

# Flex Mussels

174 E 82nd St 10028-1839 · +12127177772 · Updated: Jan 14, 2026

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## RAW BAR 3

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### Oysters

ask your server about tonight's oyster selection

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### Hamachi

**\$21.00**

togarashi, citrus salad, salmon roe

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### Tuna Tartare

**\$22.00**

avocado, lime, sesame, hearts of palm

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## SMALL 6

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### Roasted Clam

**\$18.00**

littleneck, chorizo, panko, parmesan

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### Calamari

**\$19.00**

crispy calamari, calabrian chili aioli

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### Whipped Ricotta

**\$16.00**

truffle, caramelized onion marmalade, chives, charred sourdough

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### Fish Dip

**\$17.00**

smoked trout, pickled onion, tabasco crema, cucumber, crunchy bread

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### Manila Clam

**\$18.00**

white wine, butter, garlic, piri piri

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### Deviled Eggs

**\$24.00**

caviar

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## SALADS 3

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### Caesar Salad

**\$18.00**

little gem, anchovy, parmesan, sourdough

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### Burrata

**\$19.00**

fig marmalade, pistachio, crispy bread

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### Mixed Green

**\$18.00**

roasted root vegetables, ricotta salata, green goddess dressing

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## FRIES & SIDES 5

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<b>Parmesan Truffle Fries</b>	<b>\$13.00</b>
<b>Flex Fries</b>	<b>\$9.00</b>
<b>Brussels Sprouts with Bacon &amp; Calabrian Chili</b>	<b>\$13.00</b>
<b>Seasonal Mushrooms</b>	<b>\$13.00</b>
<b>Mashed Potatoes</b>	<b>\$9.00</b>

## MUSSELS, MUSSELS, MUSSELS 11

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<b>Classic</b>	<b>\$27.00</b>
white wine, herbs, garlic	
<b>Fra Diavolo</b>	<b>\$28.00</b>
san marzano tomato, olive oil, fresh basil, red pepper, garlic	
<b>Parma</b>	<b>\$31.00</b>
parmigiano cream, lemon, scallion, toasted garlic, crispy shallot	
<b>Dijon</b>	<b>\$28.50</b>
dijon mustard, white wine, creme fraiche, parsley	
<b>Thai</b>	<b>\$31.00</b>
curry coconut broth, lemongrass, lime leaf, coriander, ginger	
<b>Fungi</b>	<b>\$31.00</b>
wild mushrooms, double smoked bacon, porcini cream	
<b>Angry Lobster</b>	<b>\$38.00</b>
san marzano tomato, lobster, red pepper, basil	
<b>San Daniele</b>	<b>\$31.00</b>
prosciutto, caramelized onion, porcini cream	
<b>Oaxacan</b>	<b>\$30.50</b>
chorizo, roasted chile, tomato, lime, cilantro, hominy	
<b>Florencio</b>	<b>\$32.00</b>
parmigiano cream, basil pesto, shrimp, cherry tomato	
<b>Scampi</b>	<b>\$32.00</b>
shrimp, white wine, lemon, basil, garlic butter, capers, parmesan croutons	

## SANDWICHES 2

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<b>Fillet O' Flex</b>	<b>\$25.00</b>
panko crusted hake, tartar sauce, american cheese, iceberg, potato bun, fries	
<b>Lobster Roll</b>	<b>\$34.00</b>
mayonnaise, celery, fries	

## NOT MUSSELS 5

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### **Salmon** **\$32.00**

sweet potato, broccoli rabe, prosciutto, pomegranate vinaigrette

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### **Chicken** **\$32.00**

white wine, lemon herb butter, mashed potatoes, braised greens

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### **Branzino** **\$32.00**

cannellini beans, gremolata, preserved lemon

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### **Bouillabaisse** **\$38.00**

branzino, shrimp, mussels, clams, saffron rouille, toasted bread

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### **Lobster Frites** **\$65.00**

roasted 1.5 lb lobster, garlic herb butter, fries

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## SNACKS 7

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### **Mussels & Fries** **\$24.00**

choice of fra diavolo, classic, dijon

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### **Clam Strips** **\$8.00**

cornmeal crusted, crispy jalapenos, cilantro lime crema

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### **Oysters** **\$1.50**

shucker's choice

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### **Fish Taco** **\$6.00**

crispy, red cabbage jicama slaw, chipotle aioli

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### **Flex Fries** **\$4.00**

