



AN ITALIAN KITCHEN | WINTER 2019 DINNER

Chef/Partner, Matt Mytro | GM, Michael Riley | Chef de Cuisine, David Chin | Asst Mgr, Nick Knight | Sous Chefs, 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

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

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

main dishes

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

SEARED DUCK BREAST | 29
fried farro: red peppers, carrots, spinach,
duck confit, blood orange demi-glace

FAROE ISLAND SALMON | 27
butternut squash risotto, caulilini, spicy maple vinaigrette

BRAISED CERTIFIED ANGUS BEEF® SHORT RIB | 30
smoked potato puree, Brussels sprouts, pistachio, apple agrodolce.

CERTIFIED ANGUS BEEF® RIBEYE | 41
smashed fingerlings, confit seasonal mushrooms, banana peppers, balsamic
entree share plate: it's free | kitchen split charge: \$4



Feature of the Month

CHICKEN CACCIATORE | 25

roasted red peppers, Crimini mushrooms,
red wine, fingerling potatoes

take sides

SMASHED FINGERLINGS caramelized onions | 8

EGGPLANT MEATBALLS | 10

SPINACH + GARLIC | 8

Treat yourself!

Add a side or two

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
caulilini, 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

We are happy to make reasonable menu modifications but respectfully reserve the right to refuse modifications that will significantly impact the kitchen and, therefore, the dining experience of our guests.

Consuming raw or undercooked meat, poultry, fish, shellfish and eggs can increase your risk of foodborne illnesses. Please alert us to any food allergies. FLOUR is not a gluten-free kitchen. 20% gratuity will be added to parties of 8 guests or more. Promotions void for parties of 15 guests or more.