



AN ITALIAN KITCHEN | AUTUMN 2017 DINNER

Chef/Partner, Matt Mytro | General Manager, Michael Riley | Chef de Cuisine, David Chin | Manager, Alban Spahiu | Sous Chef 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 \$\$\$ MEATBALL | 11
whipped ricotta, sicilian provolone, sage

CRISPY CALAMARI | 13.5
brulee lemon, arugula, marinara

CHORIZO STUFFED MEDJOO 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 | MONDAY \$8 PIES

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

CLASSIC CHEESE PIE | \$8
crushed tomato, fresh mozzarella, grana

SAUSAGE | \$8
crushed tomato, fresh mozzarella, grana

PEPPERONI | \$8
crushed tomato, fresh mozzarella, grana

PESTO | \$8
smoked italian sausage, aged provolone, caperberries

BIANCA | \$8
cauliflower, ricotta, balsamic

BUFALINA MARGHERITA | 17
mozzarella di buffalo, crushed tomato, 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 | 23
ragu alla bolognese

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

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

BUCATINI | 15 | 23
veggie mushroom bolognese, reggiano

LAMB GARGANELLI | 16 | 25
sugo, tomato, reggiano

POTATO GNOCCHI | 22
"flavors of baked potato" caramelized onion & fennel,
crema, pancetta, mustard greens, cheddar dust

main dishes

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

LASAGNA | 23
sausage, bolognese, ricotta, basil

FAROE ISLAND SALMON | 27
sunflower seed risotto, fennel & celery salad, orange-chestnut vinaigrette

SEA SCALLOP PICCATA | 35
mushrooms, butternut 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



Feature of the Month

PORK OSSO BUCCO | 24

smoked potato puree, roasted brussels
sprouts, natural jus

take sides

EGGPLANT meatballs | 9

SPINACH & garlic | 8

SMASHED fingerlings | 8

Treat yourself!
Add a side or two