

SOUPS

Soup of the day	€5.20
Gazpacho Andaluz (V) (G)	€5.90
Fresh tomato soup Cream and parsley (V)	€5.80
Thai soup with chicken and mange tout Coriander and chilli pepper (G) (N)	€6.20
Vichyssoise – Cream of leek, potato, onion Cream cheese and beetroot quenelle Chives (V)	€6.00

STARTERS

Avocado with prawns, cocktail sauce	€13.60
Carpaccio of young beef marinated with garlic, olive oil, coriander Flaked Parmesan cheese	€14.40
Filo pastry nest with chevre cheese, apple, walnuts, honey (V) (N)	€11.90
Home smoked duck breast Celeriac coleslaw, pumpkin jam	€14.70

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

Ham and cheese	€9.50
Tuna, onion, tomato, mayonnaise	€11.40
Grilled chicken, coriander, cheddar cheese, avocado	€11.60
Grilled steak, Béarnaise sauce	€14.90

FOUR SEASONS SPECIAL SANDWICHES (G)

Traditional Club

Chicken, ham, bacon, tomato, lettuce, egg Mayonnaise	€14.50
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Vegetarian Club (V)

Avocado, aubergine, lettuce, carrot, spinach, cucumber, tomato, egg Mayonnaise	€12.20
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Salmon Club

Smoked salmon, avocado, fennel, rocket, gherkin, capers Mayonnaise and Dijon mustard	€14.10
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Open sandwich

Prawn, guacamole, lime, cherry tomato, crispy onion Cocktail sauce	€12.30
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All Sandwiches, baguettes and panninis are served with French fried potatoes or salad, unless otherwise stated.

Cover charge €2.30

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)

Mozzarella, tomato, chicory, red lettuce Pesto with basil (V) (N)	€11.50
Prawn, mango, red chilli, lettuce Cocktail sauce	€12.50
Grilled chicken, bacon, coriander, baby spinach, avocado, lettuce, Mayonnaise	€11.50
Beef, cucumber, lettuce, red lettuce, carrot, oregano Grain mustard mayonnaise	€14.50

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

SALADS

Salmon Poke – Marinated salmon poke, quinoa, red cabbage, cucumber Sesame seeds and soya dressing	€15.50
Tuna Poke – Marinated tuna poke, quinoa, red cabbage, cucumber Sesame seeds and soya dressing	€15.00
Caesar salad - Romaine lettuce, parmesan cheese, anchovy fillet, croutons Caesar dressing (Egg yolk, Dijon mustard, parmesan cheese, lemon juice, garlic and olive oil)	€9.80
With grilled chicken	€13.20
With