

BREAKFAST SANDWICH

Our Signature Egg & Cheese Sandwich..... 3.75

Served on our freshly baked rolls.

1. Choose a roll: Anadama, Memory, Multigrain, Onion Dill, Sesame Wheat, Brioche, Bagel, Croissant (+1.50) or GF roll (+75¢)
2. Choose a cheese: Cheddar, Swiss, Horseradish Cheddar, Gruyere, or fresh Mozzarella
3. Choose a sauce: Chipotle, Ketchup, Sriracha, Hot Sauce, Dijon Mustard, or Balsamic Glaze

Add Bacon, Turkey Bacon, Canadian Bacon, Sausage, Avocado,
or for Egg Whites..... 1.00

Add Extra Egg or Extra Cheese..... 50¢

Add Spinach, Arugula, Tomato or Onion..... 25¢

DAILY BAKED GOODS

Muffins..... 2.25

Scones..... 3.50

Biscotti..... 2.25

Butter Croissant..... 3.25

Almond Croissant..... 3.50

Chocolate Croissant..... 3.50

Bagel with Cream Cheese or Peanut Butter..... 2.95

Bagel with Butter or Jelly..... 1.95

Tea Bread Slice..... [reg. or vegan] 2.60 / [GF] 3.25

Vegan Fruit & Oat Bar..... 3.95

OTHERS

Toast & Jam.....[1 slice] 1.95 / [2 slices] 3.50

Quiche [slice]..... 5.75

Yogurt & Housemade Granola Parfait.....5.50 / [with fruit] 6.50

Oatmeal Cup..... 3.95

Breakfast Burrito..... 8.95
[sweet potato, eggs, cheddar, arugula, tomato w/a side of spicy aoli]



FOUR FLOURS BREAKFAST MENU

- COFFEE & TEA -

Coffee
12 oz. / 2.25
16 oz. / 2.45
20 oz. / 2.75

Cold Brew
20 oz. / 3.00
24 oz. / 3.50

Hot Tea / 2.25

Hot Chocolate / 2.35

- BEVERAGES -

Honest Tea / 2

Snapple / 2

Hubert's Lemonade / 2.75

Nantucket Nectars / 2

Perrier / 2

Purity Organic Seltzer / 2.25

Water / 1.50

Zico Coconut Water / 3.50

Milk Box / 1.00

IN A RUSH?

- CALL AHEAD -

(203) 397-FOUR

- VISIT US -

1203 Chapel Street
New Haven
Connecticut, 06511

SANDWICHES

Served on your choice of freshly baked bread:

Anadama [a traditional New England molasses bread] / Onion Dill

Memory [similar to a country white; topped with poppy seeds]

Multigrain / Sesame Wheat / GF Bread [+1.00]

Grilled Cheese [with your choice of up to 3 cheeses]..... 6.95

Caprese Panini [fresh mozzarella, tomato, basil & balsamic glaze]..... 8.95

Apple Brie Panini [Granny Smith apples, brie, spinach & honey]..... 8.95

WRAPS

Choice of wrap: Wheat / Spinach Herb / Sundried Tomato
GF Wrap [+1.00]

Chicken Salad [with cranberries, pecans & celery]..... 8.95

Chicken Pesto [all-natural chicken mixed w/pesto & cherry tomatoes]..... 8.95

Tuna Salad [white-meat tuna w/onions, celery, relish & mayo]..... 8.95

Dillicious Egg Salad [made w/ fresh dill, mayo & mustard]..... 8.95

✓ Curried Chickpea Salad [mixed with carrots, walnuts & raisins]..... 8.95

Chicken Caesar [romaine, parmesan, chicken & Caesar dressing]..... 8.95

✓ Veggie Hummus [with roasted red peppers, onion, sauteed mushrooms, spinach, tomato & shredded carrots]..... 8.95

✓ Teriyaki Tofu [with coleslaw, pineapple relish & mixed greens]..... 8.95

Portabella Pesto [balsamic-glazed mushrooms, roasted peppers, mozzarella, pesto, and mixed greens]..... 8.95

SALADS

[regular/serves 1] 7.95 | [large/serves 2] 11.95

House Salad..... [served w/red wine vinaigrette]
mixed greens with gruyère, artichokes, onions, cherry tomatoes, roasted peppers, sliced black olives & our house-made croutons

Garden Salad.....[served with your choice of dressing]
mixed greens, cherry tomatoes, shredded carrots, cucumbers, sliced peppers, mushrooms & our house-made croutons

Spinach Salad..... [served w/balsamic vinaigrette]
spinach with goat cheese, bacon, mushrooms & onions

Apple Cran-Brie..... [served w/lemon-apple cider vinaigrette]
arugula & mixed greens with Brie, apples, dried cranberries & walnuts, drizzled with honey

Caprese..... [served w/balsamic vinaigrette]
arugula & mixed greens with fresh mozzarella, cherry tomatoes, basil & our house-made croutons

Chicken Caesar..... [tossed w/Caesar dressing]
chopped romaine with all-natural chicken, parmesan cheese & our house-made croutons



FOUR FLOURS LUNCH MENU

- SIDES -

Deep River Chips / 1.50

Soup of the Day
[served w/our croutons]
12oz. / 3.95
16oz. / 4.95

Veggies & Hummus / 4.25

Fruit or Pasta Salad / 4.95

- DRINKS -

Honest Tea / 2

Snapple / 2

Hubert's Lemonade / 2.75

Nantucket Nectars / 2

Perrier / 2

Purity Organic Seltzer / 2.25

Water / 1.50

Zico Coconut Water / 3.50

Milk Box / 1.00

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