

SOUPS

Soup of the day	€4.50
Gazpacho Andaluz (V) (G)	€5.25
Honeydew and cantaloupe melon cold soup Mascarpone and mint Crispy “presunto”	€5.00
Fresh tomato soup Cream and parsley (V)	€5.25
Thai soup with chicken and mange tout Coriander and red pepper (G) (N)	€5.50

STARTERS

Avocado with prawns, cocktail sauce	€13.90
Carpaccio of octopus Lime, coriander, yellow and red pepper, micro herbs, wakame	€13.75
Carpaccio of young beef marinated with garlic, olive oil, coriander Flaked Parmesan cheese	€13.00
Chèvre cheese, onion confit, Orange, strawberry, mixed green leaves almonds, raisins, walnuts Red fruits reduction (N) (G)	€10.00

SANDWICHES – Served in a baguette or hot pannini (G)

Ham and cheese	€8.70
Tuna, onion, tomato, mayonnaise	€10.30
Grilled chicken, coriander, cheddar cheese, avocado	€10.30
Bacon, brie cheese, tomato	€10.30
“Presunto”, fresh buffalo mozzarella, basil, tomato, rocket	€10.50
Grilled steak, Béarnaise sauce	€13.30

FOUR SEASONS SPECIAL SANDWICHES (G)

Traditional Club Chicken, ham, bacon, tomato, lettuce, egg, mayonnaise	€12.80
Vegetarian Club (V) Avocado, aubergine, lettuce, carrot, spinach, cucumber, tomato, egg, mayonnaise	€10.80
Tuna Club Tuna, lettuce, tomato, egg, bacon, mayonnaise	€11.80
Prawn in brown bread Prawns, lettuce, cocktail sauce	€10.80

All Sandwiches, baguettes and panninis are served with French fried potatoes or salad, unless otherwise stated.

Cover charge €2.00

Vegetarian dishes are marked with (V). All dishes containing nuts or gluten are marked with (N) or (G), respectively.
Information concerning ingredients and allergen content is available on request

WRAPS (G)

Prawn, mango, red chilli, lettuce, cocktail sauce	€11.00
Tuna, lettuce, avocado, tomato, mayonnaise Tuna vinaigrette	€10.50
Grilled chicken, bacon, coriander, baby spinach, avocado, lettuce, mayonnaise	€10.00
Lamb, carrot, celery, green apple, red cabbage, mint, mayonnaise Blueberry dressing	€11.50
Duck, lettuce, cucumber, spring onion, chicory, carrot, coriander Mayonnaise and Hoisin sauce	€10.20

HAMBURGERS (G)

Beef (180 grms / 6.3 oz)	
Plain	€9.80
Sliced tomato and lettuce	€10.30
Cheese	€11.10
Bacon and cheese	€11.30
Lamb (150grms / 5.25 oz)	
Tomato, red onion, roasted red pepper, feta cheese Cucumber and mint yoghurt	€12.00

OMELETTES

Plain	€8.75
Cheese (V), or mushroom (V), or tomato (V), or ham	€9.75
Mixed selection from cheese, mushroom, tomato or ham	€10.75

VEGETARIANO E VEGAN

<i>Courgette cannelloni</i> – Courgette, shimeji mushrooms, shallot, baby spinach, celery, carrot, fennel, basil, rocket, ricotta, mozzarella, gouda cheese Tomato, basil, pine nuts and almond sauce (V) (N)	€12.00
Without cheese (vegan)	€11.00
<i>Aubergine tower</i> – Aubergine, hummus, tofu, guacamole, coriander olive oil	€12.00
Penne with spinach and ricotta cheese (V) (N)	€12.20

