

FLOUR & BARLEY

BRICK OVEN PIZZA

LUNCH

BRICK OVEN PIZZAS

PIZZA ROSSA

san marzano tomato sauce

Margherita - \$12
mozzarella & basil

The Big Apple - \$13.5
pepperoni & mozzarella

Gianna - \$14
fennel sausage, mushrooms, pine nuts,
& mozzarella

The Parma - \$16.5
mozzarella, parmesan, ricotta, prosciutto,
& arugula with balsamic glaze

Calabrese - \$16.5
meatball, italian sausage, prosciutto cotto,
mozzarella, & chili with salsa verde

Bacon Blue - \$15.5
smoked bacon, gorgonzola cheese, mozzarella,
potato, grilled onions, & fresh rosemary

Verdure - \$14
zucchini, eggplant, artichoke,
mushrooms, & spinach with
pecorino, & mozzarella



STINGRAY IPA

IMPERIAL INDIA PALE ALE

*Farm House - \$15.5
mozzarella, pork belly, cotto ham,
fennel sausage, roasted onion, & farm egg

PIZZA BIANCA

garlic cream sauce

BBQ Chicken - \$16.5
BBQ sauce, mozzarella, fontina, roasted
onion, roast tomato, pancetta, & cilantro

Bianca - \$14
fontina cheese, pancetta, broccolini,
& artichoke

Genovese - \$16.5
roast chicken, basil pesto, mozzarella,
pecorino, brussels sprouts, & pancetta

Iasagna - \$15
bolognese sauce, mozzarella, ricotta,
meatballs, roasted mushrooms, & basil

Mushroom - \$14
truffle cheese, roasted mushrooms, roast tomato,
arugula, & truffle oil

Quattro - \$14
mozzarella, parmesan, ricotta, gorgonzola,
& roast tomato

\$1.5 / \$2.5 per topping

sauces: san marzano tomato, crema

cheeses: mozzarella, fontina, ricotta, gorgonzola,
sottocenere truffle cheese

meats: pepperoni, fennel sausage, meatball, ham,
pork belly, bacon, chicken, prosciutto, pancetta,
soppressata, anchovies, farm egg

vegetables: basil, broccolini, roast mushrooms, pine nuts, roast
onion, tomato, calabrian chili, cherry peppers, arugula,
spinach, olives, artichokes, zucchini, roast peppers

APPETIZERS

Tomato Caprese - \$11
di stefano burrata cheese, vine ripened tomatoes,
salsa verde, & balsamico

Chicken Wings - \$10
calabrian chili glaze & gorgonzola dressing



Meatballs - \$11
'grandma's style' beef, veal & pork with
tomato sauce, & parmesan with salsa verde

MERMAID'S RED

AMBER ALE

*Brussels Sprouts - \$10
smoked bacon, potato, & fried farm egg with grilled bread



Calamari Fritti - \$14
fried with cherry peppers, roast tomato aioli, & lemon

ORANGE AVE. WIT

CALIFORNIA WIT

*Seared Ahi Crudo - \$14
Sicilian style, calabrian chili aioli, olives, crispy shallots,
eggplant caponata, & arugula

Garlic-Cheese Bread - \$8
parmesan spread & mozzarella

ENTRÉES

Bucatini alla Bolognese - \$22
beef & veal ragu, basil, & parmesan cheese

Ziti alla Vodka - \$19
tomato-cream sauce, fennel sausage, peperonata,
& parmesan cheese

*Pan-Seared Salmon - \$25
sicilian caponata, cherry tomatoes and lemon-caper sauce

Chicken Parmesan - \$22
tomato sauce & mozzarella with spaghettini marinara

SANDWICHES

served with arugula tossed in balsamic vinaigrette

*Toscano - \$12
mortadella, prosciutto cotto, soppressata, provolone, arugula,
olive relish, & herb mayo

*F&B Burger - \$13
provolone cheese, balsamic onions, arugula, & roast tomato aioli

Chicken Parmesan - \$13
tomato sauce, mozzarella, & arugula on ciabitini bread

SALADS

*Arugula & Kale - \$12
oven roasted tomato, mushrooms, artichoke, shaved parmesan,
toasted pine nut, balsamic vinaigrette

*Romaine - \$11
'caesar' style with garlic croutons & parmesan

Autumn Greens - \$12
roasted butternut squash, fuji apple, candied pepitas,
goat cheese with apple cidre vinaigrette

