

The FOURS

RESTAURANT AND SPORTS BAR

LUNCH MENU

NORWELL 285 WASHINGTON STREET | 781.659.4414
QUINCY 15 COTTAGE AVENUE | 617.471.4447

Our menus have an antimicrobial overlam for your additional protection

The STARTING LINEUP

WINGS

Fresh wings and drumettes in your choice of sauce. Served with carrots, celery and bleu cheese. - \$13.99
Buffalo Style: Tossed in Louisiana hot sauce
Fours Style: In Asian marinade

SHRIMP COCKTAIL **GF**

Five jumbo shrimp served chilled with cocktail sauce, horseradish and lemon. - \$14.99

BUFFALO FINGERS

Fresh chicken tenders tossed in Louisiana hot sauce. Served with carrots, celery and bleu cheese. - \$13.99

BUFFALO CHICKEN NACHOS

Crispy tortilla chips baked with tomatoes, scallions and mozzarella cheese. Topped with diced fried chicken and Buffalo sauce. SMALL \$12.99 | LARGE \$17.99

CHICKEN QUESADILLA

Flour tortillas stuffed full with grilled chicken, sautéed onions, jalapeños, bacon, tomatoes and nacho cheese. Served with sour cream and salsa. - \$14.99

NACHOS EL GRANDE

Crispy tortilla chips baked with chili, jalapeños, tomatoes and nacho cheese. Topped with guacamole, sour cream and salsa. SMALL \$12.99 | LARGE \$17.99

BURGER SLIDERS

Chargrilled mini burgers topped with cheddar cheese and chipotle aioli on brioche rolls garnished with pickles. - \$12.99

FOURS TRIPLE PLAY

Buffalo fingers, potato skins and a steak & cheese egg roll served with carrots, celery sticks, sour cream, bleu cheese and caramelized onion BBQ mayonnaise. - \$16.99

BUFFALO CHICKEN RANGOON

Flash fried wontons stuffed with chicken, cream cheese and Buffalo infused bleu cheese, served with bleu cheese dressing for dipping. - \$13.99

POTATO SKINS

Fresh potato wedges loaded with cheddar cheese and bacon. Served with sour cream. - \$12.99

STEAK & CHEESE EGG ROLLS

Homemade egg rolls stuffed with steak, cheese, onions and peppers. Served with caramelized onion BBQ mayonnaise. - \$13.99

PRETZELS

Warm Bavarian salted pretzels served with Dijon cheese sauce. - \$12.99

BUFFALO CHICKEN DIP

A delicious blend of seasoned pulled chicken, buffalo sauce, cream, crumbled bleu, jack and mozzarella cheese baked en casserole served with tortilla chips, carrots and celery. - \$13.99

PEI MUSSELS

Sautéed in sherry butter, cherry peppers and tomatoes served with grilled crostini. - \$14.99

MAKE IT A MEAL

Add french fries and baked beans to any appetizer for \$4.00



THESE ITEMS ARE PREPARED GLUTEN FREE.
GLUTEN FREE PASTA OR BREAD AVAILABLE FOR \$2.00

SOUPER BOWLS

HOMEMADE CLAM CHOWDER

A New England favorite!
Bowl \$8.99
Cup \$6.99

SOUTHPAW TEXAS CHILI

Served with melted cheddar and nacho chips.
Bowl \$8.99 - Cup \$6.99

TODAY'S HOMEMADE SOUP

Bowl \$8.99
Cup \$5.99

FROM the GREEN

GARDEN SALAD

Seasonal greens, julienne carrots, red onions, vine ripe tomatoes, cucumbers and croutons. - \$10.99
With Chicken - \$15.99 | With Steak, Teriyaki, or Turkey Tips - \$18.99 | With Shrimp or Salmon - \$18.99

CAESAR SALAD

A traditional favorite with our homemade dressing. - \$10.99
With Chicken - \$15.99 | With Steak, Teriyaki, or Turkey Tips - \$18.99 | With Shrimp or Salmon - \$18.99

