

strong flour

NO SERVICE CHARGE

Please help yourself
to complimentary water
& condiments at the
front!

KINDLY ORDER AT THE COUNTER!

strong flour is a casual
Italian restaurant specialising in
handmade pasta & pizza.

All of our pastas are made fresh &
rolled onsite daily. Flour, fresh eggs
& olive oil form the base of our
pastas. Other types of specialty
flour & natural purees like
wholemeal, spinach & mushrooms
are occasionally mixed in for
seasonal specials


Our pizzas are made using only
water, flour & natural sourdough
yeast ; producing a thin, flavourful
crust that maintains a crisp exterior.
We absolutely love what we do &
hope you will too!

Strong Flour is part of the
Group Therapy family.

thin crust pizzas

Made with wild yeast & fresh ingredients.
Rolled and baked to order.

MARINARA 	15
(dairy-free) Tomato sauce + garlic + oregano	
TRUFFLE  	22
White sauce + black truffle + mozzarella + egg	
MEATBALL	18
Tomato sauce + meatballs + mozzarella	
MAGHERITA 	16
Tomato sauce + basil + fresh mozzarella	
FUNGI 	18
White sauce + mixed mushrooms + arugula + mozzarella	
SALAMI 	18
Tomato sauce + spicy salami + chilli flakes + mozzarella	
SEAFOOD 	24
(dairy-free) Tomato sauce + prawns + scallops + crabmeat + mussels + squid	
PROSCIUTTO & MUSHROOM	18
White sauce + cooked ham + button mushrooms + mozzarella	
CARNIVORO	22
Tomato sauce + salami + chicken + parma ham + mozzarella	
FORMAGGIO 	18
Tomato sauce + 3 cheeses (gorgonzola + scarmoza + mozzarella)	
CAPRICCIOSA	19
Tomato sauce + spinach + ham + olives + mozzarella + egg	
PARMA HAM	19
White sauce + parma ham + arugula + mozzarella	
ORTOLANA 	18
Tomato sauce + mushrooms + peppers + spinach + mozzarella	
SALSICCIA 	20
Tomato sauce + bolognese sauce + pepperoni + mozzarella	
AMERICANA	19
Tomato sauce + pineapple + ham + mushrooms + mozzarella	
POLLO	19
White sauce + smoked chicken + sun-dried tomatoes + mozzarella	
HALF & HALF	25
Choice of any 2 pizzas	

 SPICY

 VEGETARIAN

 CHEF'S RECOMMENDATION

handmade pasta

No chemicals or preservatives. Just strong flour,
water & eggs. Made fresh daily!

CACIO E PEPE  	14
Pappardelle , toasted pepper & cheese sauce + Pancetta	+3
PORTOBELLO & PEPPERS AGLIO OLIO  	17
Spaghetti, portobello mushrooms, roasted peppers, spinach, chilli	
PRAWN & SALAMI AGLIO OLIO  	18
Squid ink spaghetti, prawns, spicy salami, garlic	
MEATBALL MARINARA	16
Fettucine, beef & pork meatballs, tomato sauce, cheese	
AMATRICIANA 	16
Fettucine, pancetta, chilli, tomato sauce, cheese	
VONGOLE 	18
Spaghetti, clams, white wine, chilli	
BEEF RAGU 	19
Pappardelle, slow braised beef shin, red wine tomato sauce	
CARBONARA	16
Pappardelle, pancetta, egg yolks, spinach, cheese	
CRAYFISH SEAFOOD PASTA 	25
Squid ink spaghetti, crayfish, squid, prawns, mussels, crab, chilli	
ARUGULA PESTO 	17
Farfalle, sun-dried tomatoes, portobello mushrooms + Chicken	+3
+ Prawns	+5
BLACK TRUFFLE CHICKEN 	24
Fettucine, truffle cream sauce, smoked chicken, shaved black truffle	
SEABASS TOMATO	18
Fettucine, seabass chunks, roma tomatoes, white wine	
GNOCCHI A LA SORRENTO 	17
Potato dumplings, tomato sauce, cheese + Chicken	+3
LASAGNA 	16
Beef bolognese, white sauce, mozzarella	
GRANCHIO 	19
Squid ink spaghetti, crab meat, chilli, lemon	
PUMPKIN & SAGE RAVIOLI  	19
Roasted pumpkin & nutmeg filled pasta, brown butter sage sauce	



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events@gtcoffee.com

soups & sides


Nibbles for the table!

