



DINNER HOURS | MON-THURS 5:00-10:00 | FRI & SAT 5:00-11:00

Chef/Owner, Matt Mytro | General Manager, David Socha | Chef de Cuisine, Janie Duke | AM Sous Chef, Frank Cunningham | PM Sous Chef, John Orr | Catering Chef, Dan Principe | Chef Emeritus, Paul Minnillo

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

- LOCAL GREENS** | 12.5
cucumber, tomato, radish, herbs, sherry shallot vinaigrette
- CAESAR SALAD** | 14
romaine hearts, crouton, pecorino, Caesar dressing
- PROSCIUTTO SALAD** | 17
arugula, artichokes, lemon, EVOO
- STUFFED BANANA PEPPERS*** | 16
Paul's sausage, marinara, aged provolone
**heat varies*
- 'LOX & BAGELS'** | 15
salmon tartare, capers, pickled red onion, whipped avocado
- CRISPY CALAMARI** | 18
brûléed lemon, arugula, marinara
- FRIED OLIVES** | 13.5
goat cheese stuffed, balsamic aioli
- BIG A\$\$ MEATBALL** | 17
whipped ricotta, pecorino

fresh hand-cut pasta *

- * Gluten-free option available
- TAGLIATELLE BOLOGNESE** | SM21 | ^{LG}31
- LAMB RIGATONI** | SM22 | ^{LG}32
sugo, tomato, pecorino
- RICOTTA AGNOLOTTI** | SM19 | ^{LG}29
carrot, mint, truffle, bread crumbs
- BUCATINI + CLAMS** | SM22 | ^{LG}33
garlic, white wine, Calabrian chilis



wood-fired pizzas

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

- CLASSIC CHEESE PIE** | 16
crushed tomato, mahón, grana
- MARGHERITA** | 16
mozzarella, crushed tomato, grana, basil
- SAUSAGE** | 18.5
crushed tomato, fresh mozzarella, grana
- PEPPERONI** | 17.5
crushed tomato, fresh mozzarella, grana
- SPINACH & ARTICHOKE** | 17
garlic butter, aged provolone, grana
- FUNGHI** | 24
roasted shallot, wild mushrooms, Mackenzie goat cheese, thyme, white truffle oil

ADD + MORE + STUFF

- egg, arugula, basil, sausage, pepperoni | 3
- anchovies, mushrooms | 6
- prosciutto | 7

Compliments of the Chefs Upon Request:
our house-made selection of hot sauces

proteins * ala carte

- CERTIFIED ANGUS BEEF® RIBEYE** | 56
parmesan, herb oil
- LOCAL BUTCHER'S CUT** | MP
Ask your server about today's featured steak
- SPRING MOUNTAIN AIRLINE CHICKEN BREAST** | 23
truffle salmoriglio
- PAN-SEARED FAROE ISLAND SALMON** | 27
spring onion pesto, rhubarb gremolata
- GRILLED BRONZINI** | 41
gremolata, brûléed lemon
- CHICKEN PARMESAN** | 32
marinara, buratta, pecorino, bucatini

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



Feature of the Month

- SEARED SCALLOPS** | 46
lump crab meat, artichoke, oven roasted tomato, fingerling potato horseradish

take sides

- EGGPLANT MEATBALLS** | 14
pecorino, marinara
- CRISPY FINGERLINGS** | 12.5
parmesan, evoo, rosemary
- MELTED SPINACH AND GARLIC** | 10
- ROASTED CARROTS** | 13
harissa-coconut sauce, bread crumbs, cilantro
- ENGLISH PEA RISOTTO** | 14
pea purée, candied lemon, mint
- GRILLED BROCCOLI** | 14
Shitake purée, garlic, fresno oil

take it home!

- FLOUR PASTA CO. 'NOODS** FRESH | 5 DRIED | 6
Hand-cut pasta made with non-GMO Flour. Net wt. 8 oz.
- FLOUR PASTA SAUCES**
- FRESH BY THE QUART** Marinara | 12 • Bolognese | 23
- 24OZ JARS**
Marinara | 8 • Blush Roma | 8 • Mushroom Bolognese | 14

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.