



**Flour Girls & Dough Boys**  
**Artisan Bakery, Café & Catering**  
 35 N. Barratt Ave (150 W just off Main St.)  
 American Fork, UT  
 801-763-9232 phone, 763-9237 fax;  
**Manager, Jen Arseneau**  
 M-Th 7:30 am - 7 pm. Fri 7:30- 8 pm  
 Sat 8:30 am - 8 pm  
[www.flourgirlsdoughboys.com](http://www.flourgirlsdoughboys.com)  
[www.utahvalleycatering.com](http://www.utahvalleycatering.com)

### Just Desserts

All our delicious treats are scratch made in our bakery. Deduct \$4 for items boxed rather than served on a platter

- Cookie Platter** **\$29**  
 2 dozen assorted cookies, including a variety of our scratch-made, butter only recipes.
- Brownie Platter** **\$35**  
 30 of our amazing scratch made, chocolate topped brownies, including chocolate, mint, cream cheese and peanut butter. Catering size brownies
- Cupcake Platter** **\$39**  
 18 of our scratch made chocolate or white cupcakes with real buttercream frosting
- “Eat Dessert First” Buffet** **\$4 per person**  
**10 person minimum order**  
 A variety of our delicious pastries, including cookies, brownies, lemon bars, cupcakes, pumpkin bars, and éclairs. We guarantee everyone will be satisfied. Includes 2 items per person. Beverage options available.

### Breakfast Options

We offer a variety of delicious breakfast options, all prepared from scratch here in our American Fork Bakery

**Breakfast Assortments starting at \$3 per person.**  
 Call for details

- Fruit and Yogurt bar**
- Pastries**
- Breakfast Sandwiches**
- Hot Breakfast**
- Bagels with Spreads**
- Artisan Breads with Spreads**
- Quiche, Breakfast Casseroles, and Stratas**

### A la Carte Breakfast Items and Beverages

All items are boxed. Add a tray for an additional \$4 charge.

- Assorted muffins & breakfast cakes** **\$20 doz**  
 Almond poppy seed, cranberry orange, cinnamon streusel, blueberry. Flavors subject to availability
- Pumpkin Bars** **\$20 doz**  
 Rich, chocolate studded pumpkin cake with real cream cheese icing *(note: this is a smaller version of the pumpkin bar we sell in store)*
- Filled Croissants** **\$25 doz**  
 High quality. Chocolate, Ham & Cheese.
- Cinnamon Rolls** **\$21 doz**  
 Just the right amount of cinnamon and brown sugar in our buttery scratch-made dough. Smothered in cream cheese icing *(note: this is a smaller version than the cinnamon roll we sell in store)*
- Quiches, Stratas** **\$35 pan**  
 A 9x13 pan of quiche, or one of our specialty stratas cut to your specifications. Stratas include cheddar and bacon; brie and chive; raspberry lemon; white chocolate and blueberry; and pineapple coconut
- Coffee (Premium, fair trade)** **\$20 3L pot**  
 Premium organic, fair trade, shade grown, coffee. Includes cups, sweeteners, milk and cream
- Beverages** **\$1.20 each**  
 A variety of juices, water, and canned sodas. Bottled milk available at market rate

### Lunch Options

- Cold Sandwich Platter** **\$49**  
 A variety of 12 half sandwiches including turkey cranberry walnut; roast beef and cheddar; BLT; and tomato mozzarella pesto. Served with 12 bags of chips
- Panini Sandwich Platter** **\$59**  
 An assortment of our toasted sandwiches. Includes chicken & avocado; spicy chicken bacon; ham and swiss; turkey, swiss, and cheddar; Four cheese; and honey butter ham. 12 half sandwiches with 12 bags of chips.
- Box Lunches** **\$7 / \$9**  
 Includes your choice ½ or full size sandwich, chips, fruit or salad, and your choice of treat. Ask for our box lunch fax-in order form. **Needs to be faxed or called in by 9:30 am for guaranteed availability.**
- Soup with Bread Bowl** **\$5 per person**  
 A variety of our house made soups. Tuscan Sausage and Bean, Tomato Basil, and Soup of the Day.

