

SALADS & SIDES

HOUSE SALAD Mixed greens, gruyère, artichokes, onions, Roma tomatoes, and housemade croutons, topped with our red wine vinaigrette.

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

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

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

SIDE SALAD 5.95 | LARGE SALAD 8.95 | CATERING TRAYS 3.95/pp (12 person min.)

ASSORTED DEEP RIVER CHIPS 1.50/pp

HOUSE-MADE SOUP OF THE DAY
16oz. 4.95/pp
12oz. 3.95/pp

PASTA SALAD or VEGGIES & HUMMUS* 3.50/pp

*Must order at least 6 servings

ASSORTED COLD BEVERAGES AVAILABLE

Including water, Spindrift seltzers, Snapple drinks, San Pellegrino, Izze fruit sodas, Nantucket Nectars, Perrier, Honest Teas, Naked Juices, soda, and more. Please call for more information on selection and availability.

DESSERT

ASSORTED DESSERT PLATTER

Small, includes 18 cookies and 12 brownie bites. 45

Medium, includes 30 cookies and 20 brownie bites. 75

Large, includes 48 cookies and 32 brownie bites. 120

ASSORTED COOKIE PLATTER

Small, includes 24 cookies. 40

Medium, includes 42 cookies. 65

Large, includes 64 cookies. 100



A LA CARTE CUPCAKES 2.95 EACH | MINI CUPCAKES 1.95 EACH

Flavors rotate daily; for custom flavors please give 48 hrs. notice. 6 cupcake minimum per flavor ordered. 12 cupcake minimum per flavor for mini cupcakes.

**FOR FULL LIST OF FLAVORS VISIT
FOURFLOURS.COM/PAGES/FLAVORS**



CATERING MENU

FREE DELIVERY

\$35+ within 2 miles

\$50+ within 2-5 miles

\$100+ within 5-10 miles

\$5-10 delivery fee if min. order not met
depending on location

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

    @FOURFLOURS | FOURFLOURS.COM

BREAKFAST

BOX OF JOE TO GO 22
Serves 8-12 guests. Available in regular, decaf, or with 12 assorted tea bags. Includes cups, creamer, sugar, beverage napkins, and stir sticks.

COFFEE SET-UP 2.75/pp
For longer gatherings; airpots keep beverages hot for 6-8 hours. Includes cups, creamer, sugar, beverage napkins, and stir sticks. Decaf or tea available by request.

CONTINENTAL BREAKFAST 4.75/pp
Includes coffee set-up, assorted mini muffins, mini scones, & biscotti halves.

BAKED GOODS BREAKFAST 3.50/pp
Includes assortment of regular sized muffins, scones, & biscotti.

MINI BAKED GOODS BREAKFAST 2.50/pp
Includes assortment of mini muffins, mini scones, & biscotti halves.

MUFFINS
Flavors rotate daily; call for availability. The following flavors are regularly available: Blueberry, Cranberry Nut, Banana, Zucchini Carrot, Pumpkin, Honey Bran Cran, and Vegan Apple. Mini muffins available for catering.
2.15 EACH FULL SIZE | 1.25 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, & Cherry Almond.
3.15 EACH FULL SIZE | 1.25 EACH MINI SIZE | CALL FOR CUSTOM TRAYS

QUICHE
Choose from Broccoli Cheddar, Sundried Tomato-Spinach-Goat Cheese, or Quiche Lorraine. Breakfast platters available with assorted quiche bites.
WHOLE QUICHE 40 | BY THE SLICE 5.25 | QUICHE BITES 1.25 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 BISCOTTI PLATTERS

YOGURT & HOUSE-MADE GRANOLA CUPS 4.50/pp
All-natural vanilla yogurt layered with freshly baked, assorted granola.

LUNCH

FRESH BAKED BREAD & ROLL CHOICES:
MEMORY BREAD, SESAME WHEAT, ANADAMA, ONION DILL, MULTIGRAIN
WRAPS: HONEY WHEAT, SPINACH & HERB, SUNDRIED TOMATO
GLUTEN FREE ROLLS AVAILABLE: ADD .75¢

CAPRESE PANINI 6.95
Fresh mozzarella, tomato, basil & balsamic glaze on bread of choice.

APPLE BRIE PANINI 6.95
Granny Smith apples, brie, spinach & honey on bread of choice.

GRILLED CHEESE 5.95
Includes three cheeses of choice. Choose from cheddar, horseradish cheddar, gruyère, or swiss on bread of choice. Add-on spinach, tomato, or onion.

CHICKEN SALAD 7.95
Our homemade chicken salad with cranberries, pecans, and celery. Served with arugula & mixed greens on wrap of choice.

CHICKEN PESTO SALAD 7.95
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.

TUNA SALAD 7.95
Fresh and light; made with all white meat tuna, onions, celery & mayo. Perfect whether served cold on a wrap, or grilled hot on a tuna melt.

CURRIED CHICKPEA SALAD 6.95
Delicious and vegan! Mixed with carrots, walnuts, and raisins. Served on your choice of wrap with arugula & mixed greens.

DILLICIOUS EGG SALAD 6.95
Just like mom used to make, with a hint of dill & mixed with mayo and mustard.

HUMMUS SALAD 6.95
Served with mixed greens, arugula, red onion & tomato on choice of wrap.

ASSORTED SANDWICH & WRAP PLATTERS 7.45/pp
Call ahead for custom orders.

203-397-FOUR