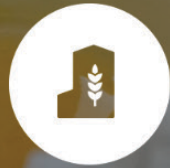


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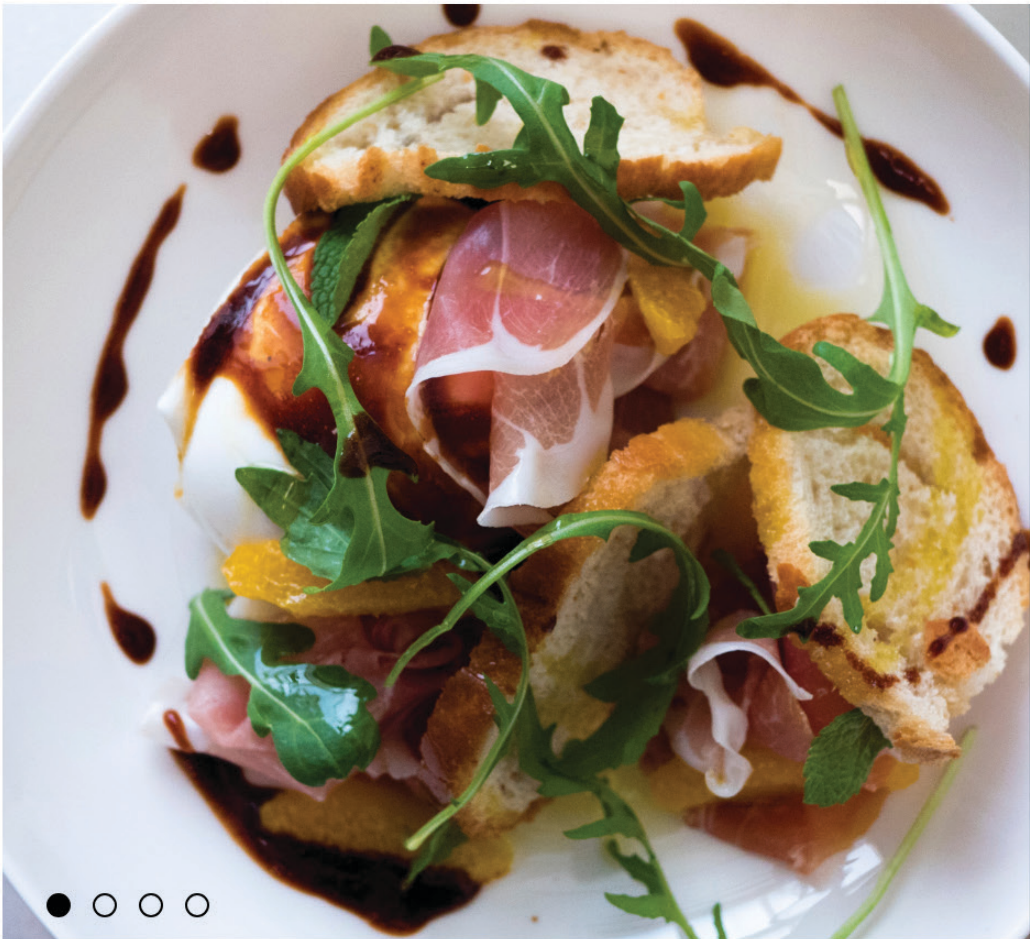
flour house

PIZZA BAR + PASTARIA

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STORY

Flour House is the project of a husband-and-wife team - one Italian by birth and the other by blood - who bring Italy's modern aesthetic and obsession with quality to the Central Coast restaurant scene. Their shared love for Italian culture and cuisine compelled them to open Flour House, a modern eatery offering house-made pasta, aperitivi, and specializing in pizza napoletana, a heritage style so precious that it's guarded by Italian law: simple, light, fresh, flavorful, and delicious.



OUR FOOD

Flour House cuisine is simple and healthful because it reflects the way real Italians have cooked and eaten for generations.

In the hands of someone who knows how to use them, even the humblest of ingredients like flour and water can be transformed into delicious pizzas and pastas. Combine that expertise with the abundant produce of the Central Coast and the only authentic, imported Stefano Ferrara wood-burning pizza oven between Los Angeles and San Francisco, and you have an establishment like none other in San Luis Obispo.