### **Truffle Fries** **\$8.00**

### **Crab Guacamole** **\$12.00**

house made corn chips

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## DRINKS 3

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### **Wine** **\$8.00**

daily selections

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### **Cocktails** **\$8.00**

daily selections

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### **Beer** **\$6.00**

daily selection

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## DESSERTS 3

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## The Flex Donut Collection

Flavors: Fluffernutter, PBJ, Cinnamon Sugar, Salted Caramel, Chocolate, Wild Blueberry, Meyer Lemon, Raspberry, Smores, Strawberry Vanilla Bean Dipping Sauce

### AVAILABLE OPTIONS

4 For: \$10.00

6 For: \$14.00

## Lemon Meringue "Pie"

graham cracker crumble, lemon curd, creamy vanilla meringue

**\$11.00**

## Gelato & Sorbet

seasonal selection

**\$9.00**

## DESSERT WINES <sup>1</sup>

### Dows "Late Bottle Vintage Porto" | 2008, Portugal

**\$14.00**

## TEA <sup>7</sup>

### Citralicious

Lemon Myrtle, Peppermint

### Fiji

Organic China Green, Pineapple, Papaya

### Buccaneer

Indian Black Tea, Cacao beans, Chocolate, Coconut

### Peppermint

Egyptian peppermint leaves

### Raspberry

rasberry, apple, rose hips

### ZZZ

chamomile egyptian flowers

### Ceylon

organic black tea

## BUBBLES BY THE GLASS <sup>1</sup>

### DA Mar Prosecco | NV, Veneto Italy

### AVAILABLE OPTIONS

\$13.00

\$50.00

## WHITE WINES BY THE GLASS <sup>5</sup>

### Domaine Herbauges Muscadet | 2014, Loire France

### AVAILABLE OPTIONS

\$13.00

\$50.00

<b>Domaine Mardon Sauvignon Blanc "Quincy"   2015, Loire France</b>	<b>AVAILABLE OPTIONS</b>
	\$15.00
	\$58.00
<b>Peter Zemmer Pinot Grigio   2015, Alto Adige Italy</b>	<b>AVAILABLE OPTIONS</b>
	\$13.00
	\$50.00
<b>Schloss Gobelsburg Kamptal Gruner Veltliner   2015, Niederosterreich Austria</b>	<b>AVAILABLE OPTIONS</b>
	\$14.00
	\$54.00
<b>Bourcier-Martinot Macon "Chardonnay"   2014, Burgundy France</b>	<b>AVAILABLE OPTIONS</b>
	\$14.00
	\$54.00

## RED WINES BY THE GLASS <sup>3</sup>

<b>Evesham Wood Pinot Noir   2014, Willamette Valley Oregon</b>	<b>AVAILABLE OPTIONS</b>
	\$15.00
	\$58.00
<b>Bodegas Santalba Rioja   2013, Rioja Spain</b>	<b>AVAILABLE OPTIONS</b>
	\$13.00
	\$50.00
<b>Opportunist Shiraz   2014, Limestone Coast Australia</b>	<b>AVAILABLE OPTIONS</b>
	\$14.00
	\$54.00

## BUBBLY <sup>5</sup>

<b>Raventos   Blanc Conca del Riu Anoia "Cava"   2013, Catalunya Spain</b>	<b>\$60.00</b>
<b>Egly Ouriet Brut Tradition   NV, Champagne France</b>	<b>\$136.00</b>
<b>La Caravelle Rose Champagne   NV, Champagne France</b>	<b>\$84.00</b>
<b>Etienne Calsac Champagne   NV, Champagne France</b>	<b>\$86.00</b>
<b>Gaston Chiquet Champagne   2005, Champagne France</b>	<b>\$112.00</b>

## WHITE <sup>19</sup>

<b>Argyros Atlantis Assyrtiko   2015, Santorini Greece</b>	<b>\$49.00</b>
<b>Huguet de Can Feixes Blanco Seleccio   2015, Penedes Spain</b>	<b>\$49.00</b>
<b>Richard Bocking Pinot Blanc   2014, Mosel Germany</b>	<b>\$49.00</b>
<b>Jadix Picpoul de Pinet   2015, Languedoc France</b>	<b>\$41.00</b>

