SALADS & SIDES

HOUSE SALAD Mixed greens, gruyère, artichokes, onions, cherry tomatoes, roasted peppers, sliced black olives, and housemade croutons, served with our red wine vinaigrette.

GARDEN SALAD Mixed greens, cherry tomatoes, shredded carrots, cucumbers, sliced peppers, mushrooms, and housemade croutons with your choice of dressing.

SPINACH SALAD Spinach, goat cheese, bacon, mushrooms, and onions, served with our with our balsamic vinaigrette.

APPLE CRAN-BRIE SALAD Arugula and mixed greens, Brie, apples, dried cranberries & walnuts, drizzled with honey and served with our lemon-apple cider vinaigrette.

CAPRESE SALAD Arugula and mixed greens, fresh mozzarella, cherry tomatoes, basil, and our housemade croutons, served with our balsamic vinaigrette.

CHICKEN CAESAR SALAD Romaine, parmesan, and housemade croutons, served with Caesar dressing (contains anchovies).

REG. SALAD 7.95 | LG. SALAD 11.95 | CATERING TRAYS 4.95/pp (12 person minimum)

ASSORTED DEEP RIVER CHIPS 1.50/pp

VEGGIES & HUMMUS or CHEESE & CROSTINI 4.25/pp

VEGGIE PASTA SALAD, PESTO PASTA or FRUIT SALAD* 4.95/pp

*Must order at least 6 servings min.

ASSORTED COLD BEVERAGES AVAILABLE
Including water, Purity seltzers, Snapple drinks, Zico coconut water, Yerba Mate teas, Nantucket Nectars, Perrier, Honest teas, soda, and more.

DESSERT

ASSORTED DESSERT PLATTER
Small, includes 18 cookies and 12 brownie bites 50
Medium, includes 30 cookies and 20 brownie bites 85
Large, includes 48 cookies and 32 brownie bites 125

ASSORTED COOKIE PLATTER
Small, includes 24 cookies 45
Medium, includes 42 cookies 75
Large, includes 64 cookies 110

BAKER’S DOZEN 13 assorted cookies 21

A LA CARTE CUPCAKES 3.25 EACH | MINI CUPCAKES 2.50 EACH
Flavors rotate daily; for custom flavors, give 48 hrs. notice. 6 cupcake minimum per flavor for custom orders. 12 cupcake minimum per flavor for mini cupcakes. GF cupcakes available by request.

FOR BAKED GOODS & CAKE FLAVORS, VISIT OUR WEBSITE at FOURFLOURS.COM

CATERING MENU

DELIVERY HOURS
8:00 AM - 6:00 PM WEEKDAYS
9:00 AM - 3:00 PM SATURDAY
CLOSED SUNDAY

AVAILABLE FOR PICKUP OR DELIVERY
($10 delivery charge for orders under $100)

1203 CHAPEL STREET | NEW HAVEN | 203-397-FOUR

@FOURFLOURS | FOURFLOURS.COM
**BREAKFAST**

**BOX OF JOE**
Serves 8-10 guests; 96oz. total per box. Available in regular, decaf, or hot water with tea bags. Includes cups, creamers, sugars, stirrers, and beverage napkins. These insulated boxes retain heat for up to 3 hrs.

NEW! 160 oz. BOX OF JOE Serves up to 16-20 guests.

**CONTINENTAL BREAKFAST [FULL SIZE] 1½ pcs. per person**
Includes boxed coffee and an assortment of full-size muffins, scones, and biscotti. 6.95/pp

**CONTINENTAL BREAKFAST [MINI SIZE] 2pcs. per person**
Includes boxed coffee and an assortment of mini-size muffins, scones, and biscotti. 5.75/pp

**BAKED GOODS BREAKFAST**
Includes assortment of regular sized muffins, scones, & biscotti. 4.50/pp

**MINI BAKED GOODS BREAKFAST**
Includes assortment of mini muffins, mini scones, & biscotti halves. 3.25/pp

**ASSORTED BAGEL PLATTER**
Includes assortment of bagel flavors with cream cheese and butter. 2.95/pp

**EGG & CHEESE SANDWICHES**
Served on our freshly baked rolls with cheddar, swiss, or gruyère. Add bacon, turkey bacon, or sausage for 1.00/each. Available on a butter croissant for an additional 1.50/each. 3.75/pp

