

## SUPER BOWLS

TODAY'S HOMEMADE SOUP	LUNCH	3PM
• Bowl.....	7.99	7.99
• Cup.....	4.99	4.99
<b>HOMEMADE CLAM CHOWDER (A NEW ENGLAND FAVORITE!)</b>		
• Bowl.....	7.99	7.99
• Cup.....	5.99	5.99
<b>SOUTHPAW TEXAS CHILI</b>		
Served with melted cheddar cheese & nacho chips		
• Bowl.....	7.99	7.99
• Cup.....	5.99	5.99

## ◆ HALL OF FAMERS ◆

Hamburgers are 1/2 lb. hand packed Black Angus patties served on a fresh bulkie roll with lettuce & tomato. All Hall of Famers 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, marble rye, braid roll, burger roll, wheat bulkie, Tuscan sourdough or wheat wrap. Gluten free bread is available for an additional \$1.00.

Toppings: Sautéed Mushrooms, Onions, Peppers, Jalapenos, American, Cheddar, Mozzarella, Swiss, Provolone, Bleu Cheese Crumbles, Texas Chili, Bacon, Guacamole, Avocado or Fried Egg (\$1.00 each)

## JOHN HANNAH BURGERS

	LUNCH	3PM
<b>BBQ CHEDDAR BURGER</b> BBQ sauce, cheddar cheese and applewood smoked bacon.	12.99	14.99
<b>THE WORKS</b> American cheese, sautéed onions, peppers & mushrooms.	12.99	14.99
<b>THE FRENCHIE</b> Garlic herb spread, brie cheese & fried onion strings.	12.99	14.99
<b>GORGONZOLA BURGER</b> Melted gorgonzola cheese, Applewood smoked bacon & portabella mushroom with balsamic glaze.	12.99	14.99
<b>IMPOSSIBLE BURGER</b> Grilled plant based eco-friendly pattie that looks, cooks and tastes like a traditional burger on a fresh wheat bulkie.	13.99	15.99
<b>CREATE YOUR OWN</b> Burger au natural - Or add your favorite toppings.	11.99	12.99

## SANDWICHES & WRAPS

	LUNCH	3PM
<b>JOHNNY KELLEY (AS GOOD AS THE LEGEND!)</b> Fried, breaded chicken cutlet with melted Swiss cheese & supreme sauce. Served on a fresh braid roll.	12.99	14.99
<b>BOBBY RIGGS (NOT YOUR TYPICAL HALL OF FAMER!)</b> Slow roasted sliced turkey breast, crispy bacon, lettuce, tomato & cranberry mayonnaise on toasted white bread.	13.99	14.99
<b>THE YAZ (THE CAPTAIN'S CHOICE!)</b> A heaping portion of extra lean pastrami, with melted Swiss cheese. Served on a fresh bulkie roll.	12.99	14.99
<b>RAY BOURQUE (RAY'S REUBEN, A CLASSIC!)</b> Sliced corned beef, Swiss cheese, sauerkraut and Russian dressing on grilled marble rye.	13.99	14.99
<b>BOBBY ORR (THE GREATEST EVER!)</b> The House Special! Hand cut charbroiled steak tips with melted cheese. Served on a fresh braid roll.	14.99	15.99
<b>TED WILLIAMS (THE ANGLERS DELIGHT!)</b> Fresh scrod fried to perfection and served on a bulkie roll with lettuce, tomatoes & tartar sauce.	12.99	14.99
<b>LARRY BIRD (A TRUE MVP!)</b> Grilled chicken topped with oven roasted tomatoes, caramelized onion, provolone & pesto on Tuscan sourdough bread served panini style.	12.99	14.99
<b>DOUG FLUTIE (THE HAIL MARY ANSWERED!)</b> Fresh breaded chicken breast with melted mozzarella cheese topped with buffalo sauce, lettuce & tomato. Served on a fresh braid roll.	12.99	14.99
<b>JACK NICKLAUS (FIT FOR THE GOLDEN BEAR!)</b> Our classic caesar salad topped with grilled chicken wrapped in a whole wheat tortilla.	12.99	14.99
<b>ROBERT PARISH (HAIL TO THE CHIEF!)</b> A mix of grilled seasoned portabella mushroom, zucchini, yellow squash, & roasted red peppers on toasted Tuscan sourdough bread with pesto mayonnaise and provolone cheese.	12.99	14.99
<b>JOAN BENOIT (THE RUNNER'S REWARD!)</b> Blackened turkey burger with toppings of shredded lettuce, tomato, avocado and mozzarella cheese on a fresh wheat bulkie.	12.99	14.99

# The FOURS

RESTAURANT AND SPORTS BAR

Established in 1976 as one of the country's first sports pubs, The Four's has quickly gained a reputation for fine food and great service.

