

## SOUPS

Soup of the day	€5.40
Gazpacho Andaluz (V) (G)	€6.10
Fresh tomato soup Cream and parsley (V)	€6.00
Thai soup with chicken and mange tout Coriander and chilli pepper (G) (N)	€6.40
Cold cream of beetroot, sweet potato and parsnip Coconut milk, croutons and sesame seeds	€6.00

## STARTERS

Avocado with prawns, cocktail sauce	€14.00
Filo pastry nest with chevre cheese, apple, walnuts, honey (V) (N)	€12.50
Melon carpaccio with cured ham, pink pepper, wild berries and mint Honey and balsamic vinaigrette	€11.50

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

Served with French fried potatoes or salad, unless otherwise stated.

Ham and cheese	€9.80
Tuna, onion, tomato, mayonnaise	€11.80
Grilled chicken, coriander, cheddar cheese, avocado	€12.00
Grilled steak, Béarnaise sauce	€15.40

## FOUR SEASONS SPECIAL SANDWICHES (G)

Served with French fried potatoes or salad, unless otherwise stated.

### Traditional Club

Chicken, ham, bacon, tomato, lettuce, egg Mayonnaise	€14.70
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### Vegetarian Club (V)

Avocado, aubergine, lettuce, carrot, spinach, cucumber, tomato, egg Mayonnaise	€12.80
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### Salmon Club

Smoked salmon, avocado, fennel, rocket, gherkin, capers Mayonnaise and Dijon mustard	€14.30
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### Open sandwich

Prawn, guacamole, lime, cherry tomato, crispy onion Cocktail sauce	€12.80
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### Roast beef baguette

Gherkins, rocket and caramelized onions Three mustard and honey sauce	€15.00
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Cover charge €2.50

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)** - Served with French fried potatoes or salad, unless otherwise stated.

Mozzarella, tomato, chicory, red lettuce  
Pesto with basil (V) (N) €11.90

Prawn, mango, red chilli, lettuce  
Cocktail sauce €12.90

Grilled chicken, bacon, coriander, baby spinach, avocado, lettuce,  
Mayonnaise €11.90

## SALADS

**Salmon Poke** – Marinated salmon poke, quinoa, red cabbage, cucumber  
Sesame seeds and soya dressing €16.00

**Tuna Poke** – Marinated tuna poke, quinoa, red cabbage, cucumber  
Sesame seeds and soya dressing €16.00

**Mediterranean Poke** with feta cheese (V) or grilled tofu (VG)  
Hummus, quinoa, cherry tomatoes, cucumber, red onion, corn, kalamata olives,  
coriander. sesame seeds €12.50

**Caesar salad** - Romaine lettuce, parmesan cheese, anchovy fillet, croutons  
Caesar dressing €10.50  
(Egg yolk, Dijon mustard, parmesan cheese, lemon juice, garlic and olive oil)

With grilled chicken €14.40

With boiled prawns €14.50

With smoked salmon €15.30

**Couscous salad** with saffron and halloumi cheese (V) or grilled tofu (VG)  
Grilled courgette, eggplant, onion and cherry tomatoes, beetroot  
Balsamic vinaigrette €14.20

**Prawn and avocado** – Prawns, green leaves, avocado, crispy bacon pieces  
Mayonnaise and mustard vinaigrette €15.30

**Tropical** – Prawns, melon, papaya, mango, lemon and mint dressing €15.90

**Seafood Platter** – Prawns, smoked salmon, gravlax, marinated herring, smoked salmon tartar  
Potato salad with salmon caviar, dressed salad  
Two sauces: Dijon mustard with dill, cocktail €18.30

**Crispy prawns** – Prawns, mixed leaves, mango, cherry tomato, crispy pancetta  
Sweet chilli, ginger and balsamic vinaigrette (G) €14.00

**Niçoise** – Fresh tuna, tomato, green beans, potato, red onion, egg  
olives, coriander, oregano and anchovy vinaigrette €16.00

**Salmon** – Warm poached salmon, mixed leaves, asparagus and mango  
Greek yoghurt, avocado, coriander and lime juice €15.80

**Chef's Salad** – Chicken, cheese, ham, lettuce, boiled egg, tomato, peach,  
French vinaigrette €13.80

**Thai** – Chicken, mushroom, sun-dried tomatoes, radish, bean sprouts,  
courgette, aubergine, mixed leaves, cashew nuts  
Sweet chilli and coriander dressing (N) €14.90

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**Fresh fruit plate** with Greek yoghurt drizzled with honey (V) €11.70

**Mixed salad** or regional seasoned mixed salad or tomato, Onion and oregano salad (V) €4.00

### EGGS AND OMELETTES

Served with French fried potatoes or salad, unless otherwise stated.

