounder, fish filet, bay scallops..... 32

\* choice of side dish

## SIDES. \$4

french fries | sweet fries | flanders fries *hand cut* | fry combo +1 |  
red potato | baked potato | baked sweet potato | garlic mashed  
potatoes | herb roasted potatoes | seafood rice | salad: *house or*  
*caesar* | house slaw (or small cup for 75 cents!) | grilled mixed veggies |  
asparagus +1 | green beans | spinach +1

ASK ABOUT OUR PRIVATE CHEF'S TABLE!

