



AN ITALIAN KITCHEN | AUTUMN 2017 DINNER

Chef/Partner, Matt Mytro | General Manager, Michael Riley | Manager, Alban Spahiu | 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

WOOD OVEN ROASTED OCTOPUS | 14  
grilled focaccia, calabrian butter, tomatoes, capers

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

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

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

CRISPY CALAMARI | 13.5  
brulee lemon, arugula, marinara

CHORIZO STUFFED MEDJOOOL 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 ADD ANCHOVIES | 4  
romaine heart, crouton, reggiano, caesar dressing

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

salad share plate: it's free | kitchen split charge : \$2

wood-fired pizzas

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

CLASSIC CHEESE PIE | 14  
crushed tomato, fresh mozzarella,  
mozzarella di buffalo, grana

MARGHERITA | 13  
crushed tomato, fresh mozzarella, basil

SAUSAGE | 14.5  
crushed tomato, fresh mozzarella, grana

PEPPERONI | 14  
crushed tomato, fresh mozzarella, grana

PESTO PIZZA | 16  
smoked italian sausage, aged provolone,  
caperberries

BUFALINA PIZZA | 17  
crushed tomato, mozzarella di buffalo, basil

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

ADD MORE STUFF

egg, arugula, basil, sausage,  
pepperoni | 3

anchovies, 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

CAVATELLI\* | 15 | 22  
veggie mushroom bolognese, reggiano

LAMB GARGANELLI | 16 | 25  
sugo, tomato, reggiano

BUCATINI\* CARBONARA | 14.5 | 23  
pancetta, bottarga, mini onions



FLOUR PASTA COMPANY

We offer a special selection  
of our hand-cut pastas  
to take home!

8 oz | \$5

main dishes

SPRINGER MOUNTAIN AIRLINE CHICKEN | 25  
white bean ragout, escarole, pancetta, brown butter-carrot gremolata

LASAGNA | 23  
sausage, bolognese, ricotta, basil

LOCH DUART SCOTTISH SALMON | 27  
sunflower seed risotto, fennel & celery salad, orange-chestnut vinaigrette

HALIBUT PICCATA | 35  
mushrooms, summer squash, caper-berries, lemon

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

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

take sides

EGGPLANT meatballs | 9

SPINACH & garlic | 8

SMASHED fingerlings | 8

Treat yourself!

Add a side or two



Feature of the Month

BIANCA PIZZA | 15

cauliflower, ricotta, balsamic