SMOKED TOMATO SOUP with homemade garlic bread		8
CHICKEN SOUP shredded chicken, white beans, roasted vegetables + Spaghetti		10 +4
BOWL OF CASTELVETRANO OLIVES		6
HOMEMADE GARLIC BREAD		4
HAM & MOZZARELLA PANZEROTTI light fried puff pastry, creamy ham & mozzarella filling served with spicy tomato sauce		8
CRISPY FRIED CAULIFLOWER with paprika, oregano & parmesan	 	12
TRUFFLE FRIES with grated parmesan cheese		12
POLENTA CHIPS with fried sage & grated parmesan cheese		11
CALAMARI fried fresh squid with lemon & chive sourcream		14

sandwiches




On homemade panini
served with a side salad & fries

MEATBALL meatballs, garlic butter, marinara sauce, melted mozzarella		16
CAPRESE EVOO, roma tomatoes, fresh mozzarella, pesto		15
CHICKEN PESTO smoked chicken, tomatoes, fresh mozzarella, pesto		17
PROSCIUTTO, EGG & CHEESE cooked ham, gorgonzola, truffle mozzarella , fried egg		18
SPICY SALAMI salami, scarmoza cheese, peppers, red sauce, fried egg		17

-  **SPICY**
-  **VEGETARIAN**
-  **CHEF'S RECOMMENDATION**


salads

Fresh and seasonal salads
served with homemade breadsticks

PLUM & HALLOUMI arugula, black plums, halloumi, balsamic pearls	 	17
CHICKEN OLIVE arugula, smoked chicken, green olives, lemon		16
PARMA HAM arugula, gorgonzola, almonds, parmesan, balsamic vinegar		19

mains

For something more substantial

SEAFOOD STEW rich seafood broth with prawns, scallop, squid, barramundi, mussels & crabmeat. served with homemade garlic bread + Spaghetti		24 +4
PAN-SEARED BARRAMUNDI with lemon butter sauce, gnocchi, side salad		19
ROAST CHICKEN roasted chicken leg, orecchiette in tomato cream sauce		17

desserts

For that perfect ending.

STRAWBERRY ALMOND TART Almond cream in a brown butter crust, strawberries		8
PISTACHIO TIRAMISU amaretto & coffee soaked biscuits, light mascarpone, pistachio & white chocolate		10
RASPBERRY POLENTA CAKE a light, dairy-free cake made with olive oil		7
NUTELLA STRAWBERRY CREPE 3 crepes + nutella + fresh strawberries + mascarpone		14
FLOURLESS CHOCOLATE CAKE dense chocolate slice, pistachio ice cream		11
AFFOGATO double espresso, vanilla ice cream, biscotti		8
SCOOP OF HOMEMADE GELATO vanilla / dark chocolate / salted caramel / pistachio / lemon sorbet		5

drinks

Good food, good drinks, good times

COKE/COKE LIGHT	4
SPARKLING GRAPEFRUIT JUICE (POMPELMO)	4
SPARKLING BLOOD ORANGE JUICE (BLOOD ORANGE)	4
FRESH ORANGE JUICE	6
ESPRESSO / LONG BLACK + extra shot + make it iced	4 +1 +1
LATTE / CAPPUCCINO + extra shot + make it iced	5 +1 +1
SPARKLING WATER (750ML)	8
STILL WATER (750ML)	8
ORGANIC HOUSE WHITE WINE refer to our winelist for seasonal wines	12
ORGANIC HOUSE RED WINE refer to our winelist for seasonal wines	12

cocktails

Good food, good drinks, good times

FELICE SOUR bourbon + lemon juice + red wine float	14
MOSCOW MULE MIMOSA vodka + ginger beer + prosecco + orange juice + lime	16
MIMOSA prosecco + orange juice + mint	12
LYCHEE BELLINI prosecco + lychee puree + mint	14

STRONG FLOUR
30 East Coast Road, #01-01,
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OPENING HOURS
Tuesday to Friday: 11.30am – 3pm, 6 – 10pm
Saturdays: 11am – 10pm
Sunday: 9am -4pm
Closed on Monday