We have gluten free penne available

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SALADS

<i>Fennel salad</i> – Fennel, cranberry, lime juice, rocket, cherry tomato Lemon, olive oil and black pepper vinaigrette (V)	€10.20
Add chicken	€12.50
Add halloumi cheese (V)	€13.70
<i>Quinoa</i> - Roasted vegetables, cherry tomato, feta cheese, coriander Lime, olive oil, clove and honey vinaigrette (V)	€12.50
Without cheese (vegan)	€11.50
Add chicken	€13.50
Add prawns	€14.00
<i>Camarão e abacate</i> – Prawns, green leaves, avocado, crispy bacon pieces Mayonnaise and mustard vinaigrette	€13.40
<i>Tropical</i> – Prawns, melon, papaya, mango Lemon and mint dressing	€14.40
<i>Princesa</i> – Prawns, grapes, papaya, apples, lychees, bean sprouts, lettuce, chives, endives, radish, celery, almond Lime, mayonnaise, curry, soya and honey dressing (N)	€15.00
<i>Seafood Platter</i> – Prawns, smoked salmon, gravlax, marinated herring, smoked salmon tartare, potato salad with salmon caviar, dressed salad Two sauces: Dijon mustard with dill, cocktail	€17.00
<i>Crispy prawns</i> – Prawns, mixed leaves, mango, cherry tomato, crispy pancetta Sweet chilli, ginger and balsamic vinaigrette (G)	€12.00
<i>Niçoise</i> – Fresh tuna, tomato, green beans, potato, red onion, egg, olives Coriander vinaigrette	€14.00
<i>Chef's Salad</i> – Chicken, cheese, ham, lettuce, boiled egg, tomato, peach, vinaigrette	€11.20
<i>Frango carilado</i> – Chicken, curried mayonnaise, pineapple, coconut, sultanas, pine nuts, banana (N)	€12.20
<i>Thai</i> – Chicken, mushroom, sun-dried tomatoes, radish, bean sprouts, courgette, aubergine, mixed leaves, cashew nuts Sweet chilli and coriander dressing (N)	€13.20
<i>Couscous with duck</i> – Couscous, duck, ginger, mint, coriander sun-dried tomato, aubergine, sweet chili, yoghurt Harrissa dressing	€14.40
<i>Shepherds</i> – Lamb, rösti potato, lentils, cranberries, tomato, mixed lettuce, mint yoghurt	€15.00
Fresh fruit plate with yoghurt (V)	€11.00
Mixed salad or regional seasoned mixed salad or Tomato, onion and oregano salad (V)	€4.50

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ENTRÉES

Fillets of hake, deep fried in batter French fried potatoes Tartare sauce (G)	€11.00
Salmon and prawn fishcakes Coleslaw, coriander, boiled egg Chilli, lime and ginger mayonnaise (G)	€11.00
<i>Bitoque</i> – Fried steak with egg French fried potatoes	€13.40
Crispy chicken wings French fried potatoes Plain or with a chilli or blue cheese dip	€10.75
Crispy chicken strips in panko French fried potatoes Curry dip (G) (N)	€10.75
Indian lamb curry Basmati rice Poppadom, dips (N)	€17.00

GRILLS

Sardines (25 mins)	€11.00
Sea bass, sea bream, salmon or corvina Lemon, parsley and butter sauce (25 mins)	€21.00
Grilled fillet of sea bass	€22.00
<i>Chicken Tikka</i> – Chicken marinated in tandoori and yoghurt sauce Saffron, pinenut and sultana rice Poppadom and dips (N)	€13.00
Chicken piri-piri (25 mins)	€11.00
Ribeye steak, lemon and thyme butter (225 grms. / 8 oz.)	€22.50
Lamb chops	€21.25

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PASTA (G)

<i>Beef lasagne</i> – Minced meat, carrot, mushrooms, tomato, Béchamel sauce and mozzarella cheese	€11.95
Linguini with prawns	€12.50
Spaghetti Bolognese	€11.25
Black spaghetti with monkfish, prawns, mushrooms, cream, tomato	€17.95
Penne with chicken, bacon, cream, gorgonzola cheese	€12.20
Four Seasons tagliatelle carbonara	€12.00

We have gluten free penne available

PIZZAS (G)

Marguerita (V) Tomato and cheese	€10.40
Pepperoni Tomato, mozzarella cheese, pepperoni, ham, mushrooms	€12.90
Vegetarian (V) Spinach, aubergine, mushrooms, rocket, red onion, cherry tomato, mozzarella cheese	€11.00
Seafood Prawns, tuna, onion, spinach, capers, tomato, mozzarella	€14.50
<i>Add an ingredient</i>	
Mushrooms, ham, pepperoni, anchovy, jalapeño pepper, pineapple	€1.00
Tuna	€2.00
Prawns	€3.00

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