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EVENTS

Wednesday Industry Night

Receive 20% Off Bill With Proof Of
Working In The Hospitality Industry

4:00- Closing

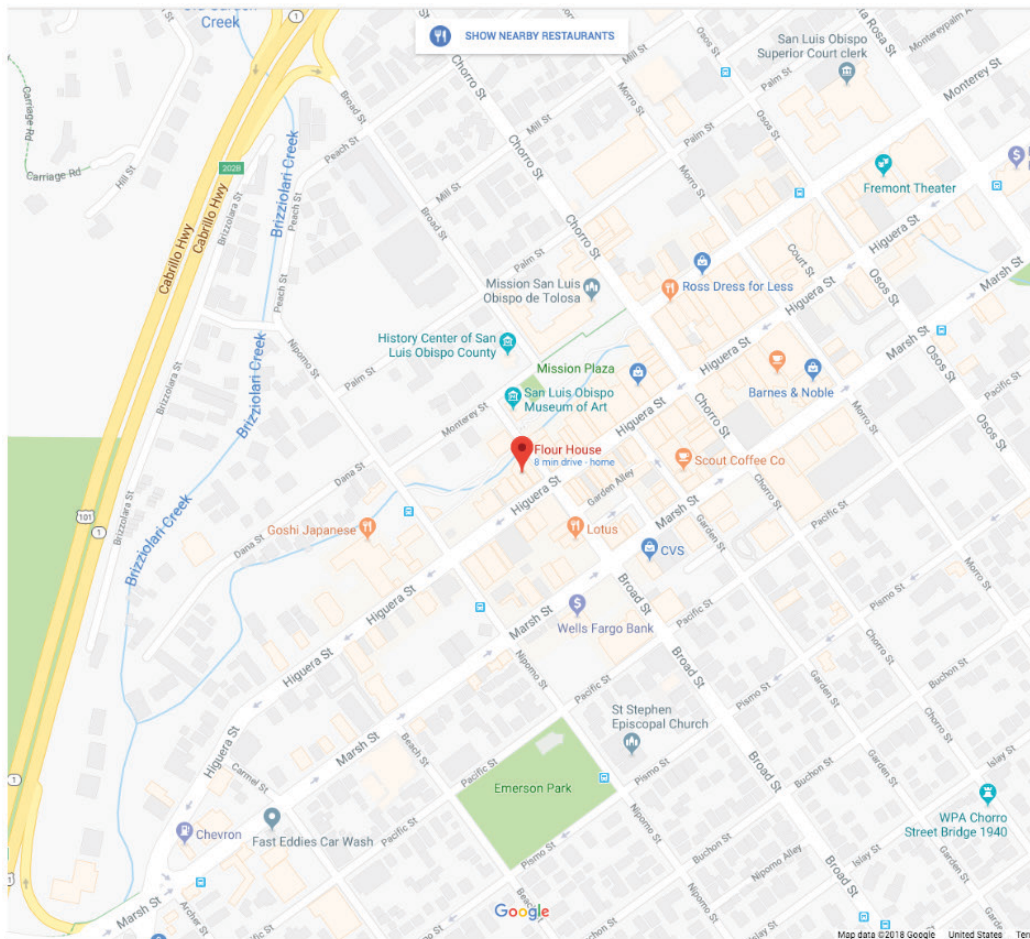


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LOCATION

Address

690 Higuera St.
Downtown San Luis Obispo
[View on Google Maps »](#)

Contact

phone (805) 544-5282
flourhouseslo@gmail.com

Dinner

Monday-Sunday 4:00-Closing

Lunch

Thursday-Sunday 11:30am-2:30pm





TRA’ AMICI shared among friends

PANE AL FORNO 5
house-made panuozzi bread, California extra-vergin olive oil
add burrata 9
add omodoro salad 6

FRITTURA DI PRESCE 19
fried squid, shrimp, & cod (served Napoletana street style with lemon)