<b>Hexamer Reisling 'Quartzit'   2015, Nahe Germany</b>	<b>\$54.00</b>
<b>Ceretto Arneis   2014, Piedmont Italy</b>	<b>\$49.00</b>
<b>Abbazia de Novacella Kerner   2015, Alto Adige Italy</b>	<b>\$53.00</b>
<b>Monte Carbonare Suavia   2014, Veneto Italy</b>	<b>\$71.00</b>
<b>Ciro Picariello Fiano di Avellino   2014, Campania Italy</b>	<b>\$59.00</b>
<b>Calibourdin Pouilly - Fume   2015, Loire France</b>	<b>\$59.00</b>
<b>Le Berceau des Fee Chenin Blanc   2015, Loire France</b>	<b>\$68.00</b>
<b>Yves Leccia Patrimonio Blanc Vermentino   2014, Corsica France</b>	<b>\$74.00</b>
<b>Hendry Vineyards Chardonnay "Unoaked"   2014, Napa California</b>	<b>\$53.00</b>
<b>Chateau Graville - Lacoste, Graves Blanc   2014, Bordeaux France</b>	<b>\$49.00</b>
<b>Tasca "Leone"   2013, Sicily Italy</b>	<b>\$53.00</b>
<b>Domaine du Grand Tinel Chateauneuf-du-Pape   2011, Rhone France</b>	<b>\$72.00</b>
<b>Patrick Piuze "Butteaux" Chablis Premiere Cru   2015, Burgundy France</b>	<b>\$115.00</b>
<b>Red Car Chardonnay   2013, Sonoma California</b>	<b>\$64.00</b>
<b>Kistler Chardonnay   2014, Russian River Valley California</b>	<b>\$112.00</b>

## **RED** 9

<b>Gros Ventre Cellars Pinot Noir   2014, Sonoma California</b>	<b>\$71.00</b>
<b>Le Vigne di Eli, Etna Rosso   2014. Sicily Italy</b>	<b>\$57.00</b>
<b>Boedecker Cellars Pinot Noir   2012, Willamette Valley Oregon</b>	<b>\$74.00</b>
<b>Domaine Martin Sancerre Rouge   2014, Loire France</b>	<b>\$62.00</b>
<b>Tami Nero D'avola   2015, Sicily Italy</b>	<b>\$49.00</b>
<b>Chateau Maris "Les Planels" Syrah   2013, Languedoc France</b>	<b>\$59.00</b>
<b>Domaine Fontaine-Gagnard Bourgogne Rouge   2014, Burgundy France</b>	<b>\$64.00</b>
<b>I Piaggioni Rosso Toscano   2014, Montalcino Italy</b>	<b>\$41.00</b>
<b>Le Terrasses "Carignan" Priorat   2013, Priorat Spain</b>	<b>\$63.00</b>

## **TOASTS** 2

## Avocado Toast

lemon, olive oil, chili flake, salt

### AVAILABLE OPTIONS

\$8.00

Add Poached Egg: \$2.00

## Goat Cheese Toast

black pepper & rosemary, chili honey

**\$8.00**

## ENTREES 8

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### Lobster Roll

1# lobster, toasted bun, citrus aioli, celery, flex fries

### The Messiest Sandwich Ever

onion roll, cheddar cheese, maple candied bacon, runny egg, roasted tomato, sauteed kale

**\$14.00**

### Buttermilk Pancakes

seasonal fruit, house spiced maple syrup

**\$15.00**

### Jalapeno Cheddar Waffle

tomatillo crema, chipotle butter

**\$16.00**

### Huevos Rancheros

corn tortillas, fried eggs, chorizo, black beans, guacamole, sour cream, cheddar cheese

