



AN ITALIAN KITCHEN | EARLY FALL 2018 DINNER

Chef/Partner, Matt Mytro | General Manager, Michael Riley | Chef de Cuisine, David Chin | Asst Mgr, Carmen Bonamico | Sous Chef, Dan Principe + Gary Laurie | Pastry Chef, Abby Stout

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

CAULIFLOWER SOUP | 9
brodo, pistachio, basil oil

FRIED OLIVES | 11.5
goat cheese stuffed, balsamic aioli

WOOD-OVEN ROASTED OCTOPUS | 15
grilled focaccia, calabrian butter, tomatoes, capers

BIG \$\$\$ MEATBALL | 12
whipped ricotta, reggiano, sage

CRISPY CALAMARI | 14.5
brulee lemon, arugula, marinara

STUFFED PEPPERS | 13
Paul's sausage, marinara, aged provolone

PRINCE EDWARD ISLAND MUSSELS | 15
sausage, brodo, pickled fennel, flatbread

go green

LOCAL GREENS | 10
carrot, tomato, radish, sunflower seeds,
baby cucumber, sherry shallot vinaigrette

CAESAR | 12 **ADD 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, Rowdy Cow fromage blanc, grana

SAUSAGE | 15
crushed tomato, fresh mozzarella, grana

PEPPERONI | 15
crushed tomato, fresh mozzarella, grana

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

BIANCA | 15
broccoli, ricotta, balsamic

FUNGHI | 18.5
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

COMPLIMENTS OF THE CHEFS:

chili oil, banana pepper hot sauce

fresh pasta

FPC

TAGLIATELLE | 16 | 23
ragu alla bolognese

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

LAMB RIGATONI | 16 | 25
sugo, tomato, reggiano

RICOTTA AGNOLOTTI | 15 | 23
carrot, mint, breadcrumbs, truffle oil

CAMPANELLE | 19 | 28
seasonal 'shrooms, miso butter, goat's milk

* FLOUR PASTA COMPANY *

fresh, hand-cut pasta made with non-GMO semolina flour

main dishes

SPRINGER MOUNTAIN AIRLINE CHICKEN | 25
celery root puree, root vegetable hash, gin compressed apples

LASAGNA | 24
sausage, bolognese, ricotta, basil

FAROE ISLAND SALMON | 27
farro ragu, chili butter, fennel relish

PAN-SEARED SNAPPER | 33
smoked eggplant crema, cauliflower florets, eggplant caponata

CERTIFIED ANGUS BEEF® RIBEYE | 41
smashed fingerlings, confit seasonal mushrooms, banana peppers, balsamic

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

take sides

EGGPLANT MEATBALLS | 10

SPINACH + GARLIC | 8

SMASHED FINGERLINGS caramelized onions | 8

Treat yourself!

Add a side or two



Feature of the Month

APPLE + CHEDDAR + BACON | 16

thyme, evoo, maple syrup