

900 Beach Blvd Forked River, NJ

Monday to Thursday: 11:00 am to 9:30 pm
Friday & Saturday: 11:00 am to 10:00 pm
Sunday: 11:00 am to 9:00 pm



3 FLAGS CATERING



APPETIZER

- SHRIMP & GARLIC** \$14.95
Sautéed in flavorful garlic sauce
- CHISTORRA** \$14.95
Spanish sausage, shrimp & mushroom in rich chef's specialty sauce
- CLAMS PORTUGUESE STYLE** \$14.95
Clams w/ white wine, garlic & cilantro, broth
- FRIED CALAMARI** \$13.95
Lightly battered & served w/ marinara sauce
- POLVO A FEIRA** \$15.95
Octopus topped w/ a touch of paprika, olive oil & fresh parsley
- SAUTÉED SLICE PORTUGUESE SAUSAGE** \$14.95
- FRESH WINGS** \$13.95
10 pieces wings either buffalo, BBQ, garlic parmesan sauce or HICKORY BOURBON
- MOZZARELLA STICKS (6)** \$10.95
- QUESADILLA** \$12.95
Steak or chicken w/ Cajun seasoning, Monterey Jack cheese, tomatoes, bacon & scallions
- SAMPLER** \$14.95
2 each of chicken fingers, potato skin, buffalo wings & mozzarella sticks
- POTATO SKINS** \$11.95
W/ bacon bites & Monterey Jack cheese w/ a side of sour cream

HOT SUBS

SM 7" \$9.95 | LG 12" \$13.95

- CHICKEN PARMIGIANA
BREADED CHICKEN CALIFORNIA
GRILLED CHICKEN CALIFORNIA
MEATBALLS PARMIGIANA
EGGPLANT PARMIGIANA

CHEESESTEAK SUBS

SM 7" \$9.95 | LG 12" \$13.95

- PHILLY CHEESESTEAK
W/ cheddar cheese & onions
SPECIAL CHEESESTEAK
W/ mushrooms, peppers & onions
CALIFORNIA CHEESESTEAK
W/ lettuce, tomatoes, onion & mayo



SALADS

- GRILLED CHICKEN COBB SALAD** \$13.95
W/ cheddar cheese, crispy bacon, diced egg, tomatoes, roasted pepper, corn & ranch on the side
- GRILLED CHICKEN CAESAR SALAD** \$13.95
Romaine lettuce w/ croutons, Parmesan cheese & mixed w/ Caesar dressing
- TACO BOWL SALAD** \$14.95
Romaine lettuce topped w/ cherry tomatoes, black beans, Colby Jack cheese, corn, jalapeño peppers w/ seasoned chopped beef all in the tortilla bowl. On the side sour cream
- Add Chicken \$8.95**
Add Shrimp \$10.95
Add Salmon or Steak \$12.95



SOUP OF THE DAY \$5.95



SEAFOOD

- SHRIMP IN GARLIC SAUCE DINNER** \$26.95
Sautéed in flavorful garlic sauce served w/ 2 sides
- JUMBO SHRIMP & SCALLOPS SCAMPI** \$30.95
Sautéed in our creamy white wine lemon sauce served over linguini pasta
- SEAFOOD PAELLA** \$31.95
Simmered clams, mussels, shrimp, scallops & 1/2 lobster in saffron rice
- PAELLA VALENCIANA** \$34.95
1/2 lobster, chicken & sausage in saffron rice
- SEAFOOD FETTUCCINE** \$30.95
Sautéed clams, mussels, scallops & shrimp w/ tomato over fettuccine pasta
- SEAFOOD IN RED OR GREEN SAUCE MARISCADA** \$31.95
Clams, mussels, scallops, shrimp & 1/2 lobster served w/ a side of saffron rice
- SALMON FILLET** \$26.95
Grilled in lemon butter garlic sauce two sides
- HICKORY BOURBON GLAZED SALMON** \$26.95
Grilled Scottish salmon topped w/ hickory bourbon glaze & two sides
- STUFFED FLOUNDER FILLET** \$25.95
Broiled w/ our delicious crabmeat stuffing topped w/ lemon butter, garlic sauce & two sides
- BACALHAU LAGAREIRO** \$31.95
Broiled w/ our deffish served w/ potatoes, onions, peppers, garlic & olive oil
- CLAMS & SAUSAGE SPANISH STYLE** \$26.95
Sautéed w/ onions, peppers, garlic & marinara sauce served over pasta