*Seared Ahi & Greens - \$17
napa cabbage slaw, cucumber, red onion, tomato, crispy wontons,
& sesame-soy vinaigrette

FLOUR & BARLEY

BRICK OVEN PIZZA

DINNER

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PIZZA ROSSA

san marzano tomato sauce

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mozzarella & basil

The Big Apple - \$13.5

pepperoni & mozzarella

Gianna - \$14

fennel sausage, mushrooms, pine nuts, & mozzarella

The Parma - \$16.5

mozzarella, parmesan, ricotta, prosciutto, & arugula with balsamic glaze

Calabrese - \$16.5

meatball, italian sausage, prosciutto cotto, mozzarella, & chili with salsa verde

Bacon Blue - \$15.5

smoked bacon, gorgonzola cheese, mozzarella, potato, grilled onions, & fresh rosemary

Verdure - \$14

zucchini, eggplant, artichoke, mushrooms, & spinach with pecorino, & mozzarella



STINGRAY IPA

IMPERIAL INDIA PALE ALE

*Farm House - \$15.5

mozzarella, pork belly, cotto ham, fennel sausage, roasted onion, & farm egg

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garlic cream sauce

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Genovese - \$16.5

roast chicken, basil pesto, mozzarella, pecorino, brussels sprouts, & pancetta

Lasagna - \$15

bolognese sauce, mozzarella, ricotta, meatballs, roasted mushrooms, & basil

Mushroom - \$14

truffle cheese, roasted mushrooms, roast tomato, arugula, & truffle oil

Quattro - \$14

mozzarella, parmesan, ricotta, gorgonzola, & roast tomato

\$1.5 / \$2.5 per topping

sauces: san marzano tomato, crema

cheeses: mozzarella, fontina, ricotta, gorgonzola, sottocenere truffle cheese

meats: pepperoni, fennel sausage, meatball, ham, pork belly, bacon, chicken, *prosciutto, *pancetta, *soppressata, anchovies, farm egg

vegetables: basil, broccolini, roast mushrooms, pine nuts, roast onion, tomato, calabrian chili, cherry peppers, arugula, spinach, olives, artichokes, zucchini, roast peppers

APPETIZERS

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di stefano burrata cheese, vine ripened tomatoes, salsa verde, & balsamico

Chicken Wings - \$10

calabrian chili glaze & gorgonzola dressing



Meatballs - \$11

'grandma's style' beef, veal & pork with tomato sauce, & parmesan with salsa verde

MERMAID'S RED

AMBER ALE

*Antipasti Board - \$19.5

sliced Italian meats & cheese with marinated olives & vegetables



Calamari Fritti - \$14

fried with cherry peppers, roast tomato aioli, & lemon

ORANGE AVE. WIT

CALIFORNIA WIT

*Brussels Sprouts - \$10

smoked bacon, potato, & fried farm egg with grilled bread

*Seared Ahi Crudo - \$14

Sicilian style, calabrian chili aioli, olives, crispy shallots, eggplant caponata, & arugula

Garlic-Cheese Bread - \$8

parmesan spread & mozzarella

ENTRÉES

Bucatini alla Bolognese - \$22

beef & veal ragu, basil, & parmesan cheese

*Pork Belly Carbonara - \$22

fettuccine, pancetta, green peas, & cream sauce with poached egg & romano cheese

Ziti alla Vodka - \$19

tomato-cream sauce, fennel sausage, peperonata, & parmesan cheese

Chicken Parmesan - \$22

tomato sauce & mozzarella with spaghetti marinara

*Pan-Seared Salmon - \$25

sicilian caponata, cherry tomatoes, & lemon-caper sauce

SALADS

*Arugula & Kale - \$12

oven roasted tomato, mushrooms, artichoke, shaved parmesan, toasted pine nut, balsamic vinaigrette

*Romaine - \$11

'caesar' style with garlic croutons & parmesan

Autumn Greens - \$12

roasted butternut squash, fuji apple, candied pepitas, goat cheese with apple cidre vinaigrette

*Seared Ahi & Greens - \$17

napa cabbage slaw, cucumber, red onion, tomato, crispy wontons, & sesame-soy vinaigrette

SIGNATURE COCKTAILS \$12

Rossini

a luscious mixture of strawberries
& Ruffino prosecco

The Sicilian

Tin Cup American Whiskey, Solerno blood
orange liqueur, orange bitters,
Carpano "Antica Formula" Sweet Vermouth,
orange marmalade, orange zest

