

FLOUR FLOW

TREAT YOURSELF

SIGNATURE SANDWICHES

The Good Start – 6.90

Stonebaked Folded Bun with Sausages, Fried Egg,
Hash Brown, Ketchup or Brown Sauce

Posh Tuna – 6.90

Stonebaked Folded Bun with Black Olive Tapenade, Tuna,
Lemon Mayo, Gherkins, Cheddar, Caramelised Onions

Bacon Wagon – 6.90

Stonebaked Folded Bun with Bacon, Fried Egg, Spicy 'Nduja
Ketchup, Chips

Fisherman – 6.90

Stonebaked Folded Bun with Fish Fingers, Tartare
Sauce, Gherkins, Lettuce, Cheddar

Vegetariano – 6.90

Tomato, Mozzarella, Peppers, Aubergines, Spinach,
Garlic Oil

Nonna's Favourite – 7.50

Stonebaked Folded Bun with Meatballs in Tomato
Sauce, Parmesan, Basil

LUNCH ONLY

PIZZETTE (6-INCH) OR BAKED CALZONI

Margherita – 4.50

Tomato, Mozzarella, Parmesan, Basil, E.V.O Oil

Spicy Sausage – 4.90

Tomato, Mozzarella, Pork Sausage, Spicy 'Nduja,
Oregano

Pepperoni – 4.90

Tomato, Mozzarella, Pepperoni, Basil, Oregano

Spinach – 4.90

Tomato, Mozzarella, Garlic Oil, Spinach, Black Olives

Cotto – 4.90

Tomato, Mozzarella, Basil, Ham

Goats Cheese – 4.90

Tomato, Mozzarella, Caramelised Onions, Goat's
Cheese

Funghi & Tartufo – 4.90

Tomato, Mozzarella, Mushrooms, Truffle Oil, Parmesan

Aubergines & Parmesan – 4.90

Tomato, Mozzarella, Aubergines, Basil, Parmesan

STARTERS & SIDES

Traditional Bruschetta – 5.50

Sourdough Toast with Chopped Tomatoes, Garlic and Herbs

Mixed Olives – 4.00

Marinated Green & Black Olives with Garlic & Italian Herbs

Fries – 3.00

Skin On Fries

Nonna's Meatballs – 7.90

Meatballs in Tomato Sauce, Parmesan and Basil served with Sourdough Toast

Garlic Butter Pizza Bread – 4.50

Garlic Pizza Bread with Oregano or Rosemary
Add Cheese +1.50 / Add Caramelised Onions +1.00

Parmigiana – 7.90

Layered Aubergines in Tomato Sauce, Mozzarella, Basil and Parmesan served on Sourdough Toast

Calzone Fritto – 5.90

Deep Fried Small Folded Pizza with:
Tomato, Mozzarella, Ricotta, Ham and Basil

FLOW'S PIZZAS - 12-INCH

Margherita – 7.90

Tomato, Mozzarella, Parmesan, Basil, E.V.O Oil

Smoked Parmigiana – 11.50

Tomato, Mozzarella, Aubergines, Smoked Cheese, Parmesan, Basil

Volcano – 8.90

Tomato, Mozzarella, Pepperoni, Oregano
Add Nduja +1.50 / Add Honey +0.50

Magic Truffle – 12.50

(No Tomato) Mozzarella, Mushrooms, Blue Cheese, Truffle Oil, Walnuts, Balsamic Glaze

Ham Yum – 10.50

Tomato, Mozzarella, Basil, Ham, Mushrooms, Ricotta

Popeye – 10.90

Tomato, Mozzarella, Spinach, Black Olives, Garlic Oil, Egg, Parmesan

Let's Meat – 10.90

Tomato, Mozzarella, Pepperoni, Pork Sausage, Ham

Dirty Pig – 10.90

Tomato, Mozzarella, Bacon, Caramelised Onions, Mushrooms

Miss Veggie – 11.50

Tomato, Mozzarella, Aubergines, Red Peppers, Caramelised Onions, Parmesan, Garlic Oil

Destination Calabria – 12.50

Tomato, Mozzarella, Pork Sausage, Spicy 'Nduja, Peppers, Oregano, Caramelised Onions

I Goat 'You' 2.0 – 12.50

Tomato, Mozzarella, Goats Cheese, Caramelised Onions, Walnuts, Balsamic Glaze



VEGAN PIZZAS - 12-INCH

Vegan Margherita – 9.50

Tomato, Vegan Mozzarella, Basil, E.V.O. Oil

Vegan Parmigiana – 10.90

Tomato, Vegan Mozzarella, Aubergines, Basil, E.V.O. Oil

Mushmellow – 10.90

Tomato, Vegan Mozzarella, Mushrooms, Truffle Oil, Basil

Veggie Boost – 12.50

Tomato, Vegan Mozzarella, Aubergines, Red Peppers, Caramelised Onions, Garlic Oil

