



AN ITALIAN KITCHEN | AUTUMN 2019 DINNER

Chef/Partner, Matt Mytro | GM, Michael Riley | Chef de Cuisine, David Chin | Asst Mgr, Nick Knight | Sous Chefs, Dan Principe | A.M. Sous Chef, Kelly Songer

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.

salumi & cheese

SALUMI | 19
cured Italian meats

CHEESE 5pc | 19
chef's selection changes daily

PERFECT
FOR SHARING
mangia!

start here

TUSCAN BEAN SOUP | 9
cannellini beans, braised greens, oven-roasted tomato

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

wood-fired pizzas | MONDAY \$8 PIES

• The pizza oven is working hard tonight! Allow minimum of 20 minutes for Monday pies •

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

CLASSIC CHEESE PIE | \$8
crushed tomato, Rowdy Cow fromage blanc, grana

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

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

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

NEW! "CACCIO E PEPE" | \$8
olive oil, black pepper, aged provolone, parmesan, poached egg, smoked pancetta

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

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

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

main dishes

GRILLED AIRLINE CHICKEN BREAST | 25
white bean ragu, pickled fennel gremolata

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

FAROE ISLAND SALMON | 27
green lentils, chicken & fennel broth, spring onion soubise, fennel salad

PAN-SEARED COD | 27
miso polenta, baby root vegetables, carrot top pesto

CERTIFIED ANGUS BEEF® FILET MIGNON | 38
6 oz. filet, fingerlings, confit seasonal mushrooms, banana peppers, balsamic

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

take sides

SMASHED FINGERLINGS caramelized onions | 8

EGGPLANT MEATBALLS | 10

SPINACH + GARLIC | 8

Treat yourself!

Add a side or two



Feature of the Month

PESTO PIZZA | 16

carrot top pesto, grana, kalamata olives, feta cheese, pickled red onion

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.