WESTERN SALAD

Chopped iceberg lettuce with queso fresco, three bean corn salsa, fried jalapeños, tomatoes, onions and sweet honey sriracha vinaigrette - \$13.99
With Chicken - \$15.99 | With Steak, Teriyaki, or Turkey Tips - \$18.99 | With Shrimp or Salmon - \$19.99

SUPER TACO SALAD

Texas chili, nacho cheese, chopped red onions, ripe olives, tomatoes, scallions, sour cream and homemade salsa atop shredded lettuce with tortilla chips. - \$14.99

FOURS CHOPPED SALAD **GF**

Shredded romaine, cherry tomatoes, chickpeas, red beans, cucumbers, olives, red onions, feta cheese and house vinaigrette. - \$15.99

CALIFORNIA COBB SALAD **GF**

Grilled chicken breast, bacon, cheddar cheese, avocado, tomatoes, scallions, ripe olives and hard boiled egg atop shredded lettuce. Served with your choice of dressing. - \$16.99

GRILLED SALMON SALAD **GF**

Fillet of salmon lightly seasoned and grilled, then served over seasonal greens with tomatoes, boiled egg, steamed potatoes, green beans, pickled red onions, kalamata olives and lemon walnut vinaigrette. - \$18.99

BLEU CHEESE WEDGE

Traditional iceberg wedge topped with crispy Applewood smoked bacon, diced red onions, crumbled bleu cheese, tomatoes, creamy bleu cheese dressing and finished with a balsamic drizzle. - \$13.99

ARUGULA STEAK SALAD **GF**

Baby arugula tossed in balsamic dressing with toasted pine nuts, cherry tomatoes and gorgonzola cheese served with fire roasted peppercorn crusted steak. - \$17.99

BABY SPINACH SALAD **GF**

Craisins, candied walnuts and crumbled goat cheese with crispy bacon atop baby spinach tossed in raspberry vinaigrette. - \$14.99

SALAD DRESSINGS

Creamy Bleu Cheese, Parmesan Peppercorn, Zesty Italian, House Vinaigrette, Balsamic Vinaigrette, Raspberry Vinaigrette, Honey Mustard, Lemon Walnut Vinaigrette, Honey Sriracha Vinaigrette, Caesar, Ranch, Russian or Olive Oil & Vinegar

John Hannah BURGERS

Hamburgers are 1/2 lb. hand packed Black Angus patties served on a fresh bulkie roll with lettuce and tomato. All burgers are served with homemade baked beans, a pickle, and your choice of house fries, pasta salad or small garden salad. You may substitute onion rings, sweet potato fries or waffle fries for an additional \$1.00. Bread choices include: white, country wheat, marble rye, braid roll, burger roll, Tuscan sourdough, wheat wrap or wheat bulkie. Gluten free bread is available for an additional \$2.00

CREATE YOUR OWN!

Burger au natural - \$12.99
Or add your favorite toppings

THE FRENCHIE

Garlic herb spread, brie cheese and fried onion strings
\$13.99

BBQ CHEDDAR

BBQ sauce, cheddar cheese and Applewood smoked bacon
\$13.99

IMPOSSIBLE™ BURGER

Grilled plant based eco-friendly patty that looks, cooks and tastes like a traditional burger on a fresh wheat bulkie
\$14.99

GORGONZOLA

Melted gorgonzola cheese, Applewood smoked bacon and portabella mushroom with balsamic glaze
\$13.99

THE WORKS

American cheese, sautéed onions, sautéed peppers and sautéed mushrooms
\$13.99

TOPPINGS - \$1.00 each

Sautéed Mushrooms, Onions, Peppers, Jalapeños, American, Cheddar, Mozzarella, Swiss, Provolone, Bleu Cheese Crumbles, Texas Chili, Bacon, Guacamole, Avocado or Fried Egg

CONSUMER ADVISORY Consuming raw or undercooked poultry, seafood, or shellfish may increase your risk of foodborne illness, especially if you have certain medical conditions.

HALL of FAMERS

All Hall of Famers are served with homemade baked beans, a pickle, and your choice of house fries, pasta salad or small garden salad. Bread choices include: white, marble rye, country wheat, braid roll, burger roll, Tuscan sourdough, wheat wrap or wheat bulkie. Gluten free bread is available for an additional \$2.00.

