

LOCAL DELIVERY + TAKEOUT

# Flanders FISH MKT

PRIVATE CHEF'S TABLES CATERING + CLAMBAKES

## STARTERS.



<b>LOBSTER</b> lobster, mayo, lemon / 7 per	<b>SEAFOOD SLIDERS</b> fresh tuna, wasabi mayo / 7 per	<b>TUNA</b>
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<b>STEAMERS</b> 1 lb. maine steamers, clam broth, butter	MKT
<b>STUFFED PORTABELLA</b> crab meat, vegetables, mozzarella	10
<b>BAKED AVOCADO</b> lump crab, corn, pico cilantro crema	11
<b>CAPPY'S SHRIMP</b> old bay, tomato, scallion, tortilla chips	15
<b>ONION RINGS</b> creole aioli	5

<b>WINGS + THINGS</b>	
<b>JUMBO SHRIMP WINGS</b> your new favorite wings   SMALL 11 · LARGE 20	
<b>CHICKEN WINGS</b> bone-in or boneless   SMALL 8 · LARGE 13	
<b>CRISPY SWORD BITES</b>	9
<b>CRISPY SEAFOOD COMBO</b>	15
mix of sword bites + shrimp wings	
cappy's rub · buffalo · sweet+spicy · bbq · teriyaki · sw · old bay · dynamite · thai chili	

## CALAMARI.

<b>CLASSIC</b> crispy with a side of marinara	11
<b>SICILIAN</b> crispy tossed in marinara with spicy sausage, hot peppers + parmesan	14
<b>PARMESAN</b> crispy tossed in olive oil, banana peppers + parmesan	12

## CRABS + CLAMS.

<b>CLAM FRITTERS</b> served with our house tartar + lemon 3 FOR 6 · 6 FOR 12 · 12 FOR 20
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<b>STUFFIES</b> quahogs stuffed with cappy's clams stuffing	2 FOR 7
<b>CRAB CAKES</b> served with house tartar + lemon	12
<b>CRAB DIP RANGOON</b> fried crab dip in wonton crisps, sweet + sour dipping sauce	8

## MUSSELS.

*One Pound. Served with Grilled Bread.*

<b>MUSSELS FORMICA</b> white wine + garlic butter sauce	12
<b>FRA DIAVOLO</b> tossed in fiery marinara sauce	14

## RAW. *Priced Per Piece*



<b>SHUCK YEAH PLATTER</b> 2 of each item fresh from the fish case	16
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<b>OYSTERS ON THE HALF</b>	2.50
<b>SHRIMP COCKTAIL</b>	2
<b>JONAH CRAB CLAW</b>	2.50
<b>LITTLENECKS</b>	1.50

## SOUP.

<b>CLAM CHOWDER</b> clear OR creamy	CUP 5 · BOWL 8
<b>LOBSTER BISQUE</b> our famous recipe	CUP 7 · BOWL 12
<b>OYSTER STEW</b> fresh shucked oysters in buttery broth, cracked pepper	CUP 9 · BOWL 17

## BETWEEN BREAD. *Fries or Cappy's Mix [+2]*

<b>HOW WE LOBSTER ROLL</b>	
HOT butter, scallion + sherry	MKT
COLD lemon, mayo, celery, hint of pepper	

## SANDWICHES + WRAPS.

<b>CLAM STRIPS</b> fried clam strips with lettuce + tartar	10
<b>WHOLE BELLIES</b> fried whole belly clams with lettuce + tartar	17
<b>BUFFALO SHRIMP</b> buffalo sauce, bacon, creamy garlic dressing, lettuce + tomato	14
<b>FISH TACOS</b> blackened tilapia, salsa, citrus aioli, cabbage, served with house seafood rice	17
<b>CODFISH B.L.T.</b> blackened cod, avocado, bacon, creole mayo, lettuce + tomato	15
<b>CRAB CAKE</b> house crab cakes, lettuce, tomato + tartar	14
<b>FRIED FISH</b> house fried or beer battered, lettuce, tomato + tartar	10
<b>CHICKEN CAESAR</b>	10
<b>BBQ CHICKEN BREAST</b>	10
<b>SEAFOOD SALAD</b> surimi crab, celery, mayo, black pepper	9

