

# The FOURS

RESTAURANT AND SPORTS BAR

## LUNCH MENU

BOSTON 166 CANAL STREET | 617.720.4455  
NORWELL 285 WASHINGTON STREET | 781.659.4414  
QUINCY 15 COTTAGE AVENUE | 617.471.4447

## The STARTING LINEUP

### WINGS

Fresh wings and drumettes in your choice of sauce. Served with carrots, celery and bleu cheese. - \$10.99  
*Buffalo Style: Tossed in Louisiana hot sauce*  
*BBQ Style: Tossed in a sweet and tangy BBQ sauce*  
*Fours Style: In soy marinade*

### SHRIMP DIANE

Shrimp sautéed in homemade Cajun-spiced lobster sauce with mushrooms and scallions. Served with toasted ciabatta points. - \$13.99

### BUFFALO FINGERS

Fresh chicken tenders tossed in Louisiana hot sauce. Served with carrots, celery and bleu cheese. - \$10.99

### BUFFALO CHICKEN NACHOS

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

### NACHOS EL GRANDE

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

### CHICKEN QUESADILLA

Flour tortillas stuffed full with grilled chicken, sautéed onions, jalapeños, bacon, tomatoes and nacho cheese. Served with sour cream and salsa. - \$10.99

### CALAMARI

Rhode Island style, lightly dusted and fried with banana peppers. Served with chipotle aioli. - \$10.99

### CRAB CAKE

Pan seared and served with a side of coleslaw and Cajun remoulade dipping sauce. - \$13.99

### BURGER SLIDERS

Chargrilled mini burgers topped with cheddar cheese and chipotle aioli on brioche rolls garnished with pickles. - \$10.99

### 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. - \$13.99

### POTATO SKINS

Fresh potato wedges loaded with cheddar cheese and bacon. Served with sour cream. - \$9.99

### STEAK & CHEESE EGG ROLLS

Homemade egg rolls stuffed with steak, cheese, onions and peppers. Served with caramelized onion BBQ mayonnaise. - \$11.99

### FRIED PICKLES

Dill pickle spears, battered and deep fried until crispy. Served with Cajun remoulade dipping sauce. - \$8.99

### MAKE IT A MEAL

Add french fries and baked beans to any appetizer for \$3.00

GF

THESE ITEMS ARE PREPARED GLUTEN FREE.  
GLUTEN FREE BREAD IS AVAILABLE FOR \$1.00.

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

## SOUPER BOWLS

### HOMEMADE CLAM CHOWDER

A New England favorite!  
Bowl \$6.99 - Cup \$4.99

### SOUTHPAW TEXAS CHILI

With melted cheddar and nacho chips.  
Bowl \$6.99 - Cup \$4.99

### TODAY'S HOMEMADE SOUP

Bowl \$6.99 - Cup \$4.99

## FROM the GREEN

### GARDEN SALAD

Seasonal greens, julienne carrots, red onions, vine ripe tomatoes, cucumbers and croutons. - \$6.99  
*Garden salad with grilled chicken - \$12.99*  
*Garden salad with grilled steak tips, teriyaki tips or turkey tips - \$15.99*

### CAESAR SALAD

A traditional favorite with our homemade dressing. - \$7.99  
*Caesar salad with grilled chicken - \$13.99*  
*Caesar salad with grilled steak tips, teriyaki tips or turkey tips - \$15.99*  
*Caesar salad with grilled salmon or shrimp - \$16.99*

### 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. - \$11.99

### FOURS CHOPPED SALAD GF

Shredded romaine, cherry tomatoes, chickpeas, red beans, cucumbers, olives, red onions, feta cheese and house vinaigrette. - \$10.99

### 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. - \$13.99

### 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. - \$17.99

### BLEU CHEESE WEDGE

Traditional iceberg wedge topped with crispy Applewood smoked bacon, diced red onions, crumbled bleu cheese, tomatoes and creamy bleu cheese dressing. - \$10.99

### ARUGULA STEAK SALAD GF

Baby arugula tossed with gorgonzola cheese, toasted pine nuts, balsamic dressing and served with fire roasted prime top steak crusted with peppercorns. - \$17.99

### BABY SPINACH SALAD GF

Craisins, candied walnuts and crumbled goat cheese with crispy pancetta atop baby spinach tossed in raspberry vinaigrette. - \$12.99

