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.

**start here**

**salumi & cheese**

**salumi | 19**
cured italian meats

**cheese | 6pc | 19**
chef’s selection changes daily

**go green**

**local greens | 10**
carrot, tomato, radish, sunflower seeds, baby cucumber, sherry shallot vinaigrette

**caesar | 12**
add poached egg | 3
add anchovies | 4

tomato heart, crouton, reggiano, caesar dressing

**prosciutto salad | 15**
arugula, arlicoke, lemon, reggiano cheese

**white bean soup | 10**
brodo, miso, smoked mushroom

**fried olives | 11.5**
goat cheese stuffed, balsamic aioli

**big ass meatball | 12**
whipped ricotta, reggiano, sage

**crispy calamari | 14.5**
brulee lemon, angulua, marinara

**stuffed peppers | 13**
Paul’s sausage, marinara, aged provolone

**prince Edward island mussels | 15**
sausage, brodo, picked fennel, flatbread

**wood-fired pizzas**

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

**classic cheese pie | 14**
crushed tomato, Roody Cow Parmesan blanc, grana

**sausage | 15**
crushed tomato, fresh mozzarella, grana

**pepperoni | 15**
crushed tomato, fresh mozzarella, grana

**Bufalina margherita | 17**
mozzarella di bufallo, crushed tomato, grana, basil

**cacio e pepe | 16**
olive oil, black pepper, aged provolone, parmesan, poached egg, smoked pancetta

**funghi | 18.5**
rasted shalot, wild mushrooms, Mackenzie goat cheese, thyme, white truffle oil

**fresh pasta •**

* 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

**osso buco “cacciatore” | 37.5**
Anson Mills Polenta, mushrooms, red peppers, tomatoes

**faroe island salmon | 27**
smoked potato puree, eggplant caponata, basil

**olive oil poached swordfish | 29**
beef risotto, baby carrot salad, tarragon

**14oz certified angus beef® ribeye | 41**
fingerlings, confit seasonal mushrooms, banana peppers, balsamic

**entree share plates: it’s free | kitchen split charge: $4**

**take sides**

**smashed fingerlings | 8**
caramelized onions

**spinach + garlic | 8**

**treat yourself!**

**Add a side or two**

**Feature of the month**

**crispy brussel sprouts | 13**
miso bagna cauda & reggiano

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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.