



AN ITALIAN KITCHEN | SPRING 2017

Chef/Partner, Matt Mytro | General Manager, Ian Mullins | Manager, Michael Riley | Chef de Cuisine, Joe Lang | Sous Chefs : David Chin, Dan Principe

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.

meats & cheese

SALUMI | 19
cured italian meats

CHEESE 5pc | 17
chef's selection changes daily

SALUMI & CHEESE | 20

PERFECT
FOR SHARING
mangia!

start here

ITALIAN WEDDING SOUP | 9
chicken stock, veal meatballs, escarole

PAUL'S STUFFED PEPPERS | 13
sausage, banana pepper, aged provolone, marinara

BIG \$\$\$ MEATBALL | 11
whipped ricotta, sicilian provolone, sage

CRISPY CALAMARI | 13.5
brulee lemon, arugula, marinara

CHORIZO STUFFED MEDJOOL DATES | 12
pancetta wrapped dates, roasted red pepper sauce

FRIED OLIVES | 11.5
goat cheese stuffed, balsamic aioli

PRINCE EDWARD ISLAND MUSSELS | 13
sausage, brodo, pickled fennel & flatbread

go green

LOCAL GREENS | 9.5
carrot, tomato, radish, sunflower seeds,
baby cucumber, sherry shallot vinaigrette

CAESAR | 12 **ADD A POACHED EGG** | 3
romaine heart, crouton, reggiano, caesar dressing

PROSCIUTTO SALAD | 15
arugula, artichoke, lemon, reggiano cheese

wood-fired pizzas

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

CLASSIC CHEESE PIE | 13
crushed tomato, fresh mozzarella, stracciatella cheese, grana

FUNGHI | 18
roasted shallot, wild mushrooms,
Mackenzie goat cheese, thyme, white truffle oil

PEPPERONI | 14
crushed tomato, fresh mozzarella, grana

BACON | 14
cheddar, apple, mozzarella, maple syrup

PROSCIUTTO | 18
evoo, stracciatella, pickled sweet peppers

MARGHERITA | 13
crushed tomato, fresh mozzarella, basil

SAUSAGE | 14.5
crushed tomato, fresh mozzarella, grana

ADD MORE STUFF
egg, arugula, basil, sausage,
anchovies, pepperoni | 3

mushrooms | 4

prosciutto | 6.5

fresh pasta

TAGLIATELLE | 15 | 22
ragu alla bolognese

SPAGHETTI & CLAMS | 16 | 25
manila clams, chili & white wine

RICOTTA AGNOLOTTI | 14.5 | 21
carrot, mint, breadcrumbs, truffle oil

BUCATINI | 15 | 22
mushroom bolognese & reggiano

LAMB GARGANELLI | 16 | 25
sugo, tomato, aged provolone

CAVATELLI | 14 | 21
italian sausage, mustard greens, golden raisins, chili, beurre blanc

ALL OUR
PASTAS ARE
MADE HERE!

enjoy a little or a lot'a

main dishes

DOUBLE BREASTED CHICKEN | 24
polenta, spinach, caperberries, sundried tomatoes

JOE JOE'S LASAGNA | 23
sausage, bolognese, ricotta, basil

FAROE ISLAND SALMON | 26
lentils, oven dried tomato, pickled celery gremolata

ICELANDIC COD PICCATA | 27.5
mushrooms, asparagus, caper-berries, lemon

CERTIFIED ANGUS BEEF® SKIRT STEAK | 29
potato-mustard green hash, caramelized onion & fennel, steak oil



Feature of the Month

GRILLED OCTOPUS | 14

cauliflower puree, pickled celery gremolata

take sides

EGGPLANT meatballs | 9

SPINACH & garlic | 8

SMASHED fingerlings | 8

Treat yourself!

Add a side or two