

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

 Find us on
Facebook



Fall 2019—
Winter 2020

223 Main Street

Penn Yan, NY 14527

PHONE: 315-536-6491

flourshop@verizon.net

WE DELIVER!!

(\$10.00 Minimum Order)

DID YOU KNOW?

We use compostable to
go cups, containers,
and packaging.

BAGELS

- Single Bagel** \$.90
(blueberry, everything, french toast, plain or sesame)
*Add butter, peanut butter, or jelly.....\$.30
*With cream cheese \$1.99
(plain, chive, cinnamon or veggie)
Mixed Berry Yogurt Parfait..... \$3.59

BREAKFAST

- Breakfast Bagel** \$6.99
Egg with your choice of bagel, cheese, and meat
CB Special \$7.99
Egg, ham, spinach , tomato, cheddar, and garlic
mayonnaise on sourdough bread
Chorizo Breakfast Burrito \$8.99
Egg, potato, chorizo, pepper jack, and salsa in a
flour tortilla
Tomato Jam & Egg \$7.99
Egg, bacon, cheddar, and tomato jam on a telera
roll
French Toast Breakfast Sandwich\$6.99
Egg, sausage, and swiss on a french toast bagel

FRESH MADE SALADS

- Romaine & Couscous**..... \$9.99
Romaine, tomatoes, cucumbers, couscous,
kalamata olives, red onion, artichokes, and
creamy pesto dressing
***add chicken for an additional \$2.00
Harvest Cobb \$9.99
Mixed greens, hard cooked eggs, bacon, apple,
pecans, cranberries, and blue cheese crumble
and apple vinaigrette

COLD SANDWICHES

- Tuna Salad** \$7.99
Tuna, romaine, tomato, and red onion on
marble rye bread
Chicken Salad \$7.99
Pulled chicken breast with 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
Turkey Bagel \$8.99
Turkey, sprouts, tomato, and artichoke mayo
on a toasted plain bagel
Roast Beef Wrap \$9.99
Roast beef, roasted red peppers, spinach, red
onion, mozzarella, and chimichurri in a flour
tortilla
Veggies & Dill \$7.99
Greens, tomato, cucumber, shaved red onion,
muenster and dill sauce on multigrain bread

GLUTEN FREE BREAD AVAILABLE
FOR AN ADDITIONAL \$1.00

- Winter** \$9.99
Kale, butternut squash, roasted beets, feta,
sunflower seeds, and honey mustard dressing
***add chicken for an additional \$2.00
Caesar \$8.99
Romaine, asiago cheese, and bagel croutons
tossed with house-made caesar dressing
***add chicken for an additional \$2.00

HOT OFF THE PRESS

- Chicken Breast Sandwich** \$9.99
Grilled chicken breast, swiss, lettuce, tomato,
french fried pickles, and mayonnaise on a ciabatta
roll.
Buffalo Chicken Grilled Cheese \$8.99
Pulled chicken breast, cheddar, mozzarella, blue
cheese dressing, and buffalo wing sauce on
sourdough bread
BBQ Black Bean Burger Wrap..... \$9.99
Black bean burger, pepper jack, lettuce, tomato,
french fried onions, and spicy bbq sauce, in a flour
tortilla
Pastrami Reuben \$9.99
Pastrami, swiss, sauerkraut, thousand island
dressing on marble rye bread
Turkey Torta..... \$9.99
Turkey, cheddar, lettuce, tomato, guacamole,
pickled red onion, and a chipotle mayonnaise on
a telera roll
Meatloaf Melt \$9.99
Meatloaf, swiss, bacon, caramelized onion, and
garlic mayonnaise on marble rye bread
Italian Portobello \$9.99
Grilled portobello cap, mozzarella, tomato jam,
and pesto on a ciabatta roll
Ham & Cheddar Cranberry Melt \$8.99
Ham, cheddar, spinach, and ginger laced orange
cranberry sauce on sourdough bread

HOMEMADE SOUP OF THE DAY

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