

BREAKFAST SANDWICH

Our Signature Egg & Cheese Sandwich..... 3.50

Served on our freshly baked rolls.

1. Choose a roll: Anadama, Memory, Multigrain, Onion Dill,

Sesame Wheat, 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 or Sausage..... 1.00

Add Extra Egg, Extra Cheese, or for Egg Whites..... 50¢

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

DAILY BAKED GOODS

Muffins..... 2.15

Scones..... 3.15

Biscotti..... 2.25

Butter Croissant..... 2.95

Almond Croissant..... 3.15

Chocolate Croissant..... 3.15

Tea Bread Slice.....[reg. or vegan] 2.45 / [GF] 2.95

Vegan Fruit & Oat Bar..... 3.95

OTHERS

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

Quiche [slice]..... 5.25

Yogurt & Housemade Granola Parfait..... 4.50

Stonewall Kitchen Oatmeal Cup..... 3.95

Breakfast Burrito..... 7.95
[sweet potato, eggs, cheddar, arugula, tomato w/a side of spicy aoli]



FOUR FLOURS BREAKFAST MENU

- COFFEE & TEA -

Coffee
12 oz. / 2.00
16 oz. / 2.35
20 oz. / 2.55

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

Hot Tea / 2.00

Hot Chocolate / 2.25

- 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

Fairlife Milk / 2.75

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 farmhouse white; topped with poppy seeds]

Multigrain / Sesame Wheat / GF Bread [+1.00]

Grilled Cheese [with your choice of up to 3 cheeses]..... 5.95

Caprese Panini [fresh mozzarella, tomato, basil & balsamic glaze]..... 6.95

Apple Brie Panini [Granny Smith apples, brie, spinach & honey]..... 6.95

WRAPS

Choice of wrap: Wheat / Spinach Herb / Sundried Tomato

GF Wrap [+1.00]

Chicken Salad [with cranberries, pecans & celery]..... 7.95

Chicken Pesto [all-natural chicken mixed w/pesto & cherry tomatoes]..... 7.95

Tuna Salad [white-meat tuna w/onions, celery, relish & mayo]..... 7.95

Dillicious Egg Salad [made w/ fresh dill, mayo & mustard]..... 7.95

✓ Curried Chickpea Salad [mixed with carrots, walnuts & raisins]..... 7.95

NEW! Chicken Caesar [romaine, parmesan, chicken & Caesar dressing]..... 7.95

SALADS

[small salad] 5.95 / [large salad] 8.95

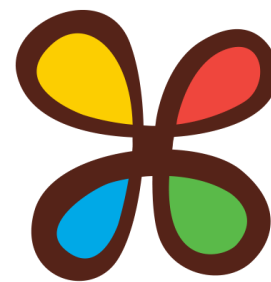
House Salad..... [served w/red wine vinaigrette]
mixed greens with gruyère, artichokes, onions, cherry tomatoes & our house-made croutons

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. *also available without chicken for 4.95 [small] or 7.95 [large]



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 / 3.95

Fruit or Pasta Salad / 3.95

- 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

Fairlife Milk / 2.75

IN A RUSH?

- CALL AHEAD -

(203) 397-FOUR

- VISIT US -

1203 Chapel Street

New Haven

Connecticut, 06511