

FLINT HOUSE

"Welcome Home"



SHAREABLES

BASKET OF BREAD · 10

Served warm with your choice of classic marinara or olive oil & balsamic vinegar for dipping

SPINACH & ARTICHOKE DIP · 18

House-made creamy spinach & artichoke dip, baked until golden. Served with tri-colour tortilla chips

BRUSCHETTA FLATBREAD · 16

Grilled Ciabatta with a layer of cream cheese, Pico de Gallo, crumbled feta & a drizzle of balsamic glaze

ARANCINI · 18

Risotto & parmesan bites, breaded & fried, served with classic marinara

MUSSELS · 22

Simmered to perfection in your choice of Sambuca cream sauce, garlic white wine or classic marinara. Served with warm breadsticks

DIP DUO · 10

House-made hummus & salsa with vegetable sticks & corn chips

ONION RINGS · 12

Thick-cut, crispy onion rings served with our Flint dip

FLINT FRIES · 9

Cut in house, crispy fries served with our Flint dip
Make it a poutine +4

CRISPY SHRIMP BITES · 16

Lightly breaded, golden-fried shrimp served with your favourite dip of choice

HANDHELDS

SERVED WITH FRIES, SOUP, OR MIXED GREENS

UPGRADE TO A CAESAR OR GREEK SALAD +4 | SWEET POTATO FRIES +1 | POUTINE +4 | ONION RINGS +5

4-H OLD FASHIONED BURGER · 22

Grilled local beef topped with lettuce & tomato on a brioche bun
Make it a double +8

CHICKEN BURGER · 21

Grilled or crispy chicken breast topped with lettuce, tomato & chipotle chive mayo on a brioche bun

PRIME RIB FRENCH DIP · 26

Shaved AAA prime rib with pickled mushrooms, onions & Swiss cheese on grilled ciabatta. Served with au jus

CLASSIC REUBEN · 23

Corned beef, Swiss cheese, sauerkraut & Thousand Island dressing on grilled rye

PHILLY CHEESESTEAK WRAP · 25

Shaved AAA prime rib with sautéed pepper, onion, mushroom medley & house-made cheese sauce, wrapped in a flour tortilla

CA-BRIE SANDWICH · 19

Cucumber, spinach, tomato, mushrooms, avocado & brie drizzled with balsamic glaze on ciabatta

PULLED PORK SANDWICH · 24

Slow-roasted BBQ pork with Monterey Jack cheese & tangy coleslaw on a grilled brioche bun

CRISPY CHICKEN STRIPS · 19

House-made with your choice of honey dill, sweet sriracha, or BBQ sauce

TACOS · 21

Two tacos with your choice of chicken, crispy shrimp or battered fish
Topped with lettuce, Pico de Gallo, cheese & sour cream – fish comes with tartar

The House Knows Best

PROUDLY SUPPORTING LOCAL FARMERS
AND PRODUCERS TO BRING YOU THE BEST
OF OUR REGION—WHENEVER WE CAN

SOUP OF THE DAY

Made fresh in-house daily

Cup · 7

Bowl · 10 - served with a garlic breadstick

WEEKLY FEATURES

Our team curates features using seasonal ingredients and bold flavours. Available while they last

CUSTOMIZE IT

Elevate any dish with these add-ons:

- Grilled Chicken · 7.5
- AAA Steak Bites · 8.5
- Crispy or Grilled Shrimp · 8.5
- Cheese · 2
- Bacon · 2
- Sautéed Mushrooms · 2
- Sautéed Onions · 2
- Gravy · 2
- Jalapeños · 1.5
- Maple Bacon Jam · 2
- Fried Egg · 2
- Garlic Breadstick · 2.5
- Famous Flint Dip · 1

FROM THE KITCHEN

HOUSE-MADE PASTAS, CHEF FAVOURITES, & FLINT HOUSE CLASSICS
ENTRÉES AVAILABLE AFTER 4PM—EXCEPT ON THE LUCKY DAYS WHEN WE'VE GOT 'EM EARLY



