

Lunch

OPEN DAILY 11:00 a.m. to 9:00 p.m.
www.FRESH-ON-THE-FLY.com
407- 878-5808

Serving 11:00 a.m. to 5:00 p.m.

Appetizers

Steamed Creole Peel-n-Eat Shrimp, Hot or Cold, served with Creole Butter and Butter 1/2 lb \$8 1lb \$15

Cracker Crusted Fried Green Tomatoes served with Peppercorn Aioli \$7

Citrus Poached Large Wild Caught Shrimp Cocktail served with Creole Remolaude Sauce \$8

Hickory Smoked Fish Dip topped with Applewood Bacon, Jalapenos and Diced Onions served with Fresh-Fried Corn Tortilla Chips \$7

On The Fly Golden Breaded Mahi Mahi Bites served with Jalapeno Tartar, Key Lime Cocktail and Chipotle sauces \$7

Apalachicola Florida Oyster Shooters served with Spicy Cocktail Sauce, Celery and Lemon served in a Shotglass with Key Lime Cocktail Sauce \$1 ea One Dozen \$10

Spicy Manhattan-Style Floridian Fish Chowder \$4

Soup of the Day, Chef's Creation \$4



Sandwiches

Bun Choices: White, Wheat or Onion Roll... Gluten Free Bun or Wrap \$1

SURF INSPIRED ITEMS*

CATCH OF THE DAY SANDWICH

Blackened, Seared or Fried, served with LTO, Florida Citrus and Chipotle Aioli \$8

CRISPY FRIED FLOUNDER SANDWICH

Hand Breaded, served with LTO, Key Lime Cocktail Sauce, Jalapeno Tartar Sauce \$8

MAHI-MAHI BLT

Prepared Seared or Blackened, served with Mixed Greens, Fried Green Tomatoes and Applewood Bacon, finished with Garlic Mayo \$10

MAHI-MAHI SANDWICH

Prepared Seared or Blackened, served with LTO, Florida Citrus and Chipotle Aioli \$9

MAHI-MAHI CHEESE STEAK

Blackened with Sauteed Peppers and Onions, American and Provolone Cheeses, Chipotle Aioli in a Wrap \$9

Wrap Choices: Sun Dried Tomato, Spinach, Plain or Gluten Free \$1

*These menu items are cooked to the level of doneness you request. Consuming raw or undercooked meats or shellfish may increase your risk of food-borne illness.

TURF INSPIRED ITEMS

DEEP CREEK GRASS-FED BEEF BURGER

Seared to your desired temperature, with LTO and your choice of cheese \$8.50

FRESH'S "PRIME BURGER"

Seared to your desired temperature, served with LTO and your choice of cheese \$7.50

SIDES ON THE FLY

HAND-CUT FRENCH FRIES \$3

FLORIBBEAN COLE SLAW \$2

RED BEANS AND RICE \$2

BLACK-EYED PEA SALAD \$2

CORN ON THE COBB \$2

CHEESE GRITS \$2

STEAMED VEGETABLE OF THE DAY \$2

CHOOSE ANY SALAD AND MAKE IT A SIDE \$3

ON THE FLY CORVINA SANDWICH

Fried, Blackened or Seared Grouper topped with LTO and Chipotle Aioli on a Toasted Bun \$11

WILD CAUGHT SHRIMP or OYSTER PO' BOY

Crispy Fried with LTO and Creole Remolaude Sauce, served on a Toasted Bun \$10

ON THE FLY FISH TACOS

served in warm flour tortillas or homemade crispy corn shells

CALI: Blackened Mahi, Chipotle Slaw, Jack Cheese, Diced Red Onion, Cilantro 2 for \$6 or 3 for \$8

TUNA: Latin Seared Tuna, Pico De Gallo, Shredded Lettuce

Avocado Sour Cream, Crunchy Tortilla Sticks 2 for \$7 or 3 for \$9

SHRIMP: Grilled Shrimp, Chorizo, Corn and Black Bean

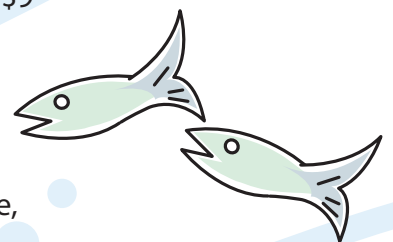
Salad, Red Cabbage, Cilantro and Chipotle Aioli 2 for \$7 or 3 for \$9

STEAK SANDWICH

Thinly sliced Flat Iron Steak served medium with Homemade Steak Sauce, Jack Cheese, on Toasted Baguette \$9

ON THE FLY CHICKEN SANDWICH

Prepared Blackened, Crispy Fried or Sauteed, with LTO and our Special Garlic Dressing \$7



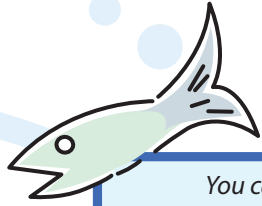
Make it a Combo....