FROM THE GRILL

16 OZ. T-BONE NA BRASA	\$35.95
Charcoal-grilled T-bone steak to order	
12 OZ. COWBOY TEXANO	\$27.95
Charcoal broiled rib eye steak w/ sautéed spinach, mushrooms & Spanish sausage	
PRALDINHA NA BRASA	\$26.95
Charcoal broiled skirt steak	
FILET MIGNON CHEF STYLE	\$30.95
Sautéed Portobello mushrooms in port wine sauce, topped w/ melted mozzarella cheese	
LAND & SEA	\$34.95
Charcoal grilled filet mignon w/ broiled 6 oz. lobster tail	
GRILLED 2 - 5 OZ. FILET MIGNON	\$31.95
Topped w/ garlic, butter, sautéed w/ two sides	
GRILLED NY STEAK	\$27.95
W/ lemon garlic butter, served w/ two sides	

Choice of two sides, saffron rice, mixed vegetables, house salad, Spanish potatoes, french fries or baked potatoes.

Substitute your side for \$2.50 more.
Onion rings, sweet potato fries, mashed potatoes, sautéed or steamed broccoli.

ITALIAN DISHES

Choice of Pasta

CHICKEN MURPHY	\$20.95
Sautéed w/ onions, cherry peppers, garlic & fried cubed potatoes in garlic wine sauce	
CHICKEN VESUVIO	\$20.95
Sautéed w/ olive oil, garlic, diced tomatoes, mushrooms, topped w/ eggplant & melted mozzarella cheese	
PENNE PASTA IN VODKA SAUCE	\$15.95
Add chicken \$8.95 or Shrimp \$10.95	
CHICKEN ALFREDO W/ BROCCOLI OVER FETTUCCINE PASTA	\$20.95
Add Shrimp \$10.95	
LOBSTER RAVIOLI	\$20.95
Plump pillows of pasta tossed w/ a Gorgonzola cream sauce	
GAMBERONI ALLA FRA DIAVOLO	\$27.95
Jumbo shrimp sautéed in our spicy fresh tomato sauce served over fettuccine pasta	
VEAL PIZZAIOLA	\$23.95
Tender veal medallions sautéed w/ peppers, onions, mushrooms, white wine & plum tomato sauce	
VEAL PICCATA	\$23.95
Tender veal sautéed w/ capers & lemon garlic butter sauce	
EGGPLANT ROLLATINI	\$18.95
Eggplant rolled w/ spinach & ricotta cheese, topped w/ tomatoes, served over linguini	
MEATBALL OVER PASTA MARINARA SAUCE	\$16.95
CHICKEN PARMIGIANA	\$20.95
CHICKEN MARSALA	\$20.95
CHICKEN FRANCESE	\$20.95

MEAT

CARNE DE PORCO A ALENTEJANA	\$26.95
Pork cubes, clams & potato cubes, sautéed w/ white wine, brown sauce, served w/ olives & picked vegetables	
PICADINHO 3 FLAGS	\$27.95
Beef, pork & shrimp, sautéed w/ onions, peppers, garlic, served w/ rice or French fries	
PORTUGUESE STEAK	\$27.95
Portuguese Style steak topped w/ ham, fried egg, in brown garlic sauce, served w/ Spanish potatoes	
CHICKEN A ESTORIL	\$22.95
Sautéed chicken cutlets & shrimp w/ mushroom in pink sauce. Choice of two sides	
FALL OFF THE BONE TENDER BABY BACK RIBS	\$26.95
Slow cooked for hours until they fall off from the bone. Choice of classic BBQ or hickory bourbon. Choice of two sides	

SIDES

FRENCH FRIES	\$5.00
ONION RINGS	\$5.95
SAFFRON RICE	\$6.95
RICE & BEANS	\$5.95
MASHED POTATOES	\$5.95
SPANISH POTATOES	\$5.50
SAUTÉED OR STEAMED BROCCOLI	\$5.95
SWEET POTATO FRIES	\$5.50
SAUTÉED MIXED VEGETABLES	\$5.95

HAMBURGERS

CLASSIC BURGER	\$11.95
CHEESEBURGER	\$12.95
Either American, Swiss or cheddar	
COWBOY BURGER	\$13.95
W/ BBQ sauce, cheddar cheese, bacon & onion rings	
BACON CHEDDAR CHEESEBURGER	\$12.95
PIZZA BURGER	\$12.95
Topped w/ red sauce & mozzarella cheese (All served w/ lettuce, tomatoes & French fries on the side)	



KIDS MENU \$8.95

CHEESE QUESADILLA
CHICKEN FINGERS & FRENCH FRIES
PENNE PASTA W/ BUTTER SAUCE
SPAGHETTI W/ MEATBALLS
FRIED SHRIMPS W/ RICE
CHEESEBURGER W/ FRIES



We accept all credit cards