Dark & Stormy

our twist on a Caribbean legend.
The Kraken Black spiced rum,
ginger beer, lime

Paloma Italiana

a Mexican classic with an Italian
twist. a refreshing mixture of
Maestro Dobel tequila,
Americano Gancia, & Aranciata Soda

Mule ai Frutti di Bosco


Russian Standard Vodka,
seasonal berries, ginger, basil, citrus


Margarita Romana

Jose Cuervo Tradicional silver tequila,
Solerno blood orange liqueur,
agave, lime

DRAFT BEERS


16OZ // 12OZ


*Port Wipeout IPA -7.0% abv- \$6.5 


*Coronado Stingray IPA -7.9% abv- \$6.5 


Moretti Lager -4.6% abv- \$8 // \$6.5

2 Towns Outcider Cider -5.0% abv- \$8 // \$6.5

Karl Strauss Red Trolley Ale -5.8% abv- \$8 // \$6.5 


*Acoustic Ale, Mad Dub Belgian Brown -7.0% abv- \$6.5 


Pizza Port Chronic Ale -4.7% abv- \$8 // \$6.5 

Rough Draft Blonde Ale -6.2% abv- \$8 // \$6.5 

Hanger 24 Orange Wheat -4.8% abv- \$8 // \$6.5

Deschutes Obsidian Stout (nitro) -4.6% abv- \$8 // \$6.5

Alesmith San Diego .394, Pale Ale -6.0% abv- \$8 // \$6.5 

Belching Beaver Peanut Butter Milk Stout -5.0% abv- \$8 // \$6.5 

*10oz pour -  Brewed in San Diego

"FLOUR & BARLEY FLIGHT" \$12

Your choice of any four draft beers

BOTTLES

CIDER

- Wyder's Pear -4.0% abv- \$7
- Ace Pineapple -5.0% abv- \$8
- Angry Orchard Crisp Apple Cider -5.0% abv- \$8
- Woodchuck Raspberry -4.0% abv- \$7
- Reverend Nat's Newtown Pippin -6.9% abv- \$21

LAGER

- Miller Lite -4.1% abv- \$6
- Bud Light -4.2% abv- \$6
- Coors Light -4.2% abv- \$6
- Pacifico -4.5% abv- \$6
- Corona -4.6% abv- \$6
- Pabst Blue Ribbon -4.7% abv- \$6
- Dos Equis amber Lager -4.7% abv- \$6
- Trumer Pils -4.8% abv- \$7
- Bitburger -4.8% abv- \$8
- Sam Adams Boston Lager -4.9% abv- \$7
- Budweiser -5.0% abv- \$6
- Stella Artois -5.2% abv- \$7
- Firestone Walker Pivo Pils -5.3% abv- \$7
- Negra Modelo -5.4% abv- \$6
- Spaten Oktoberfest -5.9% abv- \$9
- Lagunitas Pils -6.0% abv- \$7

WHEAT, WIT, WHITE

- Abita Purple Haze -4.2% abv- \$7
- Sierra Nevada Otra Vez -4.5% abv- \$7.5
- Sea Dog Blueberry -4.6% abv- \$7
- Lost Coast Great White -4.8% abv- \$7
- Franziskaner Hefe-Weisse -5.0% abv- \$9
- Allagash White -5.1% abv- \$9
- Coronado Orange Avenue Wit -5.2% abv- \$8
- Lost Coast Tangerine Wheat -5.5% abv- \$7
- Lightning Thunderweizen -5.5% abv- \$7
- Avery White Rascal -5.6% abv- \$8
- *Lost Abbey Devotion -6.8% abv- \$23

BELGIAN STYLE

- *Saison Dupont Farmhouse Ale -6.5% abv- \$32
- Lefte Blonde -6.6% abv- \$8
- Delirium Tremens -8.2% abv- \$14
- Unibroue La Fin du Monde -9.0% abv- \$12
- Chimay Grand Reserve -9.0% abv- \$14
- North Coast Brother Thelonious -9.4% abv- \$8

PALE, AMBER, & BLONDE

- Firestone Walker 805 -4.7% abv- \$7
- Saint Archer Blonde -4.8% abv- \$7
- Anchor Steam -4.9% abv- \$7.5
- Alaskan Amber -5.2% abv- \$7
- New Belgium Fat Tire -5.2% abv- \$7
- Ballast Point Pale Ale -5.2% abv- \$7
- Stone Pale Ale -5.4% abv- \$7
- Sierra Nevada Pale -5.6% abv- \$7
- Coronado Brewing Mermaid Red -5.7% abv- \$7
- Anderson Valley Boont Amber -5.8% abv- \$7.5
- Elysian Loser Pale Ale -7.0% abv- \$7.5

