

HOT BEVERAGES

Hot Coffee

Rwanda Bean Company

12oz=1.50, 16oz=1.75, Refills=75¢

Hot Coffee Add Ins:

Flip's Salted Caramel, Nutella or	
Flip's Dark Chocolate	40¢
Flip's Chantilly Whipped Cream	25¢

Hot Tea

- KUSMI Tea~imported from France 1.75
- ♣ **Anastasia:** Earl Grey with scents of bergamot, lemon & orange blossom
 - ♣ **Russian Morning N°24:** Black teas from China, Ceylon and India
 - ♣ **English Breakfast:** Blend of intense Ceylon & Assam black teas
 - ♣ **BB Detox:** Beauty Beverage. Blend of green tea, maté, rooibos, guarana and dandelion with scents of grapefruit
 - ♣ **Rose Green Tea:** Green tea from China scented with rose petals
 - ♣ **AquaRosa (caffeine free):** Hibiscus, apple, red berries, blackberries, mulberry leaves, elderberry, flavors
 - ♣ **Verbena Peppermint (caffeine free):** Lemon verbena & peppermint.

COLD BEVERAGES

- ♣ **Assorted Cooler Drinks** 1.00 – 5.00
- ♣ **Iced Tea,** Cold brewed Kusmi black tea 2.50

Flip's French Press Cold Brew Coffees

- Pure Cold Brew.** Smooth & refreshing Rwanda Bean Co. coffee slowly cold-brewed & filtered in a traditional French coffee press. Enjoy chilled straight-up or over ice. 2.50
- ♣ Add house-made Chantilly whipped cream +50¢
- Brittany Cold Brew** with Flip's house-made Salted Caramel & Chantilly Whipped Cream. 3.75
- Paris Cold Brew** with Flip's house-made Bittersweet Dark Chocolate & Chantilly Whipped Cream. 3.75
- Lafayette Cold Brew** mixed with Flip's house-made Bittersweet Dark Chocolate & topped with Chantilly Whipped Cream & Flip's Salted Caramel 3.75

PLEASE NOTE

CHEESE: We use Comté cheese that is made in France with raw milk and aged 4+ months.

NUTS: Our food may contain or have traces of nuts, or nut oils, or may have been made alongside other products containing nuts.

GLUTEN: Flip's Galette batter and fillings are made with gluten-free ingredients; however, our food is not certified as gluten-free, our kitchen is not gluten-free, and our cooking utensils and appliances are not used exclusively with gluten free ingredients.

WAITTIME: Flip prepares all food to-go, but we are not a fast-food restaurant. Each Flip galette and crêpe is made-to-order, which takes approximately 5 minutes each, so at busy times, there may be an extended wait for your order.

MENU



Sweet & Savory Crêpes, Pastries & Other French Fare

French Flip on Willard Square
429 Preble Street, Unit 2
South Portland, Maine 04106

(207) 808-8429

No phone orders or reservations.

HOURS

Thurs, Fri, Sat & Mon: 10am – 7pm
Sun: 8am - 2pm
Tues & Wed: Closed

www.FrenchFlipMaine.com

  @FrenchFlipMaine

Merci beaucoup!

SAVORY CREPES ~ GALETTES

☞ Gluten free

Galettes (GAH-letz) are savory buckwheat crêpes brushed with butter & filled with your choice of savory ingredients.

Luxembourg. *Ham, Spinach, Comté Cheese, Mushroom Duxelles & Salad Topper* 14.25

French Farm. *Roasted Chicken, Comté Cheese, Roasted Potatoes, *Onion Soubise, Whole Grain Dijon Mustard, & Salad Topper* 14.25

Flip's Breakfast Galette. (served all day)

Two Eggs, Roasted Potatoes, Comté Cheese, & Bacon or Ham. 11.25

☞ *Substitute Chorizo* +1.00

French Cowboy (*not gluten free*). *Buckwheat galette with two Scrambled Eggs & Roasted Potatoes inside & topped with Flip's Cowboy Sauce—a creamy Béchamel Sauce simmered with house-made pork Breakfast Sausage & Mushroom Duxelles & a hint of White Wine.* 11.25