The Four's Restaurant and Sports Bar, recognized by Sports Illustrated as the "Best Sports Bar in America," serves passionate fans among memorabilia that captures the excitement and lore of Boston sports. With locations in Boston, Quincy, and Norwell, The Fours has become a New England tradition and the preferred meeting place of sports legends and fans.

Praised by the Boston Globe, Phantom Gourmet and TV Diner, our food has been hailed as the stuff of champions. Try our New England clam chowder, buffalo chicken nachos, hand cut steak tips or our famous Bobby Orr steak sandwich - and leave feeling like a Hall of Famer.

## LOCATIONS

### NORWELL

285 WASHINGTON ST. • NORWELL, MA  
[NORWELL@THEFOURS.COM](mailto:NORWELL@THEFOURS.COM)  
**781.659.4414**  
 LUNCH: MON. - SAT. 11AM - 3PM  
 DINNER: MON. - SAT. 3PM - 12AM  
 & ALL DAY SUN.

### QUINCY

15 COTTAGE AVE. • QUINCY, MA  
[QUINCY@THEFOURS.COM](mailto:QUINCY@THEFOURS.COM)  
**617.471.4447**  
 LUNCH: MON. - SAT. 11AM - 3PM  
 DINNER: MON. - SAT. 3PM - 12AM  
 & ALL DAY SUN.

# The FOURS

RESTAURANT AND SPORTS BAR



## LUNCH ◆ TAKE OUT ◆ DINNER

DELIVERY AVAILABLE IN QUINCY AREA

## QUINCY

15 COTTAGE AVENUE • QUINCY, MA  
[QUINCY@THEFOURS.COM](mailto:QUINCY@THEFOURS.COM)

**617.471.4447**  
**THEFOURS.COM**

### DELIVERY HOURS

MON - THURS: 11AM - 2PM • 5PM - 10PM  
 FRI - SUN: 11AM - 10PM



# THE STARTING LINE-UP

MAKE IT A MEAL: Add french fries & baked beans to any appetizer for 4.00

	LUNCH	3PM
<b>WINGS</b> Fresh wings & drumettes in your choice of sauce. Served with carrots, celery & bleu cheese. • <b>BUFFALO STYLE: TOSSED IN LOUISIANA HOT SAUCE</b> • <b>FOUR'S STYLE: IN ASIAN MARINADE</b>	12.99	12.99
<b>SHRIMP COCKTAIL</b> Five jumbo shrimp served chilled with cocktail sauce, horseradish & lemon.	13.99	14.99
<b>BUFFALO FINGERS</b> Fresh chicken tenders tossed in Louisiana hot sauce. Served with carrots, celery & bleu cheese.	12.99	12.99
<b>BUFFALO CHICKEN NACHOS</b> Crispy tortilla chips baked with tomatoes, scallions & mozzarella cheese. Topped with diced fried chicken & buffalo sauce.	SM 11.99 LG 16.99	
<b>CHICKEN QUESADILLA</b> Flour tortillas stuffed full with grilled chicken, sauteed onions, jalapenos, bacon, tomatoes, & nacho cheese. Served with sour cream & salsa.	13.99	13.99
<b>NACHOS EL GRANDE</b> Crispy tortilla chips baked with chili, jalapenos, tomatoes, & nacho cheese. Topped with guacamole, sour cream, & salsa.	SM 11.99 LG 16.99	
<b>BURGER SLIDERS</b> Char grilled mini burgers topped with cheddar cheese & chipotle aioli on brioche rolls. Garnished with pickles.	11.99	12.99
<b>FOUR'S TRIPLE PLAY</b> Buffalo fingers, potato skins and a steak & cheese egg roll. Served with carrots, celery sticks, sour cream, bleu cheese & caramelized onion BBQ mayonnaise.	14.99	15.99
<b>BUFFALO CHICKEN RANGOON</b> Flash fried wontons stuffed with chicken, cream cheese, & buffalo infused bleu cheese. Served with bleu cheese dressing.	12.99	12.99
<b>POTATO SKINS</b> Fresh potato wedges loaded with cheddar cheese and bacon. Served with sour cream.	11.99	12.99
<b>STEAK AND CHEESE EGG ROLLS</b> Homemade egg rolls stuffed with steak, cheese, onions, & peppers. Served with caramelized onion bbq mayonnaise.	12.99	14.99
<b>PRETZELS</b> Warm Bavarian salted pretzels served with Dijon cheese sauce	11.99	12.99
<b>BUFFALO CHICKEN DIP</b> 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	11.99	12.99
<b>PEI MUSSELS</b> Sautéed in sherry butter, cherry peppers and tomatoes served with grilled crostini	13.99	13.99