SANDWICHES & WRAPS

BOBBY ORR *The House Special!*

Hand cut charbroiled steak tips with melted cheese. Served on a fresh braid roll. The greatest ever! - \$15.99

TED WILLIAMS

Fresh scrod fried to perfection, served on a bulkie roll with lettuce, tomatoes and tartar sauce. The angler's delight! - \$13.99

LARRY BIRD

Grilled chicken topped with oven roasted tomatoes, caramelized onions, pesto and provolone on Tuscan sourdough bread served panini style. A true MVP! \$13.99

DOUG FLUTIE

Fried, breaded chicken breast with melted mozzarella cheese topped with Buffalo sauce, lettuce and tomato. Served on a fresh braid roll. The Hail Mary answered! \$13.99

JOHNNY KELLEY

Fried, breaded chicken cutlet with melted Swiss cheese and supreme sauce. Served on a fresh braid roll. As good as the legend! - \$13.99

BOBBY RIGGS

Slow roasted sliced turkey breast, crispy bacon, lettuce, tomato and cranberry mayonnaise on toasted white bread. Not your typical Hall of Famer! - \$14.99

THE YAZ

A heaping portion of extra lean pastrami with melted Swiss cheese. Served on a fresh bulkie roll. The captain's choice! - \$13.99

RAY BOURQUE

Sliced corned beef, Swiss cheese, sauerkraut and Russian dressing on grilled marble rye. Ray's reuben, a classic! - \$14.99

JACK NICKLAUS

Our classic Caesar salad topped with grilled chicken wrapped in a whole wheat tortilla. Fit for the Golden Bear! - \$13.99

ROBERT PARISH

A mix of grilled seasoned portabella mushroom, zucchini, yellow squash and roasted red peppers on toasted Tuscan sourdough with pesto mayonnaise and provolone cheese. Hail to the chief! - \$13.99

JOAN BENOIT

Blackened turkey burger with toppings of shredded lettuce, tomato, avocado and mozzarella cheese on a fresh wheat bulkie. The runner's reward! - \$13.99

SIDE SUBSTITUTIONS

Substitute onion rings, sweet potato fries or waffle fries for an additional \$1.00

The MAIN EVENT

NOTHING BUT NET

BOSTON SCROD

Fresh baked scrod fillet with a topping of scampi butter and Ritz crackers. Served with vegetables and your choice of house fries, mashed potatoes, rice pilaf or a baked potato. - \$18.99

FOURS SEAFOOD SAUTÉ

Sautéed lobster, scallops, shrimp and mussels tossed in pecorino sweet garlic crème sauce over fettuccine. - \$23.99

HADDOCK NANTUCKET

Baked fillet of haddock with a topping of Ritz crackers, crabmeat stuffing and Newburg sauce. Served with vegetables and your choice of house fries, mashed potatoes, rice pilaf or a baked potato. - \$19.99

ROASTED CHICKEN PROVENÇAL

Oven roasted half chicken rubbed with provençal herbs over a bed of mashed potatoes with grilled asparagus and garlic chicken jus. - \$17.99

MEATLOAF DINNER

Delicious homemade meatloaf served over mashed potatoes with vegetables and beef jus. - \$15.99

MAC & CHEESE

Pasta tossed in creamy garlic cheddar sauce then baked gratinee. - \$13.99
Add Buffalo Chicken and Bleu Cheese - \$16.99
Add Lobster - \$19.99

STEAK TIPS ^{GF} *The House Special!*

Hand cut, marinated sirloin tips charbroiled to your liking. - \$20.99

TERIYAKI STEAK TIPS

Our famous hand cut steak tips in our homemade teriyaki marinade charbroiled to your liking. - \$20.99

TURKEY TIPS ^{GF}

Hand cut marinated turkey tips charbroiled to perfection. - \$18.99

RIBS & TIPS

A half rack of BBQ baby back ribs served with choice of steak tips, teriyaki tips or turkey tips - \$20.99

