

The Fly Trap

a finer diner

All Things Eggs

Comes With Toast & Smashed Garlic Fried Potatoes when Logical

Green Eggs and Ham - a Rumble of Eggs, Roasted Poblano Pesto & Jack Cheese with Seared City Ham \$10.95

Veggie Rumble - Roasted Vegetables, Provolone & Spinach. Choice of Eggs or Tofu \$9.95 🌱

The Boot - Mussolini's fave - a Rumble of Eggs with Fresh Mozzarella, Basil, Tomatoes, & Green Olives \$9.95 🌱

A Forager - Mushrooms, Caramelized Onion, Smoked Gouda & Greens Rumbled with Eggs \$10.95 🌱

Huevos Rancheros - Two Eggs Any Style, Crispy Flour Tortilla, Black Beans, Jack Cheese, Jalapeños, Pico de Gallo & Sour Cream \$9.95 🌱

Cowboy Curtis - Seared Flank Steak Straddlin' a Wildwest Sauce, Two Eggs Fried Easy to Hard & Yippee Kayay...Pick Your Toast \$14.95

Eggs ala Boring - Simply Two Eggs \$5.95 🌱 or Two Eggs with Meat \$9.50

Red Flannel Hash - Hot Spiced Beef Brisket, Potatoes, Beets & Onion with Two Eggs \$10.95

Crab Cakes and Eggs - Two Crab Chubs Along Side a Pair of Eggs Any Style with a Green Chili Tartar \$13.95

B.L.A.T.+C. - an Omelette Stuffed with Pepper Bacon, Spinach, Avocado, Tomato & Cheddar \$10.95

Dago Red - Hot Italian Sausage, Peppers, Onion, Spinach & Provolone Stuffed in an Omelette \$10.95

Slacker Especial - an Omelette Filled with Black Beans, Cheddar, Chips, topped with Pico & Sour Cream \$9.95 🌱

Oh, Sugar Shack!

Gingerbread Waffle - with Sautéed Apples, Cherries & Cinnamon Syrup \$7.50 🌱

Granola - House Mixed Nuts, Seeds & Honey Rolled Oats, with Coconut, Banana & Vanilla Yogurt \$7.95 🌱

Mini-Muffin - Daily Flavor 50¢

Oatmeal - Plain \$4.50, with Dried Cherries & Vanilla Ice Cream \$5.95 🌱

Green Things

All Salads Come with Grilled Bread

Rob's Chop Chop- a "Wunder" not to be missed - Greens, Mushrooms, Ham, Salami, Provolone, Ceci Beans & Olives Chopped Together with Creamy Herb Dressing sm. \$8.95 lg. \$10.95 Sans Meat-sm. \$7.95 lg. \$9.95 🌱

Hot Spot- Seared Chicken Breast on Spinach, Tossed in a White Balsamic Vinaigrette, Topped with Blue Cheese & Bacon \$13.95

Ensalada de Basura - Black Beans, Tomatoes, Avocado, Cheddar, Greens, Crispy Tortillas, Sour Cream & Guajillo Dressing \$11.95 🌱

The Echo - Feta, Beets, Kalamata Olives, Red Onion, Grape Tomato, Cucumber & Chick Peas with Tomato Vinaigrette \$10.95 🌱

House - Mixed Greens, Shaved Onion, Grape Tomatoes option of Simple Vinaigrette, Creamy Herb, Tomato Vinaigrette or Balsamic Blue Cheese Dressing \$6.95 As a Side Thought (no bread) \$2.95 🌱

All Menu Items are Available for Carry-Out.

Ask your server about menu items that are cooked to order. Consuming raw or undercooked meats, shellfish, or eggs may increase the risk of foodborne illness.