POLPETTE DI CAVOLFIORE 13
cauliflower *meatballs*, broccoli, ricotta, pecorino, chive sour ceam

CROCHETTE 13
potato, prosciutto cotto, parmigiano reggiano, provola, calabrian chili mayo

POLPETTE CALABRESI 14
’nduja pork meatballs, garbanzo ragu

FAGIOLI E COZZE 16
black mussel guazzetto, cannellini beans, panuozzi bread

FORMAGGI & SALUMI BOARD 20
black mussel guazzetto, cannellini beans, panuozzi bread

PARMIGIANA 13
thinly sliced eggplant terra cotta baked, san marzano (DOP) tomato sauce, fior di latte

INSALATE Y ZUPPE all dressings are house-made

CESARE 10
ceasar dressing, chopped romaine, parmigiano reggiano, house-made crutons
add chicken or pancetta 4

PERE E NOCI 15
chopped romaine, crispy spek, pear, walnuts, gorgonzola (DOP) dressing

SPINACI E FRAGOLE 15
spinach, strawberries, burrata, almonds, balsamic honey dressing

CAVOLO E SALMONE 18
kale, pan-seared salmon, zucchini, lemon goat cheese dressing

RUCOLA E PROSCIUTTO 15
arugula, prosciutto crudo di parma, cherry tomatoes, parmigiano reggiano, pesto dressing, panuozzi bread

ZUPPA DEL GIORNO 8
ask about our soup of the day

PANUOZZI sandwiches made from flour house pizza dough & baked in our wood-fired oven

UNO 15
spek, market tomatoes, provola, pesto

DUE 15
arugula, market tomatoes, burrata

TRE 16
prosciutto crudo di parma, mozzarella di bufala (DOP)

PASTA FRESCA FATTA IN CASA house-made pasta
gluten free pasta available 3

GNOCCHI DI RICOTTA 10
ricotta dumplings, radicchio, speck, white fontina cream sauce

PACCHERI 15
large tube-shaped pasta, san marzano (DOP) tomato sauce, walnut pesto, parmigiano reggiano

SPAGHETTI 15
clams, lemons pistachio pesto, cherry tomatoes

CANNELLONCINI 15
mini cannelloni, butternut squash, ricotta, crispy salumi, thyme, parmigiano reggiano, bread crumbs

LASAGNA ALLA CARBONARA 18
guanciale, ricotta, egg, onions, parmigiano reggiano

TAGLIATELLE INTEGRALI 15
whole wheat flat ribbon noodles, san marzano (DOP) tomato sauce, pork ragu, ricotta salata

RISOTTO AL GAMBERONI 8
carnaroli rice, asparagus cream, armigiano reggiano, jumbo prawns

A’ PIZZA NAPOLETANA all wood-fired pizza 10-in individual

house-made gluten free dough available 3 / substitute mozzarella di bufala 3 / substitute vegan cheese 3

ROSSA san marzano (DOP) tomato sauce base

BIANCA fior di latte base

MARGHERITA 15
fior de late, basil

PRIMAVERA 18
market tomatoes, arugula, mozzarella di bufala

QUEEN MARGHERITA 18
mozzarella di bufala (DOP), basil

VESUVIO 18
vesuvio broccili, fennel sausage, pecorino

MARGHERITA GORGONZOLA 19
gorgonzola (DOP), prosciutto crudo di parma, fior di latte

QUATTRO FORMAGGI 19
fontina, gorgonzola (DOP), parmigiano reggiano, basil

DIAVOLA 17
’nduja (spicy pork spread), fior di latte

BOSCAIOLO 17
prosciutto cotto, mushrooms, basil

SICILIANA 17
fried eggplant, parmigiano reggiano, fior di latte

VERDE pesto basil

AFFUMICATA 19
bacon, provola, mozzarella di bufala

NAPOLI OGGI 17
olives, spanish anchovies, garlic, chili flakes, pecorino, basil

NORDISTA 20
mushrooms, speck, fontina, fior di latte

CARMINUCC’ 16
pancetta, basil, chili flakes, parmigiano reggiano

CAPRICCOSA 19
artichoke hearts, mushrooms, prociutto cotto