

# THE FLAT ON THE FLY

**PLATED MEALS READY IN MINUTES \$10**

DINE IN | CARRY OUT | TUES-FRI | 11AM-2PM

All lunch specials come with your choice of hand cut fries, homemade slaw or tortilla chips.

\*\*Substitutions available

## BUFFALO CHICKEN WRAP

Your choice of grilled or fried chicken, our medium wing sauce & bleu cheese crumbles. Served with a side of bleu cheese.

## GRILLED PIMENTO

Our homemade pimento cheese, grilled & served on Texas toast with tomato.

## PORK SAMMY

Pulled pork topped with Swiss, pickles, onions & tomato on Texas toast.

## CHICKEN BACON RANCH WRAP

Chicken, bacon, Jack & cheddar cheese & chipotle BBQ ranch sauce in a wrap with lettuce & tomato.

## FLAT TENDERS

Grilled or fried tenders, with your choice of one of our homemade wing sauces\*. Served with ranch or bleu cheese.

## LUNCH WINGS

8 fresh chicken wings fried to perfection, tossed in your choice of wing sauces\*. Served with celery & carrot sticks along with ranch or bleu cheese.

## BACON CHEESEBURGER WRAP

Ground Beef with bacon, topped with lettuce, tomato, red onion, pickles & cheddar cheese in a flour tortilla wrap.

## DA BLAT

4 Slices of bacon, lettuce, avocado & tomato on grilled Texas toast.

## CHICHIYAKI WRAP

Chopped chicken tossed in teriyaki sauce with grilled onions, mushrooms & red bell peppers.

## CHICKEN PARMESAN SANDWICH

Fried chicken topped with our homemade basil marinara sauce & melted parmesan cheese.

## MPG WRAP

Sautéed mushrooms, red bell peppers, spinach & goat cheese in a flour tortilla wrap.

## PHILLY WRAP

Shaved steak with onions, mushrooms & red bell peppers, melted together with cream cheese & white cheddar in a flour tortilla wrap.

## THE FLAT kids

**\$6 includes drink**  
All kids plates come with choice  
of fries, chips or slaw  
(except Mac N Cheese & Nachos)

Burger  
Hot Dog  
Chicken Tenders  
Wings (5)  
Grilled Cheese  
Mac N Cheese  
Beef Nachos  
Chicken Nachos

**MON – FRI HAPPY HOUR 4 - 7PM**

Wines  
Well Drinks  
Fireball  
**\$3**

Domestic  
Bottles  
**\$2<sup>50</sup>**

1/2 Off Appetizers  
\$1 Off All Draught

# THE FLAT LUNCH

## BEER CHEESE \$8

A creamy lager infused cheese dip with salted pretzel bites

## THREE PEPPER PIMENTO CHEESE \$6

With warm pita bread or tortilla chips

## ROASTED RED PEPPER HUMMUS \$6

With warm pita bread or tortilla chips

## FALAFEL BITES \$5

A blend of garbanzo beans & Greek seasoning. Paired with house-made sriracha aioli

## FRIED PICKLES \$7

Slices of crisp dill pickles, hand battered & fried golden. Served with habanero ranch

## ONION RINGS \$7

Hand cut onion rings, dipped & battered in house seasoning. Served with chipotle BBQ ranch

## PULLED PORK

## POUTINE FRIES \$9

Pulled pork, creamy sausage gravy with white cheddar cheese.

Topped with fresh jalapeno slices

## IRISH NACHOS \$8

Fries topped with cheddar, queso, tomato, avocado, bacon & red onion.

Served with a side of house hot sauce

## FRIES

House Fries \$5

Sweet Potato Fries \$5

Sour Cream & Onion \$6

Chili Cheese \$9

## CHIPS

& Salsa \$6

& Queso \$6

## WINGS & THINGS

## WINGS \$12

12 fresh chicken wings deep fried. Served with celery & carrot sticks and your choice of our ranch or bleu cheese.

**\*Flavors:** Mild, Medium, Hot, Teriyaki, Honey Mustard, House BBQ, Sour Cream & Onion, Orange Thai Chili, Hot Teriyaki, Hot Parmesan Garlic, Hot Honey Mustard, Holy Habanero, Habanero Ranch, Dry Jamaican Jerk, Brass Monkey BBQ, Lemon Pepper

## QUESDILLA \$10

Grilled flour tortilla with cheese, pico, and your choice of shredded chicken or shaved steak. Served with a side of salsa and sour cream

## THE FLAT SALAD

Small \$5 Large \$8 Add Chicken \$5

A fresh spring mix with avocado, tomato, red onion, hard boiled eggs & bourbon bacon with your choice of dressing: Cherry Bourbon Vinaigrette, Ranch, Bleu Cheese, Habanero Ranch, Chipotle BBQ Ranch, Sriracha Aioli

## TACOS \$12

2 tacos with your choice of grilled chicken or pork in warm flour tortillas with sriracha slaw & topped with pico & avocado cream. Served with tortilla chips

Grilled or fried shrimp \$14

## BURGERS

Our Hand Pattied Burgers Are a Blend of Short Rib, Brisket & Chuck

## THE CLASSIC B \$10

This classic is seasoned to perfection & served with lettuce, tomato, red onions & pickles

## THE JAPPLE \$12

A fan favorite! Fresh jalapenos, granny smith apple slices, goat cheese & bourbon bacon

## ALL OVER CHILI CHEESE \$12

This burger comes topped with our house made chili, jack cheese, diced onions & fresh jalapenos

## TERIYAKI BURGER \$12

This burger patty is infused with teriyaki, then topped with bourbon bacon & grilled pineapple. Add pico \$.50

## THE PIMENTO \$12

This one comes smothered with our house BBQ sauce & 3 pepper pimento cheese.

Topped with our crunchy onion rings

## THE GOOD HABIT \$12

This burger is dipped in holy habanero sauce & topped with pickles, our crunch onion rings & cilantro avocado cream

## THE CUBAN \$12

A twist on the classic sandwich, comes topped with pulled pork, Swiss cheese, pickles & mustard.

Served on a pressed brioche bun

## SANDWICHES

## PULLED PORK SUPREME \$11

Pulled pork smothered in our Brass Monkey BBQ sauce, onion rings, pickles & our slaw

## ADULT GRILLED CHEESE \$11

Texas toast stuffed with American, cheddar & jack cheeses, a seasoned tomato & bourbon bacon

## ALOHA CHIC! \$11

Grilled free range chicken with teriyaki sauce, pulled pork & melted Swiss. Topped with grilled pineapple & onions

## THE TERI-SABI \$11

Grilled free range chicken with wasabi aioli, teriyaki glaze, fresh jalapenos & slaw

## WHAT THE FALAFEL?!? \$11

A vegetarians dream! A fresh warm pita, filled with falafel bites, lettuce, tomato, red onion & sriracha aioli

## HAWG DAWG \$10

Bacon wrapped beef frank, banana pepper relish on a pretzel bun

Add chili or slaw \$1 cheese \$.50

## BURGERS & SANDWICHES SERVED WITH FRIES, HOMEMADE SLAW OR TORTILLAS.

### \*\*SUBSTITUTIONS AVAILABLE

Sweet Potato Fries \$.50

Sour Cream & Onion Fries \$1

Cheese Fries \$1

Chips & Salsa \$1

Chips & Queso \$1

Onion Rings \$2

Fried Pickles \$2

Side Salad \$2

Chili Cheese Fries \$2.50

Falafel Bites \$2.50