Between Bread

All Sandwiches Come with Fries or Small Salad & Something Pickled

- B.L.T.&A.** - Pepper Bacon, Lettuce, Avocado & Tomato on Sourdough with a Garlic Aioli \$10.95
- Pea Patch** - Eggplant, Mushrooms, Carrots, Peppers, Tomatoes & Provolone on Wheat with House Mustard and a Poblano Herb Pesto Schmeer \$9.95 🌿
- Charmoula Chicken** - North African Spiced Chicken Breast, Jack Cheese, Caramelized Onion on Grilled Sourdough with a Lemon, Garlic Aioli \$10.95
- The Cheapsteak** - A Flank Steak Sandwich with Swiss Cheese, Balsamic Onions & a Grainy Mustard \$14.95
- Grinder** – Salami, Sausage, Peppers, Olives, Caramelized Onion, Hot Mustard & Provolone on Sourdough \$10.95
- Hot Spiced Beef Brisket** - with Cool Cabbage, Smoked Gouda & Caramelized Onion, Stacked on Grilled Rye with a Jalapeño Mustard \$10.95
- The E-Z Chi-Z-** a Grilled 3 Cheese on Sourdough with Kimchi, Lil' Prik Mayo, Cheddar & Jack Topped with American Cheese and Baked until Bubbling \$8.95
- The Burger** - A ½ Pound of Seasoned Ground Beef, House Roll & all the Standard Fixins' \$9.95 Add Cheese \$1
- Tempting Tempeh** - Same as Above, but for our Vegetarian Friends \$9.95 🌿
- Red Chili Salmon Burger** - with Shaved Cucumber & Ginger Lime Aioli \$12.95

Other Stuff

- Crab Cake App** - Two Crab Chubs, Red Chili Greens, Green Chili Tartar \$9.95
- Fried Rice** - Brown Rice, Various Veggies, Tofu, Red Chilies, Tamari & Sesame \$10.95 🌿
Want Chicken Instead of Tofu? \$11.95 How 'bout Shrimp? \$12.95 Funkify it with Some Kimchi +\$1.95
- Fire-Breathing Dragon** – Chilled Wheat Noodles Tossed in Sambal Peanut Sauce with Snap Peas, Basil, Scallions and Pickled Cabbage alongside Grilled Chicken (or Tofu 🌿), Spicy Vinaigrette and a Sprinkle of Peanuts \$11.95
- Mac Loves Cheese** -Cheddar, Smoked Gouda & Blue with Cavatappi Pasta, Caramelized Onion & Herbs \$10.95 🌿
- Lemongrass Faux Bowl** - Lemongrass and Thai Chili Infused Broth with Flat Noodles, Sesame, Various Veggies & a Choice of Chicken \$11.95, Tofu \$10.95 🌿 or Shrimp \$12.95
- Howie's Noodles** - Shrimp, Fettuccini, Cajun Cream, Tomatoes, Scallion and Parmesan \$12.95
- Oh Papi** - Orecchiette Pasta with Tomatoes, Basil & Fresh Mozzarella \$7.95 🌿 With Spicy Sausage \$11.95

🌿 =VEGETARIAN, ALL dishes can also be made VEGAN with modifications (except the Mac)

THE FLY TRAP HAS A FULL BAR! BEER, WINE AND BOOZE...CATCH A BUZZ!!!

Other Whistle Wetters

Coffee Express Roasting House Blend	\$2.50
Harney & Sons Loose Leaf Tea	\$2.95
Fresh Squeezed Juices	sm.\$2.95 lg.\$3.95
Fresh Squeezed Lemonades	\$2.95
Hot Cocoa with Whipped Cream	\$2.50
Can o' V-8	\$2.50
Bottled Root Beer	\$2.50
Fountain Drinks	\$2.00
Matcha Love Iced Green Tea	\$3.50
Fresh-Brewed Iced Tea	\$2.00
Arnie Palmer a.k.a. Half and Half	\$2.00
Rootbeer Float	\$5.00
Milkshakes	\$6.00
Vanilla, Chocolate, Mocha, Malted or Flavor of the Moment	

B-Sides

Daily Soup	cup \$4.00/bowl \$5.00
Black Beans 🌿	\$4.00
Seared Shrimp	\$6.00
Tempeh Patty 🌿	\$5.00
Tofu 🌿	\$4.00
Pepper Bacon	\$4.00
Hot Italian Sausage	\$4.00
Detroit Breakfast Links	\$4.00
Grilled City Ham	\$4.00
Chicken Breast	\$5.00
House Browns 🌿	\$2.95
Fries 🌿	\$2.00
Side Salad 🌿	\$2.95
Toast- by Avalon Bakery 🌿	\$2.00
Sourdough, Wheat or Rye	