

BAKE AWAY (FROZEN TO GO)

AVAILABLE 8AM-2PM & 4PM-9PM WEDNESDAY -SUNDAY

- ALL OF OUR BRUNCH & DINNER DISHES HAVE BEEN PREPARED FROM SCRATCH, PACKAGED WITH LOVE IN OUR KITCHEN, & FROZEN FOR YOUR CONVENIENCE. EACH DISH CONTAINS 2 SERVINGS & HEATS UP IN 25 MINUTES AT 400°F FAHRENHEIT. POP A COUPLE IN THE OVEN FOR SOME VARIETY (AND LEFTOVERS!) OR TO SHARE WITH YOUR BESTIE! BRUNCH & DINNER DISHES ARE AVAILABLE FOR PICK UP DURING REGULAR POACHED AND FLINT HOURS. JUST ORDER THROUGH ONE OF OUR HOSTS, SERVERS, OR BARTENDERS! WE WILL HAVE YOUR ORDER READY PRONTO! IF YOU WOULD RATHER DINE IN, WE WOULD LOVE TO SERVE YOU! ALL OF OUR BRUNCH & DINNER OPTIONS ARE AVAILABLE FOR DINE-IN AT FLINT FROM 4PM TO 9PM WEDNESDAY THROUGH SUNDAY.

DINNER

BEEF BOURGUIGNON

TENDER BEEF, VEGGIE SAUTÉ OF CARROTS, CELERY, & ROASTED TURNIPS, SLOW COOKED FOR 10 HOURS IN RED WINE AND TOPPED WITH SHERRY MUSHROOMS & PEARL ONIONS

-GLUTEN FREE-

24

BASA FLORENTINE

FILLET OF BASA ROASTED WITH PAPRIKA, TOPPED WITH SPINACH SAUTÉ & FINISHED WITH HERB HOLLANDAISE & A CRUNCHY PARMESAN GRATIN

-GLUTEN FREE-

20

CHICKEN MARBELLA

WHOLE BREAST OF CHICKEN, MARINATED IN WHITE WINE, SLOW ROASTED WITH SALTY OLIVES, SUN DRIED TOMATOES, BACON, HERBES DE PROVENCE SPICE BLEND & A SPLASH OF RICH CREAM

-GLUTEN FREE-

22

BOURBON HONEY CHICKEN

WHOLE BREAST OF CHICKEN, MARINATED IN WHITE WINE, SLOW ROASTED WITH HONEY, MAPLE SYRUP, DIJON MUSTARD, & PLENTY OF BOURBON!

22

TOURTIERE

OUR VERSION OF THE CLASSIC, SAVORY HERBS, PORK AND BEEF MIX, SAUTÉED ONIONS, POTATOES, ROASTED TURNIPS, & TOPPED WITH A FLAKY PASTRY

22

CORNBREAD STUFFED BBQ PEACH PORK CHOPS

TWO CENTRE LOIN CUT BONELESS CHOPS, STUFFED WITH CORNBREAD AND BAKED IN A TANGY SWEET PEACH BBQ SAUCE

-GLUTEN FREE-

23

GARLIC & CHIVE MASHED POTATOES

BUTTERY AND CREAMY MASHED POTATOES WITH JUST THE RIGHT AMOUNT OF GARLIC (LOTS!)

-GLUTEN FREE-

14

CAULIFLOWER GRATIN

TENDER ROASTED CAULIFLOWER TOPPED WITH A CRUNCHY PARMESAN GRATIN

-GLUTEN FREE-

14

TURMERIC & GINGER GREEN BEANS & CARROTS

HONEY AND BUTTER COMBINED WITH TURMERIC & GINGER TO MAKE A COMPLIMENTARY & SILKY GLAZE TO THESE VEGGIES

15

FRENCH ONION CAVATAPPI & CHEESE

THE “MAC & CHEESE” YOU’VE BEEN CRAVING - DECADENT AND RICH, OUR BLEND OF CARTELIZED ONIONS, SHARP CHEESE SAUCE, AND A PARMESAN PANKO TOPPING MAKE THIS A MUCH NEEDED GUILTY PLEASURE

17

RIESLING WILD RICE “RISOTTO”

A UNIQUE MIX OF BOTH ARBORIO & WILD RICE COMBINED WITH SALTY PARMESAN AND A PUNCH OF RIESLING WINE TO CREATE A NEW SPIN ON A DISH EVERYONE LOVES

-GLUTEN FREE-

16

ROASTED VEGGIE SOUFFLÉ

SWEET POTATO, TURNIPS, PARSNIPS, & CARROTS ROASTED WITH OLIVE OIL & BLENDED WITH RICH CREAM & EGGS TO CREATE A MOST DELICIOUS WAY TO GET YOUR VEGGIES!

-GLUTEN FREE-

16

BRUNCH

EGGS BENE BAKE AWAY

ENGLISH MUFFINS, BACK BACON, GRUYÈRE, & OUR DELICIOUS HERB HOLLANDAISE COME TOGETHER TO CREATE A BREAKFAST BAKE AS DECADENT AS OUR CLASSIC EGGS BENE

16

-GLUTEN FREE OPTION-

18

CREAMY VEGGIE BAKE AWAY

ENGLISH MUFFINS, CREAM, FETA, BELL PEPPER, SPINACH, & ONION SAUTÉ COME TOGETHER WITH OUR DELICIOUS HERB HOLLANDAISE TO CREATE A FLAVOURFUL & DECADENT BENE BAKE

16

POTATO CROQUETTES

12 OF OUR HOUSE MADE, LIGHTLY SEASONED POTATO CROQUETTES CRISPED UP AND READY TO ACCOMPANY ANY BRUNCH!

18

PECAN & MAPLE SYRUP BACON ROLL UPS

12 OF THE REASONS WHY PEOPLE LOVE POACHED! SLICED BACON ROLLED WITH CRUSHED PECANS & MAPLE SYRUP, BAKED UP NICE AND CRISP

-GLUTEN FREE-

18

MAPLE MUSTARD FARMER'S SAUSAGE

A LITTLE SWEET, A LITTLE TANGY, JUST A LITTLE SPICY, 100% DELICIOUS

16

ROASTED APPLE & CINNAMON BUN FRENCH TOAST BAKE

CINNAMON BUNS & MAPLE ROASTED APPLES COMBINED TO MAKE A MOST DELICIOUS BAKE TOPPED WITH A MILDLY SWEET CREAM CHEESE

16

SASKATOON BERRY CRISP

LIGHTLY STEWED SASKATOON BERRIES WITH VANILLA & TOPPED SIMPLY YET SATISFYING WITH A BUTTERY CINNAMON OAT CRUMBLE

-GLUTEN FREE-

15

