



Flour Girls & Dough Boys
Artisan Bakery, Café & Catering
 35 N. Barratt Ave
 (150 W just off Main St.)
 American Fork, UT 84003
 801-763-9232 phone
 801-763-9237 fax
 flourgirlsanddoughboys.com
 M-Th 7:30 am - 7 pm
 Friday 7:30 am - 8 pm
 Sat 8:30 am - 8 pm

Breakfast

All sandwiches served with fruit. Breakfast served all day
All items 3.50

Maple Sausage Melt

Maple butter, sausage, provolone cheese on toasted ciabatta or sunflower, honey oat bread

Breakfast Stack

Egg, sausage or bacon, cheddar cheese on toasted ciabatta or Alpine sourdough

Raspberry Ham Melt

Raspberry preserves, provolone cheese, sliced ham, on toasted ciabatta

Ham & Cheese Croissant

Slices of ham and cream cheese baked a flaky butter croissant

Fruit, Yogurt and Granola

Vanilla yogurt, fresh fruit, topped with our house-made granola

Fresh Café Salads

We cut and wash our lettuce and other vegetables every day for the freshest salads. Served with a slice of artisan bread.

Large 5.50 Half 3.50

Add marinated chicken breast 1.50

Mandarin

Mandarin oranges, feta cheese, candied almonds, dried cranberries, red leaf lettuce, poppy seed dressing

Greek

Cucumber, kalamata olives, feta cheese, red onions, tomatoes, pepperoncini, red leaf lettuce, balsamic vinaigrette

Southwest

Corn, black beans, red bell peppers, red onions, red leaf lettuce, spicy ranch dressing, tortilla strips

Caesar

Tomato, bacon, parmesan, red leaf lettuce, house croutons, Caesar dressing

From the Garden

Tomato, cucumber, red onion, red peppers, corn, red leaf lettuce, house croutons, ranch dressing

Premium Café Salads

Large 6.50 Half 4.50

Blueberry Apple

Dried blueberries, blue cheese, apples, candied pecans, red leaf lettuce, poppy seed dressing

Cobb

Turkey, avocado, bacon, blue cheese, eggs, tomato, red leaf lettuce, ranch dressing

Fruit & Nuts

Apples, mandarin oranges, dried blueberries, dried cranberries, walnuts, candied pecans, feta cheese, red leaf lettuce, balsamic vinaigrette

Meat Pies

An American Fork favorite! Chicken or beef with vegetables in a flaky pie crust. Served with gravy. Choose chips or fruit.

Chicken or Beef - 3.50; Two for 6

Also available frozen for baking at home: ½ dozen - \$13
 Gravy 8 ounces - \$2

Signature Sandwiches

Each sandwich creation was inspired by our handcrafted artisan breads. Served with your choice of chips or fruit.

Add chicken breast to any sandwich - 1.50

Add extra meat, cheese, avocado or bacon - 1 each

Cranberry Walnut, Turkey, Brie

Turkey, brie, and our own creamy cranberry spread on cranberry walnut bread

\$Full/ \$Half
 6 / 4

The Deli

Choose your meat: roast beef, ham, turkey, pastrami
Choose your cheese: cheddar, provolone, swiss, pepperjack.
 With mayo, spicy mustard, lettuce, tomato, on sourdough

6 / 4

Tomato, Mozzarella, Pesto (vegetarian)

Tomato, fresh mozzarella, pesto on ciabatta

6 / 4

BLT

Bacon, lettuce, tomato, honey mustard, on sunflower honey oat bread

6 / 4

Add turkey and avocado +1

Panini - Toasted Sandwiches

Sandwiches grilled on a hot iron panini press.
 Served with your choice of chips or fruit.

Chicken & Avocado

Chicken breast, provolone, sundried tomato, avocado spread on focaccia

\$Full/ \$Half
 7 / 5

Spicy Chicken Bacon

Chicken breast, pepper jack cheese, bacon, spicy ranch, on jalapeno cheddar bread

7 / 5

Turkey, Swiss & Cheddar

Sliced turkey breast, swiss cheese, cheddar, on asiago bread

6 / 4

Toasted Four Cheese (vegetarian)

Cheddar, provolone, swiss on asiago bread

6 / 4

Honey Butter Ham

Honey butter, sliced ham, provolone, on cranberry walnut bread with cranberry spread on the side

6 / 4

Apple Pecan Brie (vegetarian)

Brie cheese, sliced apples, pecans, on ciabatta, with poppyseed dressing on the side

6 / 4

Two Item Combo Deal - Pick any two - 7.30

½ sandwich, regular soup, ½ salad, meat pie

*Combo deal does not include side items

House-made Soups

Soups are made at our bakery. Served with slice of bread.

Reg 3.50; Large 4.50; Quart 7.50

Served Everyday

Tuscan Sausage & White Bean
 Creamy Tomato Basil (vegetarian)

Tuesday
 Wednesday
 Thursday
 Friday

Chicken w/ orzo pasta
 Cheddar Broccoli
 Creamy Mushroom
 Clam Chowder

Children's Menu

Served with your choice of chips or fruit and Capri Sun

All Children's meals - 4.00

Meat Pie (one meat pie, chicken or beef)

Macaroni and cheese

Grilled Cheese Sandwich

Peanut Butter & Raspberry Jam Sandwich

Catering, box lunches, and platters

Call 801-763-9232 ask for our catering menu or download from our website www.flourgirlsanddoughboys.com

Read our story on back



Once upon a time...

there was a flour girl. She wasn't made of flour (that would be odd) but she liked to make things from flour – like bread and cupcakes and cookies. People loved the things she made from flour, so she made more and more cookies and cupcakes and bread.



One day she met a dough boy. He was not made of dough and he didn't make things from dough, but he had a lot of dough, so she married him...and she loved him.

They did lots of fun and interesting things together. They traveled to Disneyland and Bend and Bangor. One day, they traveled to Boston and they stayed because it had good flour, good dough, and good bread. It also had good children, so they found some they liked, and kept them.

They liked to do magical things like sparkling, and buoy-bathing and telling time. They really liked to tell time. There was one problem with telling time: it is not fun when all the times are the same. The flour girl decided they needed more times to tell, and so they started catching the clocks, so all the times could be different. They also caught other fun things, like aprons and books and tiaras and chandeliers. Flour girls and dough boys are very good catchers.



Time passed (their clocks told them so), and the flour girl and dough boy family had caught many good things in Boston. They had used lots of flour, and made lots of cookies and cupcakes and they were ready to do fun and interesting things some place new. They heard Utah had many fun things, and so they moved there. They packed up their children, and their things, and their clocks and their flour and took them to Utah.



The flour girl needed somewhere to put her favorite things and clocks and children and cupcakes. She and the dough boy found a place with no clocks, cupcakes, children or flour, and put everything there, making it an enchanted place. They named the place after themselves and invited everyone to come and try their favorite magical cupcakes, cookies, bread and food. Everyone that comes...

lives happily ever after

The End