

salads

Flour Girl House Salad 9.99
Mixed greens, cucumber, carrots, tomatoes, and sharp cheddar cheese with a side of house made lemon vinaigrette

Sunshine Salad 10.99
Mixed greens, fresh sliced apples, walnuts, craisins, and feta cheese served with a side of honey balsamic dressing

Add a protein:
grilled chicken +4.50
tuna +3.50
avocado +2.00
sliced turkey +3.00

flour boxes Children's Menu

served with juice box & yogurt squeezer

Big Kid Breakfast Box 6.99
Egg and cheese with bacon, sausage or ham on your choice of bagel

Classic Box 7.99
Choice of ham or turkey with cheese on sourdough

Mini Box 6.99
Choice of 1/2 ham or turkey sandwich with cheese on sourdough

Hot Box 8.99
Classic grilled cheese on sourdough

Follow us on Facebook and Instagram
and tag us in your photos!

THE
FLOUR GIRL
BAKERY



THE
DOORYARD



BAKERY HOURS

Monday CLOSED
Tuesday CLOSED
Wednesday 8am - 4pm
Thursday 8am - 4pm
Friday 8am - 4pm
Saturday 8am - 4pm
Sunday 9am - 3pm

A cozy dining room, an extension of our Cafe. Full service available for those who need it, just ring our service bell for a server.

Space available for private events, please contact xander@theflourgirlct.com

THE
FLOUR GIRL
CAFE



 @the_flour_girl_ct

12 Main Street, Hebron, CT

860-530-1536

HOURS

Monday CLOSED
Tuesday 6:30am - 4pm
Wednesday 6:30am - 4pm
Thursday 6:30 am - 4pm
Friday 6:30am - 4pm
Saturday 7:30am - 4pm
Sunday 7:30am - 3pm

Order Online!



Call us about daily specials!

beverages

	12oz/16oz
Drip Coffee	3.00/3.50
Cafe Au Lait	3.25/3.50
Americano	3.50/3.75
Red Eye	4.50/5.00
Cappuccino	3.75/4.00
Espresso	3.75
Shaken Iced Tea	20oz/3.50
Arnold Palmer	20oz/3.00
Iced Tea	20oz/3.00
Lemonade	20oz/3.00
Nitro	12oz/4.50
Cold Brew	16oz/4.25 20oz/4.50 24oz/4.75

breakfast

served all day
gluten free options available

Bagel and Cream Cheese	4.00
Ask us about our assorted bagels and cream cheese flavors	
Classic Breakfast Sandwich	7.50
Bagel, english muffin bread, or croissant (+1.75) with egg, cheese, and your choice of bacon, sausage or ham Veggie sausage +1.50	
Brown Sugar Bacon Croissant	7.99
Toasted croissant with brown sugar bacon, egg and smoked cheddar cheese.	
Bagel BELT	7.75
Toasted bagel with bacon, egg, lettuce, tomato, and american cheese Add avocado +1.00	
Wake Up Wrap	7.99
Eggs, cheese, spinach, and roasted red peppers pressed in a wrap with your choice of bacon, sausage or ham Veggie sausage +1.50	

lattes

hot or iced 16oz/4.75
+1.00 plant based milk
+1.50 extra double espresso

Vanilla	Almond Joy
Skinny Vanilla	Honey Bun
Lavender Honey	Mocha
Yipee Cayenne	Hazelnut
Maple Cinnamon	Caramel

tea lattes

Chai
London Fog
Matcha

smoothies

Strawberry Banana	6.99
Strawberry, banana, agave, almond milk	
Green	6.99
Mango, spinach, avocado, agave, almond milk	
Tropical	6.99
Mango, pineapple, banana, coconut milk	
Monkeychino	7.99
Banana, chocolate protein, almond milk, espresso	

Nova Lox	10.99
Toasted bagel with tomatoes, red onions, capers, cream cheese, and lox	
Belgian Waffles	9.99
Served with maple syrup or loaded with fresh fruit, whipped cream, and powdered sugar	
Plain with just syrup	6.99

lunch

sandwiches served with chips and a pickle
gluten free options available

hot sandwiches

Caprese Panini **9.99**
Fresh tomato, mozzarella cheese, basil oil, and a balsamic reduction on sourdough

Epic Grilled Cheese **10.99**
American, cheddar, provolone, and swiss cheese melted together with bacon, tomato, and roasted red pepper aioli on sourdough

Toasty Tuna Melt **10.99**
Fresh in house tuna melted with swiss cheese on sourdough

Zesty Roast Beef Panini **11.99**
Roast beef, caramelized onions, horseradish sauce, tomato, and provolone cheese on sourdough

Ham & Cheddar Panini **10.99**
Ham, sharp cheddar cheese, honey mustard, and fresh sliced green apples on sourdough

The Boss **12.99**
Pepperoni, Cappi-ham, Genoa salami with provolone, roasted peppers, artichokes, spinach, and sub sauce on sourdough

Pickle Grilled Cheese **11.99**
American and cheddar cheese with bacon, pickles, and house made ranch dressing on sourdough

cold sandwiches

Cranberry Turkey **10.99**
Fresh sliced turkey, lettuce, and cranberry horseradish mayo on a fresh roll

The Barnyard **12.99**
Roast beef, bacon jam, crumbled blue cheese, horseradish cream, provolone, and lettuce on toasted sourdough

Veggie Wrap **8.99**
House made pepper hummus with spinach, cucumbers, artichokes, onions, and lemon dressing in a spinach wrap

Classic Turkey **10.99**
Fresh sliced turkey, lettuce, tomato, pickles, and mayo on a fresh roll

Classic Italian **12.99**
Pepperoni, cappi-ham, genoa salami with provolone cheese, lettuce, tomato, pickles, and sub sauce on a fresh roll

soup

Chef's Choice **5.99**
Ask about the flavor of the day, all made fresh in house

lunch menu continued on back