## FROM THE GREEN

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

	LUNCH	3PM
<b>GARDEN SALAD</b> Seasonal greens, julienne carrots, red onions, vine ripe tomatoes, cucumbers, & croutons.	8.99	8.99
• With Grilled Chicken	13.99	16.99
• With Grilled Steak Tips, Teriyaki Tips or Turkey Tips	15.99	18.99
• With Shrimp or Salmon	16.99	19.99
<b>CAESAR SALAD</b> A traditional favorite with our homemade dressing.	8.99	8.99
• With Grilled Chicken	13.99	16.99
• With Grilled Steak Tips, Teriyaki Tips or Turkey Tips	15.99	18.99
• With Shrimp or Salmon	16.99	19.99
<b>WESTERN SALAD</b> Chopped iceberg lettuce with queso fresco, three bean corn salsa, fried jalapenos, tomatoes, onions and sweet honey sriracha vinaigrette	11.99	13.99
• With Grilled Chicken	13.99	16.99
• With Grilled Steak Tips, Teriyaki Tips or Turkey Tips	15.99	18.99
• With Shrimp or Salmon	16.99	19.99
<b>SUPER TACO SALAD</b> Texas chili, nacho cheese, chopped red onion, ripe olives, tomatoes, scallions, sour cream & homemade salsa atop shredded lettuce with tortilla chips.	13.99	15.99
<b>FOUR'S CHOPPED SALAD</b> Shredded romaine, cherry tomatoes, chickpeas, red beans, cucumbers, olives, red onions, feta cheese & house vinaigrette.	12.99	14.99
<b>CALIFORNIA COBB SALAD</b> Grilled chicken breast, bacon, cheddar cheese, avocado, tomatoes, scallions, olives & hard boiled egg atop shredded lettuce.	14.99	16.99
<b>GRILLED SALMON SALAD</b> Fillet of salmon lightly seasoned & grilled, then served over seasonal greens with tomatoes, hard boiled egg, steamed potatoes, green beans, pickled red onions, kalamata olives & lemon walnut vinaigrette.	16.99	18.99
<b>BLEU CHEESE WEDGE</b> Traditional iceberg wedge topped with crispy Applewood smoked bacon, diced red onions, crumbled bleu cheese, tomatoes, & creamy bleu cheese dressing with balsamic drizzle.	12.99	14.99
<b>ARUGULA STEAK SALAD</b> Baby arugula tossed in balsamic dressing with toasted pine nuts, cherry tomatoes and gorgonzola cheese served with fire roasted peppercorn crusted steak	15.99	18.99
<b>BABY SPINACH SALAD</b> Craisins, candied walnuts, & crumbled goat cheese with crispy bacon atop baby spinach tossed in raspberry vinaigrette	13.99	14.99

# ◆ THE MAIN EVENT ◆

All entrees, except pasta dishes are served with vegetables and your choice of house fries, mashed potatoes, rice pilaf or a baked potato.

You may add a side house salad, side caesar salad, cup of chowder or cup of homemade soup for an additional \$3.95. You may substitute onion rings, sweet potato fries or waffle fries for an additional \$1.00.



## FROM THE PEN

	LUNCH	3PM
<b>GF STEAK TIPS (THE HOUSE SPECIALTY!)</b> Hand cut, marinated sirloin tips charbroiled to your liking.	17.99	19.99
<b>THE FOURS STEAK</b> 12 oz. char grilled seasoned NY strip sirloin served over mashed potatoes & sautéed spinach finished with cognac mushroom sauce & crispy fried onion strings.	19.99	23.99
<b>GF TURKEY TIPS</b> Hand cut marinated turkey tips charbroiled to perfection.	15.99	18.99
<b>TERIYAKI STEAK TIPS</b> Our famous hand cut steak tips in homemade teriyaki marinade charbroiled to your liking.	17.99	19.99
<b>RIBS &amp; TIPS</b> 1/2 rack of BBQ baby back ribs served with choice of steak, teriyaki or turkey tips.	17.99	21.99
<b>GF SURF &amp; TURF</b> Lightly seasoned large shrimp grilled to perfection with your choice of steak tips, teriyaki tips or turkey tips.	18.99	23.99
<b>FILET MIGNON</b> 8oz chargrilled seasoned tenderloin of beef served with mashed potatoes and grilled asparagus finished with caramelized onion bleu cheese sauce.	19.99	25.99