IPA

- Deschutes Fresh Squeezed IPA -6.4% abv- \$8
- Lagunitas IPA -6.2% abv- \$8
- Ballast Point Grapefruit Sculpin -7.0% abv- \$9
- Ballast Point Sculpin IPA -7.0% abv- \$9
- Bell's Two Hearted Ale -7.0% abv- \$7.5
- *Rough Draft Eraser IPA -7.0% abv- \$14
- Bear Republic Racer 5 IPA -7.5% abv- \$7.5
- Mike Hess Solis -7.5% abv- \$9
- Green Flash West Coast IPA -8.1% abv- \$8
- Stone Ruination -8.2% abv- \$9
- Dogfish Head 90 Minute IPA -8.3% abv- \$8.5

BROWN & STRONG

- Newcastle -4.7% abv- \$7
- Big Sky Moose Drool -5.1% abv- \$7
- Avery Ellie's Brown -5.5% abv- \$7
- *Port Board Meeting -8.5% abv- \$19
- Chimay Grand Reserve Blue -9.0% abv- \$14


PORTER & STOUT

- Breckenridge Vanilla Porter -4.7% abv- \$8
- *Belching Beaver Milk Stout -5.3% abv- \$20
- *Belching Beaver Peanut Butter Milk Stout -5.3% abv- \$20
- Maui Coconut Porter -6.0% abv- \$9
- *High Water Campfire Stout -6.5% abv- \$21
- *New English Zumar -9.3% abv- \$21

GLUTEN FREE


- Omission Lager -4.6% abv- \$8
- Omission Pale -5.8% abv- \$8
- Stone Delicious -7.7% abv- \$8

* - Large Format Bottle (16+ oz)



 - Brewed in San Diego

BEER SPECIALS - NOW 30% OFF



WHEAT, WIT, WHITE

Modern Times Fortunate Islands -5.0% abv- \$5 
Avery Lilikoi Kepolo -5.6% abv- \$5

BELGIAN STYLE

Timmermans Framboise -4.0% abv- \$10
Modern Times Lomaland -5.0% abv- \$5 
Goose Island Matilda -7.0% abv- \$9
North Coast Prangster -7.6% abv- \$5
Ommegang Hennepin -7.7% abv- \$8
Boulevard Tank 7 -8.5% abv- \$5
Ommegang 3 Philosophers -9.7% abv- \$10
*AleSmith Horny Devil -10.0% abv- \$20 

PALE, AMBER, RED, BLONDE

Ballast Point Grunion -5.5% abv- \$5 
Mike Hess Grazias -6.3% abv- \$5 
Bear Republic Grand Am -6.5% abv- \$5
Rogue Dead Guy -6.5% abv- \$5






IPA

Hitachino Classic Ale IPA -7.0% abv- \$12
Avery Raja -8.0% abv- \$6
*Port Mongo -8.5% abv- \$12 
*Figueroa Mountain Lizard's Mouth IPA
-9.7% abv- \$14



SOUR

*Anderson Valley Briney Melon
-4.2% abv- \$14
Duchess de Bourgogne -6.2% abv- \$10



PORTER & STOUT

Deschutes Black Butte Porter -5.2% abv- \$5
Youngs Double Chocolate Stout -5.2% abv- \$5
*Stone Smoked Porter -5.9% abv- \$12 
Founders Porter -6.0% abv- \$5
*Hangar 24 Chocolate Porter -8.0% abv- \$14
*Mother Earth Sin Tax -8.1% abv- \$15 
North Coast Old Rasputin -9.0% abv- \$5
Mission Dark Seas -9.8% abv- \$5 
*Port Old Viscosity -10.0% abv- \$15 
*AleSmith Speed Way Stout -12.0% abv- \$20 

BROWN & STRONG


Wells Banana Bread -5.2% abv- \$5
Avery Ellie's Brown -5.5% abv- \$5
*Rogue Hazelnut Brown -5.6% abv- \$14
Figueroa Mountain Davey Brown
-6.0% abv- \$5
*Stone Arrogant Bastard -7.2% abv- \$14 
Founders Dirty Bastard -8.5% abv- \$5
*Rough Draft Freudian Sip -9.5% abv- \$14 

