



AN ITALIAN KITCHEN | SPRING 2017 SUNDAY SUPPER

Chef/Partner, Matt Mytro | General Manager, Ian Mullins | 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
mangial!

start here

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

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

CRISPY CALAMARI | 13.5
brulee lemon, arugula & marinara

CHORIZO STUFFED MEDJOL 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

fresh pasta

TAGLIATELLE | 15 | 22
ragu alla bolognese

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

BUCATINI | 15 | 22
mushroom bolognese & reggiano

SPAGHETTI & MEATBALLS | 18
marinara, hand-rolled meatballs

ALL OUR
PASTA
IS MADE
IN-HOUSE
enjoy a little or a lot'a

supper time

CHICKEN PARMESAN | 21
provolone, marinara, spaghetti

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

DOUBLE AIRLINE CHICKEN BREAST | 24
polenta, spinach, caperberries, sundried tomatoes

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

take sides

SMASHED fingerlings | 9

SPINACH & garlic | 8

Treat yourself!

salad

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

Go Green!

wood-fired pizza

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

CLASSIC CHEESE PIE | 13
crushed tomato,
fresh mozzarella, 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