Eggs Benedict – English muffin, poached eggs, ham, bacon  
Hollandaise sauce (G) €11.00

Eggs Royale – English muffin, poached eggs, smoked salmon  
Hollandaise sauce (G) €12.00

Plain €10.40

Cheese (V), or mushroom (V), or tomato (V), or ham €11.40

Mixed selection from cheese, mushroom, tomato or ham €12.20

### VEGETARIAN AND VEGAN - We have gluten free penne available

Courgette cannelloni

Courgette, shimeji mushrooms, shallot, baby spinach, celery, carrot, ricotta, mozzarella,  
gouda cheese

Fennel, basil, tomato cherry and rocket salad

Tomato, basil, pine nuts and almond sauce (V) (N) €13.70  
Without cheese (Vegan) (N) €11.70

Saffron risotto

Paris, shiitake and shimeji mushrooms, green asparagus, parmesan cheese (V) €15.40

Potato gnocchi (G) with:

4 cheeses sauce €16.60  
Tomato and basil sauce €15.20  
Pesto sauce €16.00

Ricotta and spinach ravioli (G) with:

Roasted pumpkin, cream and walnuts sauce €15.50  
Tomato and basil sauce €15.50  
Pesto sauce €15.50  
Butter and sage €15.50

### ENTRÉES

Fillets of hake, deep fried in batter

French fried potatoes

Tartare sauce (G) €12.60

Chicken goujons (G) (N)

Crispy chicken strips in panko

Curry dip €11.80

Bitoque – Fried steak with egg

French fried potatoes €16.00

Crispy chicken wings

French fried potatoes

Plain, chilli or blue cheese dip \ €12.40

Prawn tempura

Sweet chili sauce or spicy mayonnaise sauce or soya sauce €12.50

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Indian lamb curry	
Basmati rice	
Poppadom and dips (N)	€18.50
Chicken tikka massala	
Basmati rice, eggplant, mango and coriander	
Greek yogurt and chili	€17.00
<b>HAMBURGERS (G)</b> - Beef (180 grms / 6.3 oz)	
Plain	€11.50
Sliced tomato and lettuce	€12.00
Cheese	€12.50
Bacon, cheese and caramelized red onion	€13.00
<b>GRILLS</b> - served with French fried potatoes or salad, unless otherwise stated.	
Sardines (25 mins)	€13.20
Grilled fillet of sea bass	€24.40
Chicken piri-piri (25 mins)	€12.80
Lamb chops	€26.80
<b>PASTA (G)</b> - We have gluten free penne available	
Duck lasagne with spinach and ginger	€13.00
Linguini Al Pesto di mare	
Linguini, prawn, parmesan cheese, rocket, basil, pine nuts	€20.50
Spaghetti Bolognese	€12.90
Penne with chicken, bacon, cream, gorgonzola cheese, oregano	€14.00
Black spaghetti with monkfish, prawns, mushrooms, cream, tomato, oregano	€19.80
Four Seasons tagliatelle carbonara	€13.60
<b>PIZZAS (G)</b>	
Marguerita (V)	
Tomato and cheese	€11.80
Pepperoni	
Tomato, mozzarella cheese, pepperoni, ham, mushrooms	€14.70
Vegetarian (V)	
Spinach, aubergine, mushrooms, rocket, red onion	
cherry tomato, mozzarella cheese	€12.50
Prosciutto	
Cherry tomato, black olives, Parma cured ham, rocket	
Mozzarella cheese, grana padano cheese	€14.30
Add an ingredient	
Mushrooms, ham, pepperoni, anchovy, jalapeño pepper, pineapple	€1.80
Tuna	€2.50
Prawns	€3.50

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