

WINTER

LUNCH

FLATBREADS

13

Tomato Mozzarella
pesto sauce

FOUR Cheese

Flatbread of the Day

Spinach & Mushroom
lemon ricotta

APPETIZERS

Crispy Calamari

shaved parmesan, basil
spicy caper aioli

13

Caramel Chicken Lettuce Wraps

cashews, mint, basil & dipping sauces

13

Steamed Mussels

spinach & marinara

10

Spicy Sambal Chicken Lollipops

pickled vegetables & cilantro

11

Shrimp Tempura

soy udon noodle salad
sriracha aioli

12

Winter Vegetable Chowder

crispy sweet potato

9

SALADS

Blackened Shrimp Salad

mixed greens, cucumbers, baby corn, black beans
cherry tomatoes, pickled ginger & wasabi vinaigrette

17

Winter Salad

mixed greens, grilled radicchio, grapes,
toasted almonds, crispy prosciutto, parmesan
cheese & mustard stout vinaigrette

14

Chopped Romaine Wedge

corn, chopped tomatoes, bacon, sharp cheddar
crispy onions & avocado ranch dressing

10

Greek Salad

feta, black olives, red onion, cucumber,
roasted peppers & lemon vinaigrette

12

SANDWICHES

all served with french fries

FOUR Cheeseburger*

smoked mozzarella, lettuce, tomato
balsamic onions & basil mayo

14

Turkey Burger*

american cheese, lettuce, tomato
& avocado

15

Chicken Philly Sandwich

sautéed onions & mushrooms
truffle cheese sauce

14

Chicken Salad Wrap

romaine lettuce, dried apricots
& cranberries, grapes

13

Turkey Club Wrap

bacon, avocado, lettuce, tomato, cheddar
& herb mayo in tomato herb wrap

13

Grilled Eggplant Wrap

red peppers, onions, spinach & mozzarella
cheese, pesto sauce in a spinach wrap

13

Substitute a side market salad

2

ENTRÉE

Stir Fry Chicken Bowl

scallions, sugar snap peas, carrots, broccoli,
soy & sesame seeds over jasmine rice

15

Butternut Squash Ravioli

roasted cauliflower, golden raisins, parmesan
vanilla butter sauce

18

Grilled Chicken Tortellini

zucchini, yellow squash & sun dried tomatoes
pesto cream sauce

17

Braised Short Rib

smashed red bliss potatoes
steak jus

24

Pan Seared Salmon*

creamy israeli cous cous, roasted
butternut squash, asparagus
fig balsamic glaze

25

BBQ Chicken Tacos

bacon crumbles & apple slaw

15

MOCK-TAILS

FOUR your health 5

pineapple, V8 splash,
pear nectar

strawberry fields 6

strawberry puree, pineapple juice
white cranberry, papaya nectar

almost famous 6

red bull, 7-up
& cranberry juice

not exactly pink lemonade 6

fresh lemon juice,
sour, splash 7-up

old fashioned club soda 5

muddled lemon, lime,
orange & cherries

*These items can be cooked to your liking. Consuming raw or undercooked meat, fish, shellfish, or fresh shell eggs may increase your risk of food-borne illness, especially if you have certain medical conditions.