### CHICKEN ZITI SALAD

Homemade pasta salad topped with grilled marinated chicken breast and creamy dill dressing. - \$12.99

### SALAD DRESSINGS GF

*Creamy Bleu Cheese, Zesty Italian, Balsamic Vinaigrette, Raspberry Vinaigrette, Honey Mustard, Lemon-Walnut Vinaigrette, Caesar, Ranch, Russian, Creamy Dill, or Olive Oil and Vinegar*

## John Hannah BURGERS

Hamburgers are 1/2 pound 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. Substitute onion rings, or sweet potato fries for an additional \$1.50. Bread choices include white, country wheat, marble rye, braid roll, burger roll, ciabatta, Tuscan sourdough or wheat wrap. Gluten free bread is available for an additional \$1.00.

### CREATE YOUR OWN!

Burger au natural - \$9.99  
Or add your favorite toppings

### THE FRENCHIE

Garlic herb spread, brie cheese and fried onion strings  
\$11.99

### BBQ CHEDDAR

BBQ sauce, cheddar cheese and Applewood smoked bacon  
\$11.99

### TOPPINGS

*Sautéed Mushrooms, Onions, Peppers, Jalapeños, American, Cheddar, Mozzarella, Swiss, Provolone, Bleu Cheese Crumbles, Texas Chili, Bacon, or Guacamole*  
\$1.00 each

### GORGONZOLA

Melted gorgonzola cheese, Applewood smoked bacon and portabella mushroom with balsamic glaze  
\$11.99

### THE WORKS

American cheese, sautéed onions, sautéed peppers and sautéed mushrooms  
\$11.99

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

## 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. Substitute onion rings, or sweet potato fries for an additional \$1.50. Bread choices include white, country wheat, marble rye, braid roll, burger roll, ciabatta, Tuscan sourdough or wheat wrap. Gluten free bread is available for an additional \$1.00.

### BOBBY ORR

*The House Special!*

Hand cut charbroiled steak tips with melted cheese. Served on a fresh braid roll. The greatest ever! - \$13.99

### TED WILLIAMS

Fresh scrod fried to perfection, served on a bulkie roll with lettuce, tomatoes and tartar sauce. The angler's delight! - \$11.99

### LARRY BIRD

Grilled chicken topped with oven roasted tomatoes, caramelized onions, pesto and provolone on Tuscan sourdough bread served panini style.

A true MVP! - \$11.99

### 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! - \$11.99

### JOHNNY KELLEY

Fried, breaded chicken cutlet with melted Swiss cheese and supreme sauce. Served on a fresh braid roll. As good as the legend! - \$11.99

### BOBBY RIGGS

Slow roasted sliced turkey breast, crispy bacon, lettuce, tomato and cranberry mayonnaise on toasted white bread. Not your typical Hall of Famer! - \$11.99

### THE YAZ

A heaping portion of extra lean pastrami with melted Swiss cheese. Served on a fresh bulkie roll.

The captain's choice! - \$11.99

### RAY BOURQUE

Sliced corned beef, Swiss cheese, sauerkraut and Russian dressing on grilled marble rye.

Ray's reuben, a classic! - \$11.99

### JACK NICKLAUS

Our classic Caesar salad topped with grilled chicken and roasted red peppers wrapped in a whole wheat tortilla. Fit for the Golden Bear! - \$11.99

### ROBERT PARISH

A mix of grilled seasoned portabella mushroom, zucchini, yellow squash and roasted red peppers on toasted parmesan focaccia bread with pesto mayonnaise and provolone cheese.

Hail to the chief! - \$10.99

### JOAN BENOIT

Grilled seasoned turkey burger served on a ciabatta roll. Topped with sautéed peppers, mozzarella cheese, pineapple chili sauce, lettuce and tomato.