CIDER

*Julian Cherry Bomb -6.9% abv- \$14 
*Julian Black & Blue -6.9% abv- \$14 

LAGER

Magic Hat #9 -5.1% abv- \$5
Sierra Nevada Nooner -5.2% abv- \$5
Weiherstephaner Lager -5.1% abv- \$7

* - Large Format Bottle (16+ oz)
 - Brewed in San Diego

WINE SPECIALS - NOW 30% OFF

REDS

Dainero, Merlot \$24 B
Lost Vineyard, Merlot \$50 B
Aia Vecchia "Super Tuscan",
Red Blend \$64 B
Andrea Oberto DOCG, Barolo \$80 B

WHITES

Horst Sauce, Silvaner (Troocken) \$36 B
Reichsrat von Buhl "Jazz" Maria
Schneider, Riesling \$28 B
Fortant, Rosé \$24 B
Chimney Rock, Sauvignon Blanc \$40 B
Cakebread, Chardonnay \$62 B
Wagner Stempel Trocken, Riesling \$46 B

WINE BY THE GLASS

WHITES

- Ruffino, Prosecco \$9
- Riff, Pinot Grigio \$8
- Borgo Conventi Collio, Pinot Grigio \$11
- Ranga Ranga, Sauvignon Blanc \$8
- Caldora Terre Di Chieti, Chardonnay \$8
- Sean Minor, Chardonnay \$13
- Clarendelle, Rosé \$10

REDS

- Mark West "Black", Pinot Noir \$9
- La Follette, Pinot Noir \$12
- Ruffino Superiore, Chianti \$10
- Garofoli "Monte Reale", Sangiovese \$8
- Kaiken "Reserve", Malbec \$8
- Col Di Sasso, Cabernet Blend \$8
- Tom Gore, Cabernet \$11
- Tobin James "Ballistic", Zinfandel \$12

BY THE BOTTLE

SPARKLING

- Aneri DOC, Prosecco \$60
- Perrier Jouët Grand Brut, Champagne \$98
- Moët and Chandon Nectar Impérial, Rose \$132

WHITES

- Etude, Pinot Gris \$55
- Hill Family, Sauvignon Blanc \$42
- Piccolo Gave Di Gavi, Gavi \$40
- Triennes, Viognier \$45
- Joyce "Stele", Chardonnay \$45
- Bouchaine, Chardonnay \$65
- Inama DOC, Soave \$37

REDS

- Mignanelli, Pinot Noir \$60
- Cloudline, Pinot Noir \$45
- Caldora, Montepulciano D' Abruzzo \$30
- Diavole, Chianti \$45
- Hill Family "Beau Terre", Merlot \$50
- Bodegas Salentein, Malbec \$42
- Stags Leap, Cabernet \$106
- Trefethen, Cabernet Franc \$89
- Turley "Juvenal", Zinfandel \$60

HOUSE-MADE SANGRIA

Red, White, & Sparkling

Pitcher - \$29

Glass - \$8

FLOUR & BARLEY

BRICK OVEN PIZZA

DESSERTS \$8

Chocolate Pine Nut Torte

baked with port-macerated cherries,
topped with vanilla whipped cream

Tiramisu

mascarpone mousse layered with
coffee-rum soaked ladyfingers

Cannoli

crispy pastry shells filled with a
sweet ricotta-mascarpone cream,
garnished with pistachios
& chocolate chips

Gelato & Sorbetto (3 scoops)

vanilla, mexican chocolate, mixed berry,
pistachio, lemon olive oil, mango

*please ask your server for
additional seasonal flavors*

CAFFE

Cappuccino \$4.5

Americano \$4

Latte \$4.5

Espresso \$4\ \$6 dbl

Macchiato \$4.5

Coffee \$3.5

DIGESTIVOS & CORDIALS

Fernet-Branca \$8

Gran Marnier \$9

Amaretto Disaronno \$8

Sambuca White or Black \$8

Frangelico \$9

Cocchi, Barolo de Chinato
\$12

PORTS

Fonseca Bin 27 \$8

Taylor 10yr Tawny \$10

Dow's 2009 \$16.5

Inniskillin \$22

FLOUR & BARLEY

BRICK OVEN PIZZA

KID'S MENU \$10

Cheese Pizzette

mini pie with red sauce
& mozzarella cheese

Chicken fingers

served with french fries

Pasta & Meatballs

spaghettoni pasta with red sauce
& grandma's meatball

Includes kids drink & scoop of vanilla gelato