WRAP ROLL  
CIABATTA BREAD  
GF ROLL [+2]

## BURGERS. *8 oz. Angus Beef with Fries or Cappy's Mix [+2]*

<b>LOBSTER BURGER</b> 8 oz. angus beef burger, 5 oz. lobster tail, pepper jack cheese, truffle fries	26
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<b>TUNA</b> asian slaw, wasabi aioli, sesame	14
<b>CAPPY'S</b> caramelized onion, cheese, ranch, lettuce, tomato	13
<b>RODEO</b> bacon, cheddar, onion rings, bbq	13
<b>SALMON</b> scallion, red onion, cabbage, lemon aioli	14
<b>MUSHROOM</b> grilled tomato, basil, balsamic glaze	13
<i>Go Carnivore + 4</i>	

## GREENS.

<b>CAPPY'S SALAD</b> grilled + crusted haddock, romaine, gorgonzola, olive oil	16
<b>CAESAR</b> romaine, parmesan, house ciabatta croutons	9
<i>Add Anchovies +2</i>	
<b>ASIAN</b> mesclun greens, cabbage, bell pepper, red onion, sesame* vinaigrette	8
<i>*Dressing Contains Nuts</i>	
<b>HOUSE</b> romaine, tomatoes, carrots, bell peppers, croutons	7
<b>WEDGE</b> iceberg, bacon, gorgonzola, cherry tomatoes, balsamic glaze, blue cheese dressing	8
<b>APPLE + WALNUT</b> mesclun greens, sliced apples, walnuts, carrots, cherry tomatoes, olive oil, gorgonzola, balsamic glaze	11

<b>+ LOBSTER · SHRIMP · FISH · CHICKEN · TUNA · SALMON*</b>
MKT 12 10 6 12 12 <i>*Wild +15</i>

## PIZZA. regular or gluten-free [+2]

<b>SHRIMP GORGONZOLA</b> gorgonzola cream sauce, bacon, spinach, rosemary	13
<b>WHITE BACON CLAM</b>	13
<b>SHRIMP SCAMPI</b> white pie with garlic, shrimp, mozzarella, parmesan	13
<b>CLASSIC CHEESE / PEPPERONI</b>	8



**FISH + CHIPS** ★

fried house white fish + fries HOUSE 10 · BEER BATTERED 11

★ **AS SEEN ON THE FOOD NETWORK!**

**GORGONZOLA SHRIMP**

bacon, spinach, rosemary, gorgonzola cream sauce over garlic toast, side salad 25

**LIME CILANTRO TILAPIA**

blackened tilapia, avocado, pico de gallo, cilantro crema, cajun seafood rice 19

**COCONUT SHRIMP**

coconut battered, apricot dipping sauce, choice of side 21

**LINGUINI + CLAMS**

white or red clam sauce. shaved parmesan, side salad 23

**PARMESAN SWORDFISH**

grilled swordfish with parmesan bread crumb crust, side 26

**BOUILLABAISSÉ**

tomato + leek stew with fish, mussels, clams, alaskan king crab, lobster, shrimp, scallops, garlic crostini, side salad 40

**PASTA FORMICA**

lump crab meat, shrimp, spicy italian sausage, marinara over linguini, side salad 22

**SHRIMP SCAMPI**

classic garlic butter sauce over house seafood rice 20

**LEMON PEPPER WILD SALMON**

seasoned + grilled wild salmon, vegetable, thyme, wild rice 22

**STUFFED TROUT**

whole trout stuffed with crab, red pepper + spinach topped with monterey jack cheese, choice of side 24

**CEDAR PLANK SALMON**

blackened salmon, local maple syrup glaze, side 20

**CAJUN CHICKEN + SHRIMP**

chicken breast + shrimp blackened mild/medium/hot, side 18

**CAPPY'S COMBO**

crab cake, shrimp, stuffed clam + flounder + shrimp, fish filet, bay scallops, served blackened or broiled, side 35