Add a drink to any side for only \$1

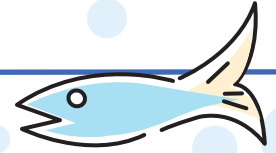
Make it a Salad Combo

Add any Side Salad and Drink for \$4

Salads



You can twist any Salad in a Soft Tortilla!
Add to any Salad: Chicken, Flounder \$5, Mahi-Mahi \$7



ON THE FLY HOUSE SALAD

Mixed Greens, Fresh Strawberries, Chopped Mint Leaves, Candied Pecans and Bleu Cheese with Strawberry and Balsamic Vinaigrette \$6

BLT SALAD

Assorted Greens, Crispy Bacon, Fried Green Tomatoes, Diced Tomatoes, Shaved Vidalia Onions, Cucumbers with Apple Cider Dressing \$6

ISLAND STYLE SALAD

Spring Mix Greens with Mandarin Oranges, Toasted Coconut, Avocado, Diced Red Peppers tossed in a Caribbean Mango Dressing \$6

SPINACH SALAD

Baby Spinach Leaves with Chopped Bacon, Diced Onions, Diced Tomatoes and Hard Boiled Egg with Warm Bacon Vinaigrette \$6

GRANNY SMITH APPLE SALAD

Seasonal Greens, Apple slices, Toasted Pecans, Grapes and Bleu Cheese tossed in Brown Sugar Vinaigrette \$6

CAESAR SALAD

Romaine Lettuce with Shaved Parmesan Cheese, Black Pepper Croutons with Roasted Garlic Dressing \$5



Children's Menu

CRISPY FISH BITES Deep Fried Flounder served with French Fries or Steamed Vegetable or Side Salad \$5

CHICKEN FINGERS Deep Fried Antibiotic and Hormone Free Chicken served with French Fries or Steamed Vegetable or Side Salad \$5

TOASTED GRILLED CHEESE Buttered and Grilled Texas Toast with Cheddar Cheese served with French Fries or Steamed Vegetable or Side Salad \$4

KIDS BURGER Kid size Prime Burger cooked to your liking, with Cheese and your choice of Bun. Served with French Fries or Steamed Vegetable or Side Salad \$7

ORGANIC 2% CHOCOLATE MILK BOX or ORGANIC JUICE BOX \$1

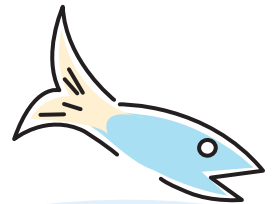
Desserts on the Fly

FRESH'S BEST KEY LIME PIE Homemade with Butter Graham Cracker Crust and topped with Homemade Whipped Creme \$4

GHIRADELLI'S ULTIMATE DARK CHOCOLATE BROWNIE topped with Vanilla Ice Cream and Homemade Whipped Creme \$5

SORBET Three scoops of Various Favored Sorbet with Fresh Strawberries \$4

CHEESECAKE ANNIE'S CHEESECAKE Locally made New York Style Cheesecake with Fresh Strawberries and Homemade Whipped Creme \$4



Drinks

Coke, Diet Coke, Sprite, Orange Fanta, Barq's Rootbeer, Hi-C Pink Lemonade \$2

All Natural Bottled Coke with Sugar Cane \$3

Fresh Brewed Sweet or Unsweetened Iced Tea \$2

Pellegrino \$3 Bottled Water \$1.50

Bottled Beer

Budweiser, Bud Light, Michelob Ultra \$3

Heineken, Amstel Light, Longboard

Red Hook Longhammer, Land Shark,

Key West Sunset Ale, Key West Wheat Ale \$4



Wine By The Glass

\$4, \$8 See our Wine List Menu



We at Fresh On The Fly are doing our best to bring you healthy, tasty great food:

Our Chicken is Hormone and Antibiotic Free,

Our Beef is Grass Fed and we use only Wild Caught Fish.

We prepare our foods without Trans fats or MSG.

And we are *Going Green* by replacing paper and plastics with china and plant-based products.

1210 S. International Parkway
Lake Mary, Florida
407 - 878- 5808