**\$18.00**

### Shelly Benedictowitz

potato latke, smoked salmon, dill creme fraiche

**\$18.00**

### Baked Eggs

tomato sauce, parmesan cheese, pesto, grilled bread

**\$16.00**

### Bacon & Eggs

two eggs any way, bacon, toast, arugula salad

**\$12.00**

## SAVORY DONUTS 2

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### Everything Donuts

4 donuts, everything bagel seasoning, scallion cream cheese filling

**\$12.00**

### Everything Donuts Sampler

4 donuts, scallion, jalapeno cheddar, maple bacon, smoked salmon

**\$15.00**

## COCKTAILS 5

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### Bellini

peach, pear, sour cherry, or blood orange

**\$12.00**

### Bloody Mary

celery, olives, pickle

**\$10.00**

### Caesar

clamato, horseradish

**\$12.00**

<b>White Wine</b>	<b>\$12.00</b>
pinot grigio, chardonnay	
<b>Unlimited Cocktails</b>	<b>\$25.00</b>
one hour, bellinis, bloody mary, narragansett beer, white wine	

## MUSSELS 5

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<b>Classic</b>	<b>\$24.00</b>
White wine, herbs, garlic	
<b>Fra Diavolo</b>	<b>\$24.00</b>
San Marzano tomatoes, olive oil, fresh basil, red pepper, garlic	
<b>Thai</b>	<b>\$27.00</b>
Curry coconut broth, lemongrass, kaffir lime, coriander, lime, ginger, garlic	
<b>Bisque</b>	<b>\$28.00</b>
Lobster, brandy, tomato, garlic, cream	
<b>Parma</b>	<b>\$27.00</b>
Parmigiano cream, lemon, scallions, toasted garlic, crispy shallots	

## SIDES 4

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<b>Maple Candied Bacon</b>	<b>\$6.00</b>
<b>Home Fries</b>	<b>\$6.00</b>
<b>French Fries</b>	<b>\$6.00</b>
<b>Truffle Parmesan Fries</b>	<b>\$9.00</b>

## BEER 4

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<b>Gaffel</b>	<b>\$8.00</b>
<b>Dogfish Head IPA</b>	<b>\$8.00</b>
<b>Radeberger</b>	<b>\$8.00</b>
<b>Lefthand Pilsner</b>	<b>\$8.00</b>

## COFFEE & TEA 5

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<b>Kobricks Coffee</b>	<b>\$3.25</b>
<b>Cold Brew Birch Iced Coffee</b>	<b>\$4.00</b>
<b>Hot Tea</b>	<b>\$3.25</b>
<b>Iced Tea</b>	<b>\$3.50</b>

Iced Peach Tea

\$4.00

**TAP BEER** 1

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**Tap Beer**

Please Ask your Server

**NORTH AMERICA** 9

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**Unibroue | Blanche de Chambly, Quebec - ABV 5.0%** **\$9.00**

Witbier, lemon, oranges, coriander, honey, biscuit malt, spice

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**Dogfish Head | 60 Minute IPA, Delaware - ABV 6.0%** **\$8.00**

Hops, citrus, grass, cedar, pine and candied orange flavors

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**Bell's Brewery | Two Hearted Ale, Michigan - ABV 7.0%** **\$9.00**

Tropical fruit, malt, piney and citrus hops, floral notes

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**Bluepoint | Toasted Lager, New York - ABV 5.3%** **\$8.00**

Crisp & clean, aroma of toasted malts, caramel, citrus

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**Cigar City | Maduro Brown Ale, Florida - ABV 5.5%** **\$8.00**

Caramel, toffee, hints of espresso

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**Lefthand | Polestar Pilsner, Colorado - ABV 5.5%** **\$9.00**

Biscuit malts, flowery hops, spice, hint of grapefruit

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**Sixpoint | Bengali IPA, New York - ABV 6.5%** **\$9.00**

Mandarin orange, pine, juicy hops, light malt flavor

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**Tank 7 | Farmhouse Ale, Missouri - ABV 8.5%** **\$10.00**

Saison style, grapefruit hops, peppery, dry finish

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**Riverhorse | Amber, New Jersey - ABV 4.5%** **\$8.00**

Chocolate, toffee, caramel malts

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**EUROPE & THE REST** 4

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**Gaffel | Kölsch, Germany - ABV 4.8%** **\$9.00**

Clear, refreshing, light beer with lemon, fresh barley and caramel

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**Radeberger | Pilsner, Germany - ABV 4.8%** **\$9.00**

Light grain notes with pale malts and crisp hops character

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**Weihenstephane | Hefe Weisse, Germany - ABV 5.3%** **\$9.00**