**LOBSTER POT PIE** ★

fresh lobster, vegetables, potatoes + lobster cream sauce in a biscuit crust, side salad 27

★ **Voted 'Best Lobster Pot Pie in America' by Every Day with Rachael Ray**

**FISH.** *Served with Side + Choice of Chowder / Salad / Cole Slaw*

**FRIED BLACKENED BROILED\* GRILLED\***

*\*butter + breadcrumb*

*\*teriyaki, bbq, garlic lemon butter*

CATFISH 18

CODFISH 19

BAY SCALLOPS 17

FLOUNDER 24

HADDOCK 17

OYSTERS 26

RAINFOREST TILAPIA 18

SALMON 24

WILD SALMON 25

SHRIMP 25

SEA SCALLOPS MKT

SWORDFISH 26

TROUT 21

TUNA 24 

**SIDES.**

french fries - sweet fries - flanders hand cut fries - onion rings + 2 4 PER

flanders + sweet fry combo +2 - red potatoes - baked potato

baked sweet potato - garlic mashed - herb roasted potatoes - seafood rice - wild rice

house slaw [or a small cup for 75¢] - salad [tossed or caesar]

green beans - asparagus +2 - grilled mixed vegetables - broccoli

**LOBSTER DINNER**

ALL LOBSTERS MKT PRICE

any size lobster straight from our tank, boiled with drawn butter

**NEW ENGLAND CLAMBAKE**

1 1/4# premium maine hard shell lobster, maine steamers, mussels, bbq chicken breast, red potatoes, vegetables, butter



**STEAMED.** *Served with Side*

**2# STEAMER DINNER**

2 pounds of maine steamers, drawn butter + broth MKT

*Grandma Barbara's Favorite!*

**ALASKAN KING CRAB LEGS**

1 pound of akc in the shell, butter MKT

**CHESAPEAKE SHRIMP**

1 pound peel-and-eat with old bay **HOT - melted butter** 26  
**COLD - famous \*tears of joy\* cocktail sauce**

**GRILLED + STUFF.** *Served with Side*

**NEW YORK STRIP STEAK**

16 oz. hand cut strip steak 25

**RIBEYE**

16 oz. hand cut ribeye steak 26

**PRIME RIB**

weekends only 28

**STUFFED SHRIMP**

2 FOR 18 · 3 FOR 23

**STUFFED FLOUNDER**

2 FOR 18 · 3 FOR 23

**SEA SCALLOPS CASSEROLE**

26

**STUFFED COMBO**

1 stuffed flounder, 1 stuffed shrimp, 1 stuffed clam 18

**SURF YOUR TURF**

+ SHRIMP / CLAM STRIPS / STF FLOUNDER / STUFFED SHRIMP +7  
 LOBSTER +MKT

**FRIED PLATTERS.** *Served with Side*

**WHOLE BELLIES**

HALF PINT / WHOLE PINT · MKT

**CLAM STRIPS**

HALF PINT 14 · PINT 18

**SEAFOOD PLATTER**

house fish, shrimp, calamari, clam strips, bay scallops, stuffed clam, clam fritters 30

**PASTA.**

*Served with Side Salad + Garnished with Parmesan*

**PENNE A LA VODKA**

vodka sauce, spinach, tomatoes 12

**SCAMPI**

garlic, white wine, butter, parsley 12

**ALFREDO**

vegetables + parmesan cream sauce 12

**FLORENTINE**

spinach, tomato, parmesan cream sauce 12

**MEDITERRANEAN**

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

**PRIMAVERA**

zucchini, squash, broccoli, tomatoes, roasted red peppers, white wine sauce 12

PENNE LINGUINI SPINACH FETTUCCINE WHOLE WHEAT PENNE GLUTEN-FREE +2

+ **LOBSTER** · **SHRIMP** · **SEA SCALLOPS** · **CHICKEN**  
 MKT 12 MKT 6