

# BEVERAGES

Fresh Brewed Iced Tea (Free Refills)

16 OZ ..... \$1.59    20 OZ ...\$1.89

Cold Brew Coffee

16 OZ ... \$3.00    20 OZ ...\$3.50

*BREWED COFFEE, FULL ESPRESSO  
BAR, CHAI, HOT TEA, SMOOTHIES,  
AND FROZEN COFFEES AVAILABLE.*

Juices, Sodas, Water, Gatorade, and  
Flavored Teas    \$1.99

Kombucha

\$3.99

# CATERING

Box of Coffee (96 oz) ..... \$15.99

Bakers Dozen Bagels ..... \$19.99  
(includes cream cheese)

LET US CATER YOUR NEXT PARTY, PICNIC  
OR BUSINESS MEETING! MENU CREATED  
BASED ON YOUR INDIVIDUAL NEEDS

*Plant something  
delicious on your  
taste buds!*

## Hours of Operation

Monday—Friday

7:00am—4:00pm

Saturday

8:00am—2:00pm

Sunday

Closed

## CINNAMON ROLLS

EVERY SATURDAY  
(WHILE THEY LAST)

GIFT CERTIFICATES  
ARE AVAILABLE



Spring and  
Summer 2019

223 Main Street

Penn Yan, NY 14527

**PHONE: 315-536-6491**

[flourshop@verizon.net](mailto:flourshop@verizon.net)

WE DELIVER!!

(\$10.00 Minimum Order)

DID YOU KNOW?

Almost all of our to go  
cups, containers, and  
packaging are now

## BAGELS

- Single Bagel** ..... \$0.90  
(blueberry, everything, french toast, plain or sesame)  
\* *Add butter, peanut butter, or jelly* ..... \$0.30  
\* *With cream cheese* ..... \$1.99  
(plain, chive, veggie or concord grape)
- Mixed Berry Yogurt Parfait**..... \$3.59

## BREAKFAST

- Bacon & Egg Bagel**..... \$6.99  
*Egg, bacon, tomato, and provolone on your choice of bagel*
- Greek Breakfast Wrap** ..... \$6.99  
*Egg, spinach, artichokes, feta, and pesto in a flour tortilla*
- BEA Breakfast** ..... \$7.99  
*Hard cooked egg, pepper bacon, avocado, and tomato-garlic butter on toasted sourdough bread*
- Tex-Mex Breakfast Bowl** ..... \$8.99  
*Sweet potato, black bean burger, avocado, salsa and a poached egg (scrambled upon request)*
- Down Home Breakfast Bowl** .....\$7.99  
*Diced potato, bacon, cheddar, peppers & onions, and a poached egg (scrambled upon request)*

- Very Veggie** ..... \$9.99  
*Romaine, tomato, cucumber, carrot, bell pepper, celery, snap peas, red onion, house-made croutons, and choice of dressing*  
\*\*\*add chicken for an additional \$2.00
- Salad Plate** ..... \$9.99  
*Chicken salad, fruit salad, tomato, hard cooked egg, cottage cheese and balsamic dressing*

## COLD SANDWICHES

- Tuna Salad** ..... \$7.99  
*Tuna, romaine, tomato, and red onion on marble rye bread*
- Chicken Salad** ..... \$7.99  
*Pulled chicken breast, cranberry, celery, red onion, and almond with romaine on sweet multigrain bread*
- Egg & Olive** ..... \$6.99  
*Hard cooked egg, green olive, tomato, and lettuce on marble rye*
- FLX Turkey** ..... \$8.99  
*Turkey, arugula, red onion and concord grape infused cream cheese on sweet multi-grain bread*
- New Yorker** ..... \$8.99  
*Roast beef, lettuce, tomato, and chive cream cheese on an everything bagel*
- Cool Cuke Too** ..... \$6.99  
*Cucumber, tomato, spinach, and veggie cream cheese on sweet multigrain bread*
- Ham & Pear** ..... \$7.99  
*Ham, swiss, pear, mixed greens and dijon on a ciabatta*

## FRESH MADE SALADS

- Strawberry** ..... \$9.99  
*Mixed greens, strawberry, hard cooked egg, red onion, feta, almond, and sweet & sour dressing*  
\*\*\*add chicken for an additional \$2.00
- Kale/Romaine Caesar** ..... \$8.99  
*Kale, romaine, asiago cheese, and croutons tossed with a house-made caesar dressing*  
\*\*\*add chicken for an additional \$2.00

## HOT OFF THE PRESS

- Chicken & Zhoug Wrap** ..... \$9.99  
*Diced chicken breast, mixed greens, tomato, hummus, and zhoug sauce (spicy cilantro) in a flour tortilla*
- Black Bean Burger** ..... \$9.99  
*Black bean burger, romaine, and avocado-pineapple salsa on a pretzel roll*
- Pastrami Melt**..... \$9.99  
*Pastrami, caramelized onions, muenster, and brown mustard grilled on sourdough*
- Buffalo Chicken Grilled Cheese** ..... \$8.99  
*Pulled chicken breast, cheddar, mozzarella, blue cheese dressing, and buffalo wing sauce on italian panini bread*
- Turkey Melt** ..... \$8.99  
*Turkey, swiss, arugula, red onion, and mixed berry pepper jelly on italian panini bread*
- Chicken French**..... \$9.99  
*Chicken breast, muenster, spinach, and artichoke-lemon mayonnaise on a ciabatta*

## SOUP OF THE DAY

- Cup (8oz) ... \$3.99 Bowl (16oz) .... \$5.99  
\* Add a side salad for \$3.50  
\* Add 1/2 cold sandwich \$4.00

- Mediterranean** ..... \$10.99  
*Mixed greens, falafel, tomato, cucumber, roasted veggies, kalamata olive, and tahini dressing*  
\*substitute falafel with chicken for \$1.00\*