The runner's reward! - \$11.99

### RED AUERBACH

Pan seared crab cake topped with Cajun remoulade, lettuce and tomato. Served on a kaiser roll with coleslaw and french fries. - \$14.99

### TONY C

Homemade breaded veal cutlet topped with marinara sauce and mozzarella cheese on a fresh braid roll. - \$13.99

### THE BAMBINO

A quarter-pound jumbo hot dog. - \$7.99



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## The MAIN EVENT

### 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. - \$15.99

### FOURS SEAFOOD SAUTÉ

Sautéed lobster, scallops, shrimp and mussels tossed in pecorino sweet garlic crème sauce over fettuccine. - \$19.99

### 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. - \$16.99

### SALMON <sup>GF</sup>

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. - \$16.99

### FISH & CHIPS

Fresh scrod battered and fried golden brown, served with house fries, onion rings, coleslaw and tartar sauce. - \$14.99

### SCALLOPS <sup>GF</sup>

Fresh sea scallops prepared pan seared, grilled or broiled. Served with vegetables and your choice of house fries, mashed potatoes, rice pilaf, or a baked potato. - \$18.99

### MAC & CHEESE

Pasta tossed in creamy garlic cheddar sauce then baked gratinee. - \$10.99

Buffalo Chicken Mac & Cheese - \$13.99, Lobster Mac & Cheese - \$17.99

### FISH TACOS

Soft flour tortillas filled with blackened haddock, shredded lettuce, pico de gallo and cilantro lime sauce. Served with black bean and corn salsa. - \$16.99

### FAJITAS

Served with sautéed onions and peppers, soft flour tortillas, guacamole, sour cream and salsa.

Cilantro soy marinated chicken - \$14.99, Cilantro soy marinated steak - \$17.99, Grilled shrimp - \$19.99

### FOURS CHICKEN

Breaded chicken cutlets sautéed in lemon garlic sauce with tomatoes and parsley. Served over mashed potatoes with baby spinach, and finished with a balsamic reduction. - \$14.99

### STEAK TIPS <sup>GF</sup> *The House Special!*

Hand cut sirloin tips charbroiled to your liking. - \$17.99

### TERIYAKI STEAK TIPS *The House Special!*

Our famous hand cut steak tips in our homemade teriyaki marinade charbroiled to your liking. - \$17.99

### TURKEY TIPS <sup>GF</sup>

Hand cut marinated turkey tips charbroiled to perfection. - \$15.99

### RIBS & TIPS

A half rack of BBQ baby back ribs served with choice of steak tips, teriyaki tips or turkey tips - \$19.99

### SURF & TURF <sup>GF</sup>

Lightly seasoned large shrimp grilled to perfection with your choice of steak tips, teriyaki tips or turkey tips - \$19.99

### THE FOURS STEAK

A 12oz. chargrilled seasoned sirloin strip served over mashed potatoes and sautéed spinach, finished with cognac mushroom sauce and crispy fried onion strings. - \$19.99

All "From the Pen" entrées, except The Fours Steak, are served with vegetables and your choice of house fries, mashed potatoes, rice pilaf or a baked potato. Substitute any side for onion rings, sweet potato fries or house potato chips for an additional \$1.50

NOTHING BUT NET

COMFORT FOOD

FROM THE PEN

## The TOSS

Substitute any pasta for fettuccine, linguine or ziti. All sautéed dishes are finished with parmesan cheese and parsley. Gluten free ziti is available for an additional \$2.00.

### PASTA PRIMAVERA

Sautéed broccoli, English peas, red peppers and cherry tomatoes tossed with fettuccine in creamy Alfredo, garlic and wine, or marinara sauce. - \$12.99

Pasta Primavera with chicken - \$15.99

Pasta Primavera with shrimp - \$17.99

### FETTUCINE ALFREDO

Fettuccine sautéed in creamy Alfredo sauce. - \$10.99

Fettuccine Alfredo with chicken - \$14.99

Fettuccine Alfredo with shrimp - \$17.99

### CHICKEN, ZITI & BROCCOLI

Fresh chicken, broccoli and tomatoes tossed in a scampi wine sauté with ziti. - \$15.99

**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 DIANE *The House Special!*

Sautéed mushroom caps and scallions in our homemade Cajun-spiced wine sauce. Served over fettuccine - \$13.99

### SHRIMP & SCALLOP DIANE *The House Special!*

Shrimp and scallops sautéed in lobster wine sauce with mushroom caps, scallions and Cajun spices. Served over fettuccine. - \$18.99

### CHICKEN or VEAL PARMIGIANA

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

Chicken Parmigiana - \$14.99

Veal Parmigiana - \$15.99

We proudly serve Pepsi products



A 20% GRATUITY IS SUGGESTED FOR PARTIES OF 8 OR MORE