SURF & TURF ^{GF}

Lightly seasoned large shrimp grilled to perfection with your choice of steak tips, teriyaki tips or turkey tips - \$21.99

WE PROUDLY SERVE PEPSI PRODUCTS 

SALMON ^{GF}

Fresh salmon fillet prepared broiled, blackened or grilled. Served with vegetables and your choice of house fries, mashed potatoes, rice pilaf or a baked potato. - \$19.99

FISH & CHIPS

Fresh scrod battered and fried golden brown, served with house fries, onion rings, coleslaw and tartar sauce. - \$17.99

CONSUMER ADVISORY

Consuming raw or undercooked poultry, seafood, or shellfish may increase your risk of foodborne illness, especially if you have certain medical conditions.

CHICKEN ENCHILADAS

Seasoned chicken, sautéed onions and green peppers wrapped in flour tortillas, topped with tomatillo sauce and Monterey Jack cheese. Served with rice pilaf, black bean and corn salad, pico de gallo, sour cream and guacamole. - \$14.99

FISH TACOS

Soft flour tortillas filled with cod and salmon lightly breaded, blackened and fried with avocado, shredded lettuce, cilantro, lime, and crème fraîche. Topped with pico de gallo and served with black bean and corn salad. - \$16.99
Substitute fried chicken or ground beef

FILET MIGNON

An 8oz. chargrilled seasoned tenderloin of beef served with mashed potatoes and grilled asparagus finished with caramelized onion bleu cheese sauce. - \$22.99

THE FOURS STEAK

A 12oz. chargrilled seasoned NY strip sirloin served over mashed potatoes and sautéed spinach finished with cognac mushroom sauce and crispy fried onion strings. - \$22.99

SIDES & SUBSTITUTIONS

All "From the Pen" entrées, except The Fours Steak and Filet Mignon, are served with vegetables and your choice of house fries, mashed potatoes, rice pilaf or a baked potato.

Add a side garden salad, side Caesar salad, cup of chowder or cup of homemade soup to any entrée for an additional \$3.95

Substitute any side for onion rings, sweet potato fries or waffle fries for an additional \$1.00

COMFORT FOOD

FROM THE PEN

The TOSS

All sautéed dishes are finished with parmesan cheese and parsley.

PASTA PRIMAVERA

Sautéed broccoli, English peas, red peppers and cherry tomatoes tossed with fettuccine in creamy Alfredo garlic and wine or marinara sauce. - \$15.99
Pasta Primavera with Chicken - \$17.99
Pasta Primavera with Shrimp - \$19.99

CHICKEN, ZITI & BROCCOLI

Fresh chicken, broccoli and tomatoes tossed in a scampi wine sauté with ziti. - \$16.99

CHICKEN PICCATO

Pan fried seasoned chicken breast finished in a lemon caper butter sauce with baby spinach and roasted tomatoes tossed with fettuccine. - \$16.99

CHICKEN PARMIGIANA

Pan fried homemade Italian crumb encrusted cutlets topped with our marinara sauce and mozzarella cheese, served over a bed of linguine. - \$15.99

SHRIMP AND SCALLOP DIANE

Scallops and shrimp sautéed in lobster wine sauce with mushroom caps, scallions and Cajun spices, tossed with linguine. - \$19.99

ROUNDING the PLATE

PIZZA MARGHERITA

Homemade marinara sauce, fresh basil, Roma tomatoes, Romano and mozzarella cheeses. - \$15.99

PEPPERONI

Homemade marinara sauce and mozzarella cheese covered with slices of pepperoni. - \$16.99

MUSHROOM & ONION

Portabello mushrooms, caramelized onions and mozzarella cheese. - \$16.99

SAUSAGE & BACON

Homemade marinara sauce, sweet Italian sausage, bacon, roasted tomato, onion, pepper and mozzarella cheese. - \$16.99

BUFFALO CHICKEN

Buffalo sauce, chicken, scallions, tomatoes, mozzarella and bleu cheese. - \$17.99

CHEESE

Homemade marinara sauce topped with Romano and mozzarella cheese. - \$14.99

The FOURS

RESTAURANT AND SPORTS BAR

DINNER MENU

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QUINCY 15 COTTAGE AVENUE | 617.471.4447

Our menus have an antimicrobial overlam for your additional protection

The STARTING LINEUP

WINGS

Fresh wings and drumettes in your choice of sauce.
Served with carrots, celery and bleu cheese. - \$13.99
Buffalo Style: Tossed in Louisiana hot sauce
Fours Style: In Asian marinade

SHRIMP COCKTAIL **GF**

Five jumbo shrimp served chilled with cocktail sauce,
horseradish and lemon. - \$15.99

BUFFALO FINGERS

Fresh chicken tenders tossed in Louisiana hot sauce.
Served with carrots, celery and bleu cheese. - \$13.99

BUFFALO CHICKEN NACHOS

Crispy tortilla chips baked with tomatoes, scallions and mozzarella
cheese. Topped with diced fried chicken and Buffalo sauce.
SMALL \$12.99 | LARGE \$17.99

CHICKEN QUESADILLA

Flour tortillas stuffed full with grilled chicken, sautéed onions,
jalapeños, bacon, tomatoes and nacho cheese. Served with sour
cream and salsa. - \$15.99

NACHOS EL GRANDE

Crispy tortilla chips baked with chili, jalapeños, tomatoes and nacho
cheese. Topped with guacamole, sour cream and salsa.
SMALL \$12.99 | LARGE \$17.99

BURGER SLIDERS

Chargrilled mini burgers topped with cheddar cheese and
chipotle aioli on brioche rolls garnished with pickles. - \$13.99

FOURS TRIPLE PLAY

Buffalo fingers, potato skins and a steak & cheese egg roll served
with carrots, celery sticks, sour cream, bleu cheese and
caramelized onion BBQ mayonnaise. - \$17.99

BUFFALO CHICKEN RANGOON

Flash fried wontons stuffed with chicken, cream cheese
and Buffalo infused bleu cheese, served with bleu cheese
dressing for dipping. - \$13.99

POTATO SKINS

Fresh potato wedges loaded with cheddar cheese and bacon.
Served with sour cream. - \$13.99

STEAK & CHEESE EGG ROLLS

Homemade egg rolls stuffed with steak, cheese, onions
and peppers. Served with caramelized onion
BBQ mayonnaise. - \$15.99

PRETZELS

Warm Bavarian salted pretzels served with Dijon cheese
sauce. - \$13.99

BUFFALO CHICKEN DIP

A delicious blend of seasoned pulled chicken, buffalo sauce,
cream, crumbled bleu, jack and mozzarella cheese baked en
casserole served with tortilla chips, carrots and celery. - \$13.99

PEI MUSSELS

Sautéed in sherry butter, cherry peppers and tomatoes served
with grilled crostini. - \$15.99

MAKE IT A MEAL

Add french fries and baked beans to any appetizer for \$4.00



THESE ITEMS ARE PREPARED GLUTEN FREE.
GLUTEN FREE PASTA OR BREAD AVAILABLE FOR \$2.00

SOUPER BOWLS

HOMEMADE CLAM CHOWDER

A New England favorite!
Bowl \$9.99
Cup \$7.99

SOUTHPAW TEXAS CHILI

Served with melted cheddar
and nacho chips.
Bowl \$8.99 - Cup \$6.99

TODAY'S HOMEMADE SOUP

Bowl \$8.99
Cup \$5.99

FROM the GREEN

GARDEN SALAD

Seasonal greens, julienne carrots, red onions, vine ripe tomatoes, cucumbers and croutons. - \$10.99
With Chicken - \$18.99 | With Steak, Teriyaki, or Turkey Tips - \$21.99 | With Shrimp or Salmon - \$21.99

CAESAR SALAD

A traditional favorite with our homemade dressing. - \$10.99
With Chicken - \$18.99 | With Steak, Teriyaki, or Turkey Tips - \$21.99 | With Shrimp or Salmon - \$21.99

WESTERN SALAD

Chopped iceberg lettuce with queso fresco, three bean corn salsa, fried jalapeños, tomatoes, onions and sweet
honey sriracha vinaigrette - \$15.99
With Chicken - \$18.99 | With Steak, Teriyaki, or Turkey Tips - \$21.99 | With Shrimp or Salmon - \$21.99

SUPER TACO SALAD

Texas chili, nacho cheese, chopped red onions, ripe olives, tomatoes, scallions, sour cream and homemade
salsa atop shredded lettuce with tortilla chips. - \$16.99

FOURS CHOPPED SALAD **GF**

Shredded romaine, cherry tomatoes, chickpeas, red beans, cucumbers, olives, red onions, feta cheese
and house vinaigrette. - \$16.99

CALIFORNIA COBB SALAD **GF**

Grilled chicken breast, bacon, cheddar cheese, avocado, tomatoes, scallions, ripe olives and hard boiled
egg atop shredded lettuce. Served with your choice of dressing. - \$18.99

GRILLED SALMON SALAD **GF**

Fillet of salmon lightly seasoned and grilled, then served over seasonal greens with tomatoes, boiled egg,
steamed potatoes, green beans, pickled red onions, kalamata olives and lemon walnut vinaigrette. - \$21.99

BLEU CHEESE WEDGE

Traditional iceberg wedge topped with crispy Applewood smoked bacon, diced red onions, crumbled bleu
cheese, tomatoes, creamy bleu cheese dressing and finished with a balsamic drizzle. - \$15.99

ARUGULA STEAK SALAD **GF**

Baby arugula tossed in balsamic dressing with toasted pine nuts, cherry tomatoes and gorgonzola cheese
served with fire roasted peppercorn crusted steak. - \$20.99

BABY SPINACH SALAD **GF**

Craisins, candied walnuts and crumbled goat cheese with crispy bacon atop baby spinach tossed
in raspberry vinaigrette. - \$16.99

SALAD DRESSINGS

*Creamy Bleu Cheese, Parmesan Peppercorn, Zesty Italian, House Vinaigrette, Balsamic Vinaigrette, Raspberry Vinaigrette,
Honey Mustard, Lemon Walnut Vinaigrette, Honey Sriracha Vinaigrette, Caesar, Ranch, Russian or Olive Oil & Vinegar*

John Hannah BURGERS

*Hamburgers are 1/2 lb. hand packed Black Angus patties served on a fresh bulkie roll with lettuce and tomato. All burgers are served
with homemade baked beans, a pickle, and your choice of house fries, pasta salad or small garden salad. You may substitute onion
rings, sweet potato fries or waffle fries for an additional \$1.00. Bread choices include: white, country wheat, marble rye, braid roll,
burger roll, Tuscan sourdough, wheat wrap or wheat bulkie. Gluten free bread is available for an additional \$2.00*

CREATE YOUR OWN!

Burger au natural - \$13.99
Or add your favorite toppings

THE FRENCHIE

Garlic herb spread, brie cheese
and fried onion strings
\$15.99

BBQ CHEDDAR

BBQ sauce, cheddar cheese
and Applewood smoked bacon
\$15.99

IMPOSSIBLE™ BURGER

Grilled plant based eco-friendly
pattie that looks, cooks and
tastes like a traditional burger
on a fresh wheat bulkie
\$16.99

GORGONZOLA

Melted gorgonzola cheese, Applewood
smoked bacon and portabella
mushroom with balsamic glaze
\$15.99

THE WORKS

American cheese, sautéed
onions, sautéed peppers and
sautéed mushrooms
\$15.99

TOPPINGS - \$1.00 each

*Sautéed Mushrooms, Onions, Peppers,
Jalapeños, American, Cheddar, Mozzarella, Swiss, Provolone, Bleu Cheese
Crumbles, Texas Chili, Bacon, Guacamole, Avocado or Fried Egg*

CONSUMER ADVISORY Consuming raw or undercooked
poultry, seafood, or shellfish may increase your risk
of foodborne illness, especially if you have certain
medical conditions.

HALL of FAMERS

All Hall of Famers are served with homemade baked beans, a pickle, and your choice of house fries, pasta salad or small garden salad. Bread choices include: white, marble rye, country wheat, braid roll, burger roll, Tuscan sourdough, wheat wrap or wheat bulkie. Gluten free bread is available for an additional \$2.00.

SANDWICHES & WRAPS

BOBBY ORR *The House Special!*

Hand cut charbroiled steak tips with melted cheese. Served on a fresh braid roll. The greatest ever! - \$16.99

TED WILLIAMS

Fresh scrod fried to perfection, served on a bulkie roll with lettuce, tomatoes and tartar sauce. The angler's delight! - \$15.99

LARRY BIRD

Grilled chicken topped with oven roasted tomatoes, caramelized onions, pesto and provolone on Tuscan sourdough bread served panini style. A true MVP! \$15.99

DOUG FLUTIE

Fried, breaded chicken breast with melted mozzarella cheese topped with Buffalo sauce, lettuce and tomato. Served on a fresh braid roll. The Hail Mary answered! \$15.99

JOHNNY KELLEY

Fried, breaded chicken cutlet with melted Swiss cheese and supreme sauce. Served on a fresh braid roll. As good as the legend! - \$15.99

BOBBY RIGGS

Slow roasted sliced turkey breast, crispy bacon, lettuce, tomato and cranberry mayonnaise on toasted white bread. Not your typical Hall of Famer! - \$15.99

THE YAZ

A heaping portion of extra lean pastrami with melted Swiss cheese. Served on a fresh bulkie roll. The captain's choice! - \$15.99

RAY BOURQUE

Sliced corned beef, Swiss cheese, sauerkraut and Russian dressing on grilled marble rye. Ray's reuben, a classic! - \$15.99

JACK NICKLAUS

Our classic Caesar salad topped with grilled chicken wrapped in a whole wheat tortilla. Fit for the Golden Bear! - \$15.99

ROBERT PARISH

A mix of grilled seasoned portabella mushroom, zucchini, yellow squash and roasted red peppers on toasted Tuscan sourdough with pesto mayonnaise and provolone cheese. Hail to the chief! - \$15.99

JOAN BENOIT

Blackened turkey burger with toppings of shredded lettuce, tomato, avocado and mozzarella cheese on a fresh wheat bulkie. The runner's reward! - \$15.99

SIDE SUBSTITUTIONS

Substitute onion rings, sweet potato fries or waffle fries for an additional \$1.00

The MAIN EVENT

NOTHING BUT NET

BOSTON SCROD

Fresh baked scrod fillet with a topping of scampi butter and Ritz crackers. Served with vegetables and your choice of house fries, mashed potatoes, rice pilaf or a baked potato. - \$20.99

FOURS SEAFOOD SAUTÉ

Sautéed lobster, scallops, shrimp and mussels tossed in pecorino sweet garlic crème sauce over fettuccine. - \$27.99

HADDOCK NANTUCKET

Baked fillet of haddock with a topping of Ritz crackers, crabmeat stuffing and Newburg sauce. Served with vegetables and your choice of house fries, mashed potatoes, rice pilaf or a baked potato. - \$23.99

ROASTED CHICKEN PROVENÇAL

Oven roasted half chicken rubbed with provençal herbs over a bed of mashed potatoes with grilled asparagus and garlic chicken jus. - \$19.99

MEATLOAF DINNER

Delicious homemade meatloaf served over mashed potatoes with vegetables and beef jus. - \$18.99

MAC & CHEESE

Pasta tossed in creamy garlic cheddar sauce then baked gratinee. - \$15.99
Add Buffalo Chicken and Bleu Cheese - \$18.99
Add Lobster - \$23.99

STEAK TIPS ^{GF} *The House Special!*

Hand cut, marinated sirloin tips charbroiled to your liking. - \$23.99

TERIYAKI STEAK TIPS

Our famous hand cut steak tips in our homemade teriyaki marinade charbroiled to your liking. - \$23.99

TURKEY TIPS ^{GF}

Hand cut marinated turkey tips charbroiled to perfection. - \$21.99

RIBS & TIPS

A half rack of BBQ baby back ribs served with choice of steak tips, teriyaki tips or turkey tips - \$24.99

SURF & TURF ^{GF}

Lightly seasoned large shrimp grilled to perfection with your choice of steak tips, teriyaki tips or turkey tips - \$25.99

WE PROUDLY SERVE PEPSI PRODUCTS 

SALMON ^{GF}

Fresh salmon fillet prepared broiled, blackened or grilled. Served with vegetables and your choice of house fries, mashed potatoes, rice pilaf or a baked potato. - \$22.99

FISH & CHIPS

Fresh scrod battered and fried golden brown, served with house fries, onion rings, coleslaw and tartar sauce. - \$20.99

CONSUMER ADVISORY

Consuming raw or undercooked poultry, seafood, or shellfish may increase your risk of foodborne illness, especially if you have certain medical conditions.

CHICKEN ENCHILADAS

Seasoned chicken, sautéed onions and green peppers wrapped in flour tortillas, topped with tomatillo sauce and Monterey Jack cheese. Served with rice pilaf, black bean and corn salad, pico de gallo, sour cream and guacamole. - \$18.99

FISH TACOS

Soft flour tortillas filled with cod and salmon lightly breaded, blackened and fried with avocado, shredded lettuce, cilantro, lime, and crème fraîche. Topped with pico de gallo and served with black bean and corn salad. - \$19.99
Substitute fried chicken or ground beef

FILET MIGNON

An 8oz. chargrilled seasoned tenderloin of beef served with mashed potatoes and grilled asparagus finished with caramelized onion bleu cheese sauce. - \$27.99

THE FOURS STEAK

A 12oz. chargrilled seasoned NY strip sirloin served over mashed potatoes and sautéed spinach finished with cognac mushroom sauce and crispy fried onion strings. - \$26.99

SIDES & SUBSTITUTIONS

All "From the Pen" entrées, except The Fours Steak and Filet Mignon, are served with vegetables and your choice of house fries, mashed potatoes, rice pilaf or a baked potato.

Add a side garden salad, side Caesar salad, cup of chowder or cup of homemade soup to any entrée for an additional \$3.95

Substitute any side for onion rings, sweet potato fries or waffle fries for an additional \$1.00

COMFORT FOOD

FROM THE PEN

The TOSS

All sautéed dishes are finished with parmesan cheese and parsley.

PASTA PRIMAVERA

Sautéed broccoli, English peas, red peppers and cherry tomatoes tossed with fettuccine in creamy Alfredo garlic and wine or marinara sauce. - \$17.99
Pasta Primavera with Chicken - \$19.99
Pasta Primavera with Shrimp - \$22.99

CHICKEN, ZITI & BROCCOLI

Fresh chicken, broccoli and tomatoes tossed in a scampi wine sauté with ziti. - \$20.99

CHICKEN PICCATO

Pan fried seasoned chicken breast finished in a lemon caper butter sauce with baby spinach and roasted tomatoes tossed with fettuccine. - \$20.99

CHICKEN PARMIGIANA

Pan fried homemade Italian crumb encrusted cutlets topped with our marinara sauce and mozzarella cheese, served over a bed of linguine. - \$19.99

SHRIMP AND SCALLOP DIANE

Scallops and shrimp sautéed in lobster wine sauce with mushroom caps, scallions and Cajun spices, tossed with linguine. - \$24.99

ROUNDING the PLATE

PIZZA MARGHERITA

Homemade marinara sauce, fresh basil, Roma tomatoes, Romano and mozzarella cheeses. - \$15.99

PEPPERONI

Homemade marinara sauce and mozzarella cheese covered with slices of pepperoni. - \$16.99

MUSHROOM & ONION

Portabella mushrooms, caramelized onions and mozzarella cheese. - \$16.99

SAUSAGE & BACON

Homemade marinara sauce, sweet Italian sausage, bacon, roasted tomato, onion, pepper and mozzarella cheese. - \$16.99

BUFFALO CHICKEN

Buffalo sauce, chicken, scallions, tomatoes, mozzarella and bleu cheese. - \$17.99

CHEESE

Homemade marinara sauce topped with Romano and mozzarella cheese. - \$14.99