Refreshing with a wonderful yeasty fragrance and citrus flavors

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**LA Chouffe | Belgiann Strong Pale Ale, Belgium - ABV 8%** **\$10.00**

Fresh, orange zest, spicy yeast, floral hops, clean finish

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**APPETIZERS** 10

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## Fried Oysters

shucked to order east coast oysters, spicy aioli

AVAILABLE OPTIONS

(6): \$18.00

(12): \$36.00

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## Chowder

mussels, double smoked bacon, veggies, cream

**\$13.00**

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## Old Bay Shrimp

peel & eat, 1#, cocktail sauce

**\$18.00**

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## Clam Strips

cornmeal crusted, crispy jalapenos, cilantro lime crema

**\$12.00**

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## Octopus

cannelini beans, chorizo, chili, lemon

**\$17.00**

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## Fish Tacos

beer battered haddock, red cabbage jicama slaw, chipotle mayo

**\$16.00**

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## Burnt Fingers

crispy fried calamari, shrimp, oysters, spicy aioli

**\$18.00**

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## White Fish Ceviche

hake, pico de gallo, cilantro, jalapeno aioli, housemade tostada

**\$14.00**

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## Crab Guacamole

guacamole, fresh lump crab meat, house made chips

**\$17.00**

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## Lobster Poutine

flex french fries, lobster, beef gravy, Vermont cheddar cheese curds

**\$18.00**

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## SEAFOOD <sup>2</sup>

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### Fish and Chips

tempura battered haddock, hand-made tartar sauce, creamy coleslaw, flex fries

**\$24.00**

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### Lobster Roll

1# lobster, toasted bun, citrus aioli, celery, flex fries

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## NOT SEAFOOD <sup>1</sup>

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### Farmer's Chicken

pan roasted, sauteed kale, mashed potatoes, herbed jus

**\$26.00**

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## WHITE WINE MUSSELS <sup>4</sup>

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### Classic

white wine, herbs, garlic

**\$25.00**

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### Little Neck

fresh little neck clams, bacon, red pepper flake, breadcrums, herbs

**\$28.00**

**South Pacific** **\$26.00**

kaffir lime, cilantro, white wine, lemongrass

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**Puglia** **\$28.00**

littleneck clams, kale, white beans, chorizo, chili flake

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## **CREAMY MUSSELS** 8

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**Dijon** **\$25.50**

dijon mustard, white wine, creme fraiche, parsley

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**San Daniele** **\$28.00**

prosciutto, caramelized onions, cream, white wine, garlic

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**Maine** **\$29.50**

lobster, smoked bacon, chowder, parsley

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**Parma** **\$28.50**

parmigiano cream, lemon, scallions, toasted garlic, crispy shallots

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**Florencio** **\$28.50**

shrimp, pesto, parmesan, cream, basil

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**Fungi** **\$28.50**

wild mushrooms, double smoked bacon, garlic, cream, rosemary

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**Cacio e Pepe** **\$27.00**

parmigiano cream, black pepper

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**Bisque** **\$29.50**

lobster, brandy, tomato, cream

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## **TOMATO MUSSELS** 5

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**Amatriciana** **\$28.00**

San Marzano tomato, italian bacon, onion, chili flake

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**Italiano** **\$27.50**

calamari, roasted garlic, red wine, tomato

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**Angry Lobster** **\$29.50**

lobster, San Marzano tomatoes, red wine, chili flake

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**Veracruzana** **\$28.50**

shrimp, San Marzano tomatoes, jalapeno, capers, green olives, lime, white wine

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**Fra Diavolo** **\$25.50**

San Marzano tomatoes, olive oil, fresh basil, red pepper, garlic

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## **FLEXY MUSSELS** 4

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<b>Thai</b>	<b>\$28.50</b>
curry coconut broth, lemongrass, kaffir lime, coriander, lime, ginger, garlic	
<b>Bombay</b>	<b>\$27.50</b>
indian curry, garlic, cinnamon, star anise, white wine	
<b>Mexican</b>	<b>\$28.50</b>
chipotle adobo broth, chorizo, calamari, lime, cilantro	
<b>Bangkok</b>	<b>\$27.00</b>
jalapeno, cilantro, ginger, scallions, coconut milk	