Cheese. *Imported aged raw-milk Comté and Baby Swiss cheeses. Enjoy this classic galette as-is, or select your favorite Savory Add-Ins to create your own signature galette.* 8.00

Savory Add-Ins

- ☞ Egg 1.25
- ☞ Ham, Bacon or Roasted Chicken, 2.25
- ☞ Chorizo 3.00
- ☞ Fresh Spinach 1.00
- ☞ Roasted Potatoes 1.50
- ☞ Salad Topper *placed on top of galette, tossed with Flip's champagne vinaigrette* 3.00
- ☞ Mushroom Duxelles [duke-sell]. *Chopped mushrooms, garlic, cream, French brandy & butter.* 2.25
- ☞ Onion Soubise [soo beez]. *Chopped onions, garlic, cream, French brandy & butter.* 1.25
- ☞ Whole Grain Imported Dijon Mustard ----

Tarte Flambée (French Pizza)

Individual size

Thin & crispy savory French pastry dough crust topped with light layers of tangy crème fraîche, slivered onions, bacon or mushrooms, & Comté cheese. OH la la! 14.50

☞ *Substitute Chorizo* +1.00

☞ *ADD Mushroom Duxelles* +2.25

☞ *ADD Chorizo* +3.00

POURQUOI PAS? WHY NOT?

Far Breton—French Egg Custard Cake

Custardy cake slice served with traditional brandied prunes, French preserves, maple syrup, or fresh berries. 3.75

Seasonal Berries & Crème Chantilly. *Cup of fresh seasonal berries with a dollop of house-made crème Chantilly (whipped cream).* 5.00

Roasted Potatoes with French Cowboy Sauce.

Chunky Roasted Potatoes topped with Flip's French Cowboy Sauce—a creamy Béchamel Sauce simmered with house-made pork Breakfast Sausage & Mushroom Duxelles & a hint of White Wine. 8.00
Side to share or main dish for one.

Side Salad. *Springy salad mix lightly dressed with Flip's house-made champagne vinaigrette.* 5.00

☞ *Add Ham, Bacon or Roasted Chicken* +2.25

☞ *Add Walnuts or Maple Glazed Pecans* +1.25

☞ *Add Bleu Cheese* +75¢

PÂTISSERIE ~ FRENCH PASTRIES

Type and availability vary daily. Please ask.

We make small batches of our patisserie daily. We also take advance orders to reserve daily pastries, and for larger/custom orders.



SWEET CRÊPES

Flip's sweet wheat flour crêpes are brushed with butter, topped with cool, crème Chantilly (house-made French-style whipped cream) & filled with crave-worthy sweet ingredients.

Berries, Bananas & Cream

Juicyberries, bananas & crème Chantilly (house-made whipped cream) 8.00

Flip's Candied Lemon

Fresh lemon juice, powdered sugar, topped with Flip's house-made candied lemon slice & lemon reduction. 6.75

Flip's Salted Caramel, Nuts & Cream

Flip's house-made salted caramel with pecans, walnuts, hazelnuts, or almonds 7.50

French Preserves

Flavorful imported French fruit preserves (non-GMO) 6.50

Peanut Butter & Banana

Creamy peanut butter with fresh sliced bananas 6.75

Nutella/Nocciolata & Banana

[No chee oh lotta]

Nutella or Imported organic (no palm oil) Nocciolata gourmet chocolate-hazelnuts spread & bananas 7.00

Butter & Sugar

Flip's delicate sweet crêpe, European style butter, powdered sugar, & crème Chantilly (house-made whipped cream). Enjoy this traditional crêpe as-is or select your favorite Sweet Add-Ins to create your own signature crêpe. 5.00

Sweet Add-Ins

- ☞ Banana 75¢
- ☞ Fresh Berries 2.25
- ☞ Maple Syrup-Organic, Grade A 1.00
- ☞ Milk Chocolate Chips 1.00
- ☞ Hazelnuts, Pecans, Almonds, or Walnuts 1.00
- ☞ Peanut Butter 1.00
- ☞ Local Honey 1.00
- ☞ Flip's Salted Caramel 1.50
- ☞ Flip's Dark Chocolate 1.50
- ☞ Flip's Maple Glazed Pecans 1.50
- ☞ French Preserves 1.50
- ☞ Nutella or Nocciolata (organic) 1.50