**MUFFINS**
Flavors rotate daily; call for specific availability. The following flavors are regularly available: Blueberry, Cranberry Nut, Banana, Banana Choc. Chip, Zucchini Carrot, Pumpkin, and Honey Bran Cran. Mini muffins available for catering only. 2.25 EACH FULL SIZE | 1.50 EACH MINI SIZE | CALL FOR CUSTOM TRAYS

**SCONES**
Moist, buttery, and delicious. Available for purchase in store daily. Regular flavors include: Mango Coconut, Apple Cinnamon, Ginger, Blueberry Lemon, Cran Orange, Chocolate Chunk, and Cherry Almond. Savory flavors also available. 3.50 EACH FULL SIZE | 1.95 EACH MINI SIZE | CALL FOR CUSTOM TRAYS

**QUICHE**
Choose from: Quiche Lorraine, Broccoli Cheddar, and Mushroom Spinach Goat Cheese. Breakfast platters available with assorted quiche bites or slices. Due to the nature of this product, whole quiche will arrive unsliced to retain moisture. **WHOLE QUICHE 45 | BY THE SLICE 5.75 | QUICHE BITES 1.50 EACH**

**BISCOTTI**
Flavors available: milk chocolate almond, chocolate cranberry, toffee coffee, pistachio white chocolate, and cranberry almond with white chocolate. 2.25 EACH | CALL FOR CUSTOM ASSORTED BISCOTTI PLATTERS

**YOGURT & HOUSE-MADE GRANOLA CUPS**
All-natural yogurt layered with our freshly baked, assorted granola. 5.50 EACH | 6.50 EACH WITH FRESH SEASONAL FRUIT ON TOP

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**LUNCH**

**FRESH BAKED BREAD & ROLL CHOICES**
MEMORY BREAD, SESAME WHEAT, ANADAMA, ONION DILL, MULTIGRAIN WRAPS HONEY WHEAT, SPINACH & HERB, SUN-DRIED TOMATO GLUTEN FREE BREAD OR WRAP ADD 1.00 8.95 EACH

**CAPRESE PANINI**
Fresh mozzarella, tomato, basil & balsamic glaze on bread of choice.

**APPLE BRIE PANINI**
Granny Smith apples, Brie, spinach & honey on bread of choice.

**CHICKEN SALAD WRAP**
Our homemade chicken salad with cranberries, pecans, and celery. Served with arugula & mixed greens on wrap of choice.

**CHICKEN PESTO SALAD WRAP**
An Italian spin on a classic. All-natural chicken mixed with pesto & grape tomatoes. Served with arugula & mixed greens on bread or wrap of choice.

**CHICKEN CAESAR WRAP**
All-natural chicken with romaine lettuce and Parmesan cheese, tossed with Caesar dressing. Served on wrap of choice.

**BUFFALO CHICKEN WRAP**
All-natural chicken tossed with buffalo sauce, topped with romaine lettuce, red onion, tomato & ranch dressing or blue cheese crumbles. Served on wrap of choice.

**BLT**
Bacon, mixed greens, and tomato- the classic sandwich combo, topped with mayo. Served on your choice of bread or wrap.

**TUNA SALAD**
Fresh and light; made with all white meat tuna, onions, celery & mayo.

**DILLICIOUS EGG SALAD WRAP**
Just like mom used to make, with a hint of dill & mixed with mayo and mustard.

**PORTABELLA PESTO WRAP**
Balsamic-glazed portobello & mixed mushrooms, roasted peppers, mozzarella, pesto, arugula & spinach on your choice of wrap.

**CURRIED CHICKPEA SALAD WRAP**
Delicious and vegan! Mixed with carrots, walnuts, and raisins. Served on your choice of wrap with arugula & mixed greens.

**VEGGIE HUMMUS WRAP**
All-natural chickpea hummus, roasted red peppers, red onion, sautéed mushrooms, spinach, tomato & shredded carrots on your choice of wrap.

**TERIYAKI TOFU WRAP**
Teriyaki-glazed tofu, cole slaw, pineapple relish, spinach and arugula on a wrap of your choice.

**ASSORTED WRAP PLATTERS**
Call ahead for custom orders. For a full lunch spread, pair with assorted chips or one of our salad trays and dessert platters (additional fee applies for add-ons).