

not mussels.

RAW BAR

ask your server about tonight's selection

APPETIZERS

CHOWDER	mussels, double smoked bacon, veggies, cream	10
CRAB CAKES	Maryland lump crab cake, vegetable slaw, citrus aioli	18
BURNT FINGERS	crispy fried calamari, shrimp, oysters, spicy aioli	16
GOAT CHEESE	toasted goat cheese, simple greens, roasted beets, candied walnuts, apples, citrus vinaigrette	13
SPICY GREENS	baby arugula, shaved fennel, shaved parmesan, parmesan peppercorn vinaigrette	13
ICEBERG WEDGE	crispy bacon, shaved radish, chunky blue cheese dressing	12
SIMPLE SALAD	bibb lettuce, watercress, marcona almonds, sherry vinaigrette	10

SEAFOOD

LOBSTER ROLL	1# lobster, citrus aioli, celery, lemon, toasted bun, flex fries	25
FISH AND CHIPS	tempura battered codfish, hand-made tartar sauce, creamy coleslaw, flex fries	21
SALMON	roasted organic king salmon, leaf spinach, roasted new potatoes, charred pepper and tomato sauce	28
COD	chef's choice	27
FISH OF THE DAY	whole and fried	MP

NOT SEAFOOD

FARMER'S CHICKEN	roasted and braised, garlic confit, sauteed dandelion greens, pan gravy, flex fries	24
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FLEX FAMOUS HAND-CUT FRIES

6

ECO- FRIENDLY HOUSE PURIFIED WATER	still or sparkling	FREE
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MUSSELS - 17.5

CLASSIC	white wine, herbs, garlic
P.E.I.	mussel stock, drawn butter
FRA DIAVOLO	San Marzano tomatoes, olive oil, fresh basil, red pepper, garlic

MUSSELS - 18.5

THAI	curry coconut broth, lemongrass, kaffir lime, coriander, lime, ginger, garlic
BOMBAY	Indian curry, garlic, cinnamon, star anise, white wine
PROVENÇAL	tomato, basil, orange zest, garlic, Pernod
SPARTAN	kalamata olive, garlic, tomato, oregano, olive oil
SOUTH PACIFIC	kaffir lime, cilantro, white wine, lemongrass
BRUSCHETTA	San Marzano tomatoes, lobster, marinated tomato, croutons

MUSSELS - 19.5

GENOA	fresh herb pesto, fresh clam juice, fresh lemon juice, fennel and tomato
FUNGI	wild mushrooms, double smoked bacon, garlic, cream
SPANIARD	chorizo, sweet peppers, spanish olives, red wine, tomatoes
THE MEXICAN	chipotle adobo, chorizo, calamari
BRAZILIAN	coconut milk, ginger, tomato, cilantro, citrus

MUSSELS - 20.5

SAN DANIELE	prosciutto, caramelized onions, white wine, garlic
ACADIAN	gumbo sauce, shrimp, andouille
BISQUE	lobster, brandy, tomato, garlic, cream
MAINE	lobster, smoked bacon, corn, white chowder, parsley
PARMA	parmigiano cream, lemon, scallions, toasted garlic, shallots
ITALIANO	calamari, roasted garlic, red wine, tomato sauce
PORTUGUESE	clams, andouille, tomatoes, garlic, red wine
MEDITERRANEAN	shrimp, kalamata olives, fennel, lemon, anise, oregano

THE NUMBER 23 - MP

flavor changes daily, ask your server for details

FLEX FAMOUS HAND-CUT FRIES - \$6

We source and receive all our mussels directly from P.E.I. Our cultured mussels are sustainable, and extremely rich in protein and minerals while being low in fat and cholesterol. Enough said. Let's eat!



Desserts

Flex Donuts

Flavors: Wild Blueberry, Meyer Lemon, Fluffernutter, PBJ, Cinnamon Sugar, Salted Caramel, Praline or Chocolate Filled
Vanilla Bean Dipping Sauce

4 for 9 6 for 12

Chocolate Cream Pie “On Its Side”

61% Valrhona Dark Chocolate Pudding,
Whipped Crème Fraiche, Salted Chocolate Shortbread and
Crème Fraiche Sorbet. 9

“Crispy” Apple Bread Pudding

Bourbon Caramel and Vanilla Bean Ice Cream 9

Lemon Meringue “Pie” In a Glass

Graham Cracker Crumble, Meyer Lemon Curd,
Creamy Vanilla Meringue 9

Peanut Butter and Jelly

Warm Chocolate Brownie, Peanut Butter Cheesecake,
Concord Grape Gel 10

The Original Deep Fried Whoopee Pie

Dark Chocolate Cake, Cream Cheese Filling, Caramelized
White Chocolate Cream, Espresso Chunk Ice Cream 10

Zac Young – Pastry Chef