### Sandwich and Soup Options

#### Soups:

Tuscan Sausage and Bean; Creamy Tomato Basil; Chicken Orzo Pasta; Cheddar Broccoli; Clam Chowder

Soups vary by day, all soups may not be available every day. Ask for other specials

#### Sandwiches:

For our sandwich options, please see box lunch menu

**\*\*Delivery: Minimum order size of \$50 for delivery**  
 Less than 5 miles from bakery: Delivery FREE  
 5 miles – 10 miles: \$12 delivery fee  
 Over 10 miles: Please call to determine availability and fee

**Set up and Service is available for a \$25 fee based on a 1 hour schedule.**

## Pastries

All pastries are made from scratch in our own bakery. All items sold in dozens require a two dozen minimum order

|   |                        |
|---|------------------------|
| <b>Cupcakes</b>   | <b>\$21 doz</b>        |
| You choose: Chocolate or white cake. Chocolate or vanilla buttercream frosting. All made from scratch! Vanilla can be color matched.  |                        |
| <b>Designer Cupcakes</b>  | <b>\$3.20 each</b>     |
| Extra large sized cupcakes, filled and beautifully decorated  |                        |
| <b>Iced Sugar Cookies</b>   | <b>\$20 doz</b>        |
| Custom decorated.   |                        |
| <b>Chocolate Strawberries-seasonal</b>  | <b>\$15 doz</b>        |
| Fresh strawberries dipped in milk, dark, or white chocolate; plain or rolled in toasted coconut or almonds  |                        |
| <b>Mini éclairs</b>   | <b>\$18 doz</b>        |
| Choux pastry filled with our special almond flavored pastry and topped with rich chocolate glaze  |                        |
| <b>Mini Fruit Tarts</b>   | <b>\$18 doz</b>        |
| Delicious, buttery shortbread crust filled with pastry cream and topped with seasonal fresh fruit   |                        |
| <b>Mini Lime Cheesecake Tarts</b>   | <b>\$18 doz</b>        |
| Buttery shortbread crust filled with lime cheesecake filling and topped with real whipped cream   |                        |
| <b>Mousse Tarts</b>   | <b>\$18 doz</b>        |
| Shortbread tart cup filled with chocolate or lemon mousse   |                        |
| <b>Lemon Bars</b>   | <b>\$70 full sheet</b> |
| Fresh lemon zest adds to the flavor of this refreshing treat. Sold by the full sheet pan and cut to your specifications. Serves 96 if cut 2"x2".  |                        |
| <b>Brownies</b>   | <b>\$70 full sheet</b> |
| These are a Flour Girls & Dough Boys classic. A rich, fudgy brownie topped with real chocolate topping (nothing but chocolate chips melted with butter). ½ sheet - \$38; ¼ sheet - \$20 |                        |
| <b>Mint Brownies</b>  | <b>\$90 full sheet</b> |
| Our "from scratch" brownies made with a layer of buttery mint icing. Can tint icing to match colors; ½ sheet - \$48; ¼ sheet - \$28   |                        |
| <b>Peanut Butter Brownie</b>  | <b>\$90 full sheet</b> |
| Our "from scratch" brownies made with a layer of peanut butter icing. ½ sheet - \$48; ¼ sheet - \$28  |                        |
| <b>Cream Cheese Brownie</b>   | <b>\$90 full sheet</b> |
| Our "from scratch" brownies made with a layer of cream cheese icing. ½ sheet - \$48; ¼ sheet - \$28   |                        |
| <b>Pumpkin Bars</b>   | <b>\$75 full sheet</b> |
| Another bakery favorite invented here. Pumpkin bars are tall, full of chocolate chips and topped with delicious cream cheese frosting.  |                        |

