



AS VELAS

RESTAURANT - TERRACE

LOUNGE BAR

LUNCH AND SNACKS

MENU

12.00 – 19.00

IMPORTANT NOTICE:

Although we have implemented careful procedures, there is always a possibility of traces of allergenic ingredients being present in any products used in the kitchen. We cannot therefore guarantee that a dish is completely free from any allergens.

If you do have any specific food allergies or an intolerance to any foods we ask that you to speak to our Restaurant Manager, so that we can provide you with a more detailed menu, with information regarding possible allergens.

On this menu we detail only the main ones in nuts (N) and gluten (G). Vegetarian dishes are marked (V).

All weights referred to are approximate - uncooked. All fish dishes may contain bones and all items are subject to availability.

No dish, foodstuffs or beverage, including covers, may be charged unless they are requested by the customer or rendered useless by the latter. (DL 10/2015 of 16/01).

All prices are inclusive of IVA (VAT) at the prevailing rate.

Smoking is not allowed in the restaurant and bar. Cigars and pipes are not permitted in any part of the restaurant and terrace areas. Though terrace areas are outside please consider other guests and refrain from smoking at the table if others nearby are eating.

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

SOUPS

Soup of the day	€4.50
Gazpacho Andaluz (V) (G)	€5.25
Fresh tomato soup Cream and parsley (V)	€5.25

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
Oven baked butterfly prawns Parsley butter sauce	€16.50

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
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.

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

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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

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

All wraps, burgers and omelettes are served with French fried potatoes or salad, unless otherwise stated.

VEGETARIAN AND VEGAN

Courgette cannelloni – 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) (N)	€11.00

Penne with spinach and ricotta cheese (V) (N)	€12.20
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We have gluten free penne available

ENTRÉES

Fillets of hake, deep fried in batter
French fried potatoes
Tartare sauce (G)

€11.00

Bitoque – 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 and dips (N)

€18.00

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GRILLS

Sardines (25 mins)	€11.00
Salmon Lemon, parsley and butter sauce (25 mins)	€21.00
Grilled fillet of sea bass	€22.00
Chicken piri-piri (25 mins)	€11.00
Ribeye steak, lemon and thyme butter (225 grms. / 8 oz.)	€22.50
Lamb chops	€21.25

All grills are served with French fried potatoes or salad, unless otherwise stated.

PASTA (G)

Beef lasagne – Minced meat, carrot, mushrooms, tomato, Béchamel sauce and mozzarella cheese	€11.95
Linguini with prawns	€12.50
Spaghetti Bolognese	€11.25
Penne with chicken, bacon, cream, gorgonzola cheese	€12.20
Four Seasons tagliatelle carbonara	€12.00
Black spaghetti with monkfish, prawns mushrooms, cream, tomato	€18.80

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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

Add an ingredient

Mushrooms, ham, pepperoni, anchovy, jalapeño pepper, pineapple	€1.00
Tuna	€2.00
Prawns	€3.00

Cover charge €2.00

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