



AN ITALIAN KITCHEN | LUNCH • FALL 2023

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

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|---|--|
| CRISPY CALAMARI 17
brulee lemon, arugula, marinara | FRIED OLIVES 13.5
goat cheese stuffed, balsamic aioli |
| MELTED SPINACH+GARLIC 10 | FRENCH FRIES 8 |
| EGGPLANT MEATBALLS 14
reggiano, marinara | STUFFED PEPPERS* 16
Paul's sausage, aged provolone, marinara *heat varies |

TAGLIATELLE BOLOGNESE | 20
traditional ragu alla bolognese

IN A LEAGUE
OF IT'S OWN!

CHICKEN LIMONE | 20
arugula, peppers, capers, oven-dried tomatoes



sandwiches

All sandwiches are served with chips, or...add fries | +2

GRILLED CHEESE | 14.5
cheddar, smoked gouda, mozzarella
ADD: tomato | +2 bacon | +3

FRIED CHICKEN SANDWICH | 17.5
lettuce, house-made hot sauce, pickle aioli

SALMON BURGER | 16.5
balsamic aioli, pickled onion, bibb lettuce

CERTIFIED ANGUS BEEF® "SMASH" BURGER | 18
cheddar, pickles, griddled onions, roasted red pepper aioli

wood-charred pizzas

CLASSIC CHEESE PIE | 16
crushed tomato, mahón, grana

MARGHERITA | 16
crushed tomato, fresh mozzarella & basil

PEPPERONI | 17.5
crushed tomato, fresh mozzarella, grana

SAUSAGE | 18.5
crushed tomato, fresh mozzarella, grana

TRUFFLED BURRATA | 23
crushed tomato, prosciutto, truffle oil

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

ADD + MORE + STUFF
arugula, basil | 3
egg, sausage, pepperoni | 3
mushrooms, anchovies | 6
prosciutto | 8

COMPLIMENTS OF THE CHEFS:
Our selection of Flour hot sauces available upon request

soups + salads

TOMATO BASIL SOUP | 5.5 | 10
goat's cheese

BUTTERNUT SQUASH SOUP | 6 | 10
pumpkin seeds, sage, chive oil

LOCAL GREENS | 8 | 14
cucumber, tomato, radish, herbs, sherry shallot vinaigrette

CAESAR | 9 | 13.5
romaine heart, crouton, reggiano, caesar dressing
ADD POACHED EGG | 3 ADD ANCHOVIES | 4

PROSCIUTTO SALAD | 17
arugula, artichokes, lemon, EVOO

SMASHED AVOCADO SALAD | 15.5
chickpeas, cucumber, red onion, feta, cilantro-lime vinaigrette

SALAD + PROTEINS

+ grilled chicken | 11 + grilled shrimp | 14 + salmon | 13.5



CERTIFIED ANGUS BEEF® RIBEYE | 55
parmesan, herb oil

ASK ABOUT OUR DAILY FISH SPECIALS | MKT



combinations

6" PIZZA* & SALAD | 14.5
your choice: 6" pizza + choice of caesar or local greens

6" PIZZA* & SOUP | 14.5
your choice: 6" pizza + any 4 oz. soup

*TRUFFLED BURRATA PIZZA COMBO +4 | FUNGHI PIZZA COMBO +4

SOUP & SALAD | 12.5

your choice of any 4 oz soup & choice of caesar or local greens

bring it home

FLOUR PASTA CO. | 4
Fresh, hand-cut pasta made with non-GMO Flour.
Prepare fresh or freeze. Net wt. 8 oz.

FRESH! SAUCE BY THE QUART
Marinara | 10 Bolognese | 20

NEW! 24oz. JARS
Marinara | 6.5 • Blush Roma | 6.99 • Mushroom Bolognese | 9.99

hit the bottle

TUESDAY = HALF PRICE WINE*
We go halvesies all day on bottles under \$125. Cin Cin

*Does not include house wine.



A BRIEF WORD FROM THE GOVERNMENT... 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.