## Cakes

|   |  |
|---|--|
| <b>Full Sheet Cake (filled)</b>   | <b>\$75 sheet</b>  |
| Your choice of cake, filling, and frosting from cake menu (serves 96)   |  |
| <b>Babycakes</b>  | <b>\$13 and up each</b>  |
| 4.5" diameter cake decorated with the same exquisite detail to match a wedding cake or other specifications. Serves 6.  |  |
| <b>Pan Quiche (9x13 pan)</b>  | <b>\$35</b>  |
| Choose your ingredients   |  |
| <ul style="list-style-type: none"><li>• Spinach</li><li>• Crumbled feta cheese</li><li>• Mushrooms</li><li>• Grated swiss cheese</li><li>• Ham</li><li>• Sausage</li><li>• Tomatoes</li></ul> | <ul style="list-style-type: none"><li>• Crumbled bacon</li><li>• Grated cheddar cheese</li><li>• Grated asiago cheese</li><li>• Crumbled bleu cheese</li><li>• Red Peppers</li></ul> |
| <b>Salads</b>   |  |
| Our salads are prepared from the freshest ingredients.  |  |
| <b>Small catering salad \$24, Serves 8-12</b>   |  |
| <b>Large catering salad \$45, Serves 18-24</b>  |  |
| <b>Blueberry Apple Salad</b>  |  |
| Fresh red leaf lettuce, topped with bleu cheese, chopped apples, dried blueberries and candied pecans. Served with poppy seed dressing  |  |
| <b>Mandarin</b>   |  |
| Red leaf lettuce, mandarin oranges, feta cheese, candied almonds, dried cranberries, with poppy seed dressing   |  |
| <b>Caesar</b>   |  |
| Tomato, bacon, parmesan, red leaf lettuce, house croutons, Caesar dressing  |  |
| <b>Greek Salad</b>  |  |
| Fresh red leaf lettuce topped with feta cheese, kalamata olives, red onions, chopped tomatoes, and chopped cucumbers. Served with balsamic vinaigrette  |  |
| <b>Fruit &amp; Nuts</b>   |  |
| Apples, mandarin oranges, dried blueberries, dried cranberries, walnuts, candied pecans, feta cheese, red leaf lettuce, balsamic vinaigrette  |  |
| <b>Pasta Salad</b>  |  |
| Penne pasta with artichoke hearts, sundried tomatoes, and basil in olive oil.   |  |
| <b>Vegetable Trays</b>  | <b>\$45</b>  |
| Seasonal vegetable trays.   |  |
| <b>Fruit Trays</b>  | <b>\$55</b>  |
| Seasonal fruit tray   |  |

**We also offer**  
**Full Service Catering!**  
We can create virtually any menu and work with you to fit within your budget and serve it at your event.  
**Please call to talk about your next event:**  
**801-763-9232**

## Buffet Size Artisan Sandwiches

Our artisan buffet sandwiches were created to complement our artisan breads. For these sandwiches, we hand form individual 3 oz. mini artisan loafs.

**All artisan buffet sandwiches - \$24 dozen**  
Also available on soft dinner rolls- \$18

Served in a box. Arranged on a 16" black catering platter with lid is an extra \$5.

### Cranberry Turkey Brie

Sliced breast of turkey, brie cheese, and our creamy house cranberry sauce on Cranberry Walnut bread

### Roast Beef & Cheddar

Sliced roast beef, cheddar cheese and mild horseradish sauce spread on Alpine Sourdough bread

### Mozzarella Pesto

Fresh mozzarella and pesto on Asiago bread

### Ham & Swiss

Sliced ham, swiss cheese, with honey mustard, lettuce and tomato on Asiago cheese bread

### Turkey Provolone

Sliced turkey, provolone cheese, mustard, lettuce, tomato, on Alpine Sourdough

**Artisan Breads & Spreads make a beautiful addition to any catering buffet.**  
**Call for availability**