

LOCAL DELIVERY + TAKEOUT

# Flanders FISH MKT

PRIVATE CHEF'S TABLES CATERING + CLAMBAKES

## STARTERS.



<b>LOBSTER</b>	<b>SEAFOOD SLIDERS</b>	<b>TUNA</b>
lobster, mayo, lemon / 7 per	fresh tuna, wasabi mayo / 7 per	
<i>2 for \$12</i>		

- STEAMERS**  
1 lb. maine steamers, clam broth, butter MKT
- STUFFED PORTABELLA**  
crab meat, vegetables, mozzarella 10
- BAKED AVOCADO**  
lump crab, corn, pico cilantro crema 11
- CAPPY'S SHRIMP**  
old bay, tomato, scallion, tortilla chips 15
- ONION RINGS**  
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	
<small>cappy's rub · buffalo · sweet+spicy · bbq · teriyaki · sw · old bay · dynamite · thai chili</small>	

## CALAMARI.

- CLASSIC**  
crispy with a side of marinara 11
- SICILIAN**  
crispy tossed in marinara with spicy sausage, hot peppers + parmesan 14
- PARMESAN**  
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	

- STUFFIES**  
quahogs stuffed with cappy's clams stuffing 2 FOR 7
- CRAB CAKES**  
served with house tartar + lemon 12
- CRAB DIP RANGOON**  
fried crab dip in wonton crisps, sweet + sour dipping sauce 8

## MUSSELS.

*One Pound. Served with Grilled Bread.*

- MUSSELS FORMICA**  
white wine + garlic butter sauce 12
- FRA DIAVOLO**  
tossed in fiery marinara sauce 14

## RAW. Priced Per Piece



<b>SHUCK YEAH PLATTER</b>	
2 of each item fresh from the fish case <span style="float: right;">16</span>	

- OYSTERS ON THE HALF** 2.50
- SHRIMP COCKTAIL** 2
- JONAH CRAB CLAW** 2.50
- LITTLENECKS** 1.50

## SOUP.

- CLAM CHOWDER**  
clear OR creamy CUP 5 · BOWL 8
- LOBSTER BISQUE**  
our famous recipe CUP 7 · BOWL 12
- OYSTER STEW**  
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.

- |  |  |
|--|--|
|  | <small>WRAP ROLL<br/>CIABATTA BREAD<br/>GF ROLL [+2]</small> |
|--|--|
- CLAM STRIPS**  
fried clam strips with lettuce + tartar 10
- WHOLE BELLIES**  
fried whole belly clams with lettuce + tartar 17
- BUFFALO SHRIMP**  
buffalo sauce, bacon, creamy garlic dressing, lettuce + tomato 14
- FISH TACOS**  
blackened tilapia, salsa, citrus aioli, cabbage, served with house seafood rice 17
- CODFISH B.L.T.**  
blackened cod, avocado, bacon, creole mayo, lettuce + tomato 15
- CRAB CAKE**  
house crab cakes, lettuce, tomato + tartar 14
- FRIED FISH**  
house fried or beer battered, lettuce, tomato + tartar 10
- CHICKEN CAESAR** 10
- BBQ CHICKEN BREAST** 10
- SEAFOOD SALAD**  
surimi crab, celery, mayo, black pepper 9

## 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 <span style="float: right;">26</span>	

- TUNA**  
asian slaw, wasabi aioli, sesame 14
- CAPPY'S**  
caramelized onion, cheese, ranch, lettuce, tomato 13
- RODEO**  
bacon, cheddar, onion rings, bbq 13
- SALMON**  
scallion, red onion, cabbage, lemon aioli 14
- MUSHROOM**  
grilled tomato, basil, balsamic glaze *Go Carnivore + 4* 13

## GREENS.

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

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

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

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