Vegan Popeye – 11.50

Tomato, Vegan Mozzarella, Spinach, Black Olives, Mushrooms

SOFT DRINKS

Organic Cola – 4.15

Original Coke - 330ml

Sugar Free Organic Cola – 3.80

Coke with Zero Sugar - 330ml

Still Water / Sparkling Water – 2.50

Springbourne water is sourced from the unspoiled uplands of Montgomeryshire - 330ml

Organic Orange / Lemonade / Ginger Ale – 4.15

Organic Sparkling Orange, Lemonade Or Ginger - 330ml

Apple Juice – 3.00

Frobisher's natural juice made with 100% pure juice with no artificial additives - 250ml

Orange Juice – 3.00

Pure squeezed orange juice made with hand picked Valencia late oranges - 250ml

Mango Juice – 3.00

Made with Magdalena River mangos harvested from groves in Colombia - 250ml

KIDS PIZZAS (BUNNY SHAPE)

Tomato – 5.00

Bunny Shape Pizza with Tomato Sauce

Margherita – 5.50

Bunny Shape Pizza with Tomato and Mozzarella

Pepperoni – 6.00

Bunny Shape Pizza with Tomato, Mozzarella and Pepperoni

Ham – 6.00

Bunny Shape Pizza with Tomato, Mozzarella and Ham

Mushrooms – 6.00

Bunny Shape Pizza with Tomato, Mozzarella and Mushrooms

DESSERTS

Tiramisu' – 5.90

Traditional Tiramisu' with Sponge Fingers soaked in coffee topped with Mascarpone Cream

Nutellamisu' – 6.50

A Rich and Creamy Variation of the Traditional Tiramisu' with with Nutella & Mascarpone Cream

Pistachiomisu' – 6.50

A must try for Pistachio lovers, a Tiramisu' topped with Pistachio Sauce and Pistachio Crumbs

Calzone Nutella – 6.50

Stone Baked Folded Pizza filled with Nutella

Sweet Dough Balls – 5.00

Deep Fried Dough Balls with your favourite sauce: *Chocolate, Caramel, Pistachio or Raspberry*

RED WINES

Primitivo Puglia – 24

Intense and seductive bouquet, full and round body with superior complexity – 750ml bottle ABV 13.5%

WHITE WINES

Sauvignon Il Pozzo – 24

Delicate and intense with hints of spice, cinnamon with a distinct hint of vanilla – 750ml bottle ABV 12%

ANY WINE GLASS 175ML / 250ML – 6.5 / 8.5

ROSE WINES

Rose' Chiaretto Di Bardolino – 18.90

Delicate bouquet with hints of white pulp fruit. The palate is dry, savoury and fresh – 750ml bottle ABV 12%

SPARKLING WINES

Prosecco Brut Borgo Molino – 19.90

Rich and welcoming bouquet. Dry with a pleasant slightly bitter taste in the mouth – 750ml bottle ABV 11%

COCKTAILS

Aperol Spritz – 8.00

Aperol, Prosecco and Soda

Espresso Martini – 8.00

Vodka, Espresso, Kahlua Coffee Liqueur

Cuba Libre – 7.00

Captain Morgan Spiced Rum and Coke

Screwdriver – 7.00

Vodka and Orange Juice

BEERS & CIDERS

Angelo Poretti – 4.50

Traditional Italian recipe, full-flavoured lager with an assertive hoppy bitterness – ABV 4.8% 330ml

Brooklyn Pilsner – 4.50

Crisp lager with a balanced wave of bright hops and spicy, subtle citrus hop – ABV 5.0% 330ml

Brewdog Hazy Jane – 5.00

IPA with notes of pineapple, mango, stone-fruit, and a hint of tangerine – ABV 5.0% 330ml

Bulmers Original Apple Cider – 6.00

A medium-sweet cider, made with a delicate balance of sweet and sharp apple – ABV 4.5% 500ml

SHOTS | DIGESTIVES

Limoncello – 4.50

Italian liqueur made from lemon zest – 35ml

Vodka – 4.20

Smirnoff No.21 Red Label Vodka – 35ml

Baileys – 4.00

Original Irish Cream – 35ml

Spiced Rum – 4.20

Captain Morgan Spiced Rum flavoured with vanilla, caramel, cinnamon, nutmeg – 35ml