



DINNER HOURS | MON-THURS 5:00-10:00 | FRI & SAT 5:00-11:00

Chef/Owner, Matt Mytro | General Manager, David Socha | Chef de Cuisine, Janie Duke | AM Sous Chef, Frank Cunningham | Catering Chef, Dan Principe | Chef Emeritus, Paul Minnillo

At Flour, we seek locally raised and homegrown products harvested at their seasonal peak.

We wish to thank the farmers, producers, and artisans who take special care to bring their chosen craft to our table.

start here

LOCAL GREENS | 12.5
cucumber, tomato, radish, herbs, sherry shallot vinaigrette

CAESAR SALAD | 14
romaine hearts, crouton, pecorino, Caesar dressing

PROSCIUTTO SALAD | 17
arugula, artichokes, lemon, EVOO

STUFFED BANANA PEPPERS* | 16
Paul's sausage, marinara, aged provolone
*heat varies

SALMON CRUDO | 14
horseradish, apples, lemon juice

CRISPY CALAMARI | 18
brûléed lemon, arugula, marinara

FRIED OLIVES | 13.5
goat cheese stuffed, balsamic aioli

BIG A\$\$ MEATBALL | 17
whipped ricotta, pecorino

proteins * ala carte

CERTIFIED ANGUS BEEF® RIBEYE | 56
parmesan, herb oil

LOCAL BUTCHER'S CUT | MP
Ask your server about today's featured steak

SPRING MOUNTAIN AIRLINE CHICKEN BREAST | 23
truffle salmoriglio

PAN-SEARED FAROE ISLAND SALMON | 26
ramp pesto, rhubarb gremolata

GRILLED BRONZINI | 41
gremolata, brûléed lemon

CHICKEN PARMESAN | 32
marinara, buratta, pecorino, bucatini

entree share plate: it's free | kitchen split charge: \$4

take sides

EGGPLANT MEATBALLS | 14
pecorino, marinara

CRISPY FINGERLINGS | 12.5
parmesan, evoo, rosemary

MELTED SPINACH AND GARLIC | 10

ROASTED CARROTS | 13
harissa-coconut sauce, bread crumbs, cilantro

ENGLISH PEA RISOTTO | 14
pea purée, candied lemon, mint

fresh hand-cut pasta *

* Gluten-free option available

TAGLIATELLE BOLOGNESE | SM 21 | LG 31

LAMB RIGATONI | SM 22 | LG 32
sugo, tomato, pecorino

RICOTTA AGNOLOTTI | SM 19 | LG 29
carrot, mint, truffle, bread crumbs

BUCATINI + CLAMS | SM 22 | LG 33
garlic, white wine, Calabrian chilis



Feature of the Month

TRUFFLED ONION RINGS | 16
pecorino, balsamic aioli

take it home!

FLOUR PASTA CO.

Hand-cut pasta made with non-GMO Flour. Net wt. 8 oz.

FRESH | 5 DRIED | 6

FLOUR PASTA SAUCES

FRESH BY THE QUART

Marinara | 12 Bolognese | 23

24OZ JARS

Marinara | 8 • Blush Roma | 8 • Mushroom Bolognese | 14

wood-fired pizzas

Our 10" wood-fired pies have a delicious, lightly charred crust

CLASSIC CHEESE PIE | 16
crushed tomato, mahón, grana

MARGHERITA | 16
mozzarella, crushed tomato, grana, basil

SAUSAGE | 18.5
crushed tomato, fresh mozzarella, grana

PEPPERONI | 17.5
crushed tomato, fresh mozzarella, grana

SPINACH & ARTICHOKE | 17
garlic butter, aged provolone, grana

FUNGHI | 24
roasted shallot, wild mushrooms,
Mackenzie goat cheese, thyme, white truffle oil

ADD + MORE + STUFF

egg, arugula, basil, sausage, pepperoni | 3

anchovies, mushrooms | 6

prosciutto | 7

Compliments of the Chefs Upon Request:

our house-made selection of hot sauces

We are happy to make reasonable menu modifications but respectfully reserve the right to refuse modifications that will significantly impact the kitchen and, therefore, the dining experience of our guests.

Consuming raw or undercooked meat, poultry, fish, shellfish and eggs can increase your risk of foodborne illnesses. Please alert us to any food allergies. FLOUR is not a gluten-free kitchen. 20% gratuity will be added to parties of 8 guests or more. Promotions void for parties of 15 guests or more.