GREENS & GRAINS

A FRESH MIX OF GREENS, GRAINS & CHEF-CRAFTED BOWLS

CAESAR SALAD • 9 / 17

Crisp romaine tossed with house-made Caesar dressing, applewood-smoked bacon, parmesan & croutons

GREEK SALAD • 9 / 17

Romaine, red & green peppers, tomatoes, cucumbers, red onions & black olives & crumbled feta, tossed in our Greek vinaigrette

MIXED GREENS • 7 / 15

Vibrant mix of artisan greens, heirloom tomatoes, cucumbers, carrots, red onions & peppers with your choice of dressing

MANDARIN GROVE SALAD • 19

Spinach, roasted almonds, mandarin oranges, dried cranberries, goat cheese & poppyseed dressing

GOLDEN COCONUT CURRY BOWL • 26

Warming blend of sugar snap peas, chickpeas, tomato & rice in a lightly spiced coconut curry sauce. Creamy & entirely plant-based

STIR FRY BOWL • 22

Colourful mix of seasonal vegetables sautéed in your choice of hoisin ginger or sweet chili sauce. Served over a bed of rice

NOODLE NOOK

PASTAS SERVED WITH A WARM GARLIC BREADSTICK

MAC & CHEESE • 21

Bacon, four-cheese blend, parmesan breadcrumbs & a tri-pepper medley tossed with macaroni in a rich, creamy sauce

CHICKEN BACON ALFREDO • 26

Fettuccine in a classic house cream sauce with broccoli, grilled chicken, bacon & Parmesan cheese

SHIITAKE & TRUFFLE • 30

Fettuccine tossed in a Sambal white wine cream sauce with shiitake mushrooms, snap peas, corn, peppers, red onion, goat cheese & a drizzle of truffle oil

CHICKEN PARMESAN • 29

Lightly breaded chicken breast topped with Parmesan & creamy vodka blush sauce served on a bed of linguine

SEAFOOD THERMIDOR • 38

Sautéed shrimp & lobster, tossed in a rich white wine cream sauce served with linguine

SWEET ENDINGS

OREO TRUFFLES • 10

Rolled oreo crumbs & cream cheese, coated with chocolate & drizzled with caramel

CHEESECAKE • 10

New York cheesecake with caramel or strawberry drizzle

FLINT SUNDAE • 8

French vanilla ice cream with Skor Bits & caramel sauce

TIRAMISU • 12

Coffee-infused lady fingers layered with creamy mascarpone, sprinkled with cocoa

ENTRÉES

SERVED WITH SEASONAL VEGETABLES & YOUR CHOICE OF BAKED, GARLIC MASHED POTATO, RICE MEDLEY, OR FRIES

AAA PRIME RIB • 52

12 oz cut of marinated, slow-roasted prime rib—tender, juicy & carved to order. Served with rich jus & our signature Atomic horseradish for just the right amount of kick

RIBEYE STEAK • 46

10 oz AAA ribeye, well marbled & with deep flavour. Char-grilled for that perfect sear & juicy center

NEW YORK STRIP • 42

10 oz of premium Black Angus strip loin—rich & tender & expertly trimmed, then grilled to a perfect finish

CANTILEVER CHICKEN • 30

House-favourite. Garlic herb parmesan-encrusted chicken breast, layered with sautéed spinach & creamy brie, topped with smoky maple-glazed bacon & caramelized onion jam

WALLEYE YOUR WAY • 32

Choice of pan-seared, blackened, or lightly breaded. Served with house tartar sauce & a squeeze of lemon

Locally caught fresh in the Rainy River District—availability may vary

SHRIMP THREE WAYS • 30

For the indecisive—Cajun, lemon garlic & crispy fried
Served with our Flint dip

LOW & SLOW RIBS • 44

Tender pork ribs, roasted low & slow until fall-off-the-bone perfection
Glazed in our smoky BBQ sauce & served with tangy coleslaw