## NOTHING BUT NET

	LUNCH	3PM
<b>BOSTON SCROD</b> Fresh baked scrod fillet with a topping of scampi butter and Ritz crackers.	17.99	19.99
<b>SALMON</b> Fresh salmon fillet prepared broiled, blackened or grilled.	17.99	19.99
<b>GF HADDOCK NANTUCKET</b> Baked fillet of haddock with a topping of Ritz crackers, crabmeat stuffing and newburg sauce.	17.99	21.99
<b>FOUR'S SEAFOOD SAUTÉ</b> Sautéed lobster, scallops, shrimp, & mussels tossed in Pecorino sweet garlic crème sauce over fettuccine.	19.99	24.99
<b>FISH &amp; CHIPS</b> Fresh scrod battered & fried golden brown, served with house fries, onion rings, cole slaw, & tartar sauce.	16.99	18.99

## COMFORT FOOD

	LUNCH	3PM
<b>ROASTED CHICKEN PROVENCAL</b> Oven roasted half chicken rubbed with provencal herbs over a bed of mashed potatoes with grilled asparagus & garlic chicken jus.	15.99	18.99
<b>MEATLOAF DINNER</b> Delicious homemade meatloaf served over mashed potatoes with vegetables & beef gravy.	14.99	17.99
<b>FISH TACOS</b> Soft flour tortillas filled with blackened cod and salmon, guacamole, shredded lettuce, cilantro, lime & salsa crème fraîche topped with pico de gallo. Served with black beans & corn salad. May substitute fried chicken or ground beef.	15.99	17.99
<b>CHICKEN ENCHILADAS</b> Seasoned chicken wrapped in flour tortillas topped with tomatillo sauce & monterey jack cheese served with rice pilaf, black bean & corn salad, pico de gallo, sour cream & guacamole.	13.99	17.99
<b>MAC &amp; CHEESE</b> Pasta tossed in creamy garlic cheddar sauce then baked gratinée.	12.99	14.99
• Add Buffalo Chicken and Bleu Cheese	15.99	17.99
• Add Lobster	18.99	22.99

## THE TOSS

All sautéed dishes are finished with parmesan cheese and parsley.

	LUNCH	3PM
<b>PASTA PRIMAVERA</b> Sautéed broccoli, English peas, red peppers & cherry tomatoes tossed with fettuccine in creamy alfredo, garlic & wine or marinara sauce.	14.99	16.99
• With Chicken	17.99	19.99
• With Shrimp	18.99	21.99
<b>CHICKEN, ZITI &amp; BROCCOLI</b> Fresh chicken, broccoli & tomatoes tossed in a scampi wine sauté with ziti.	15.99	18.99
<b>CHICKEN PICCATA</b> Pan fried seasoned chicken breast finished in a lemon caper butter sauce with baby spinach & roasted tomatoes tossed with fettuccine.	14.99	18.99
<b>CHICKEN PARMIGIANA</b> Pan fried homemade Italian crumb encrusted cutlets topped with our marinara sauce & mozzarella cheese served over a bed of linguine.	14.99	18.99
<b>SHRIMP AND SCALLOP DIANE</b> Scallops and shrimp sautéed in lobster wine sauce with mushroom caps, scallions and Cajun spices tossed with linguine	18.99	22.99



## ROUNDING HOME PLATE

<b>PIZZA MARGHERITA</b> Homemade marinara sauce, fresh basil, roma tomatoes, romano & mozzarella cheeses.	14.99
<b>MUSHROOM &amp; ONION</b> Portabella mushrooms, caramelized onions, & mozzarella cheese.	15.99
<b>PEPPERONI</b> Homemade marinara sauce & mozzarella cheese covered with slices of pepperoni.	15.99
<b>BUFFALO CHICKEN</b> Buffalo sauce, chicken, scallions, tomatoes, mozzarella & bleu cheese.	16.99
<b>CHEESE</b> Homemade marinara sauce topped with romano & mozzarella cheese.	13.99
<b>SAUSAGE AND BACON PIZZA</b> Homemade marinara sauce, sweet Italian sausage, bacon, roasted tomato, onion, pepper and mozzarella cheese	15.99

**GF** THESE ITEMS ARE PREPARED GLUTEN FREE. Gluten Free Pasta or Bread available for \$1.00

Before placing your order, please inform your server if anyone in your party has a food allergy.

\*Consuming raw or undercooked poultry, seafood or shellfish may increase your risk of foodborne illness, especially if you have certain medical conditions. Not responsible for well done orders.

## LUNCH ◆ TAKE OUT ◆ DINNER

The  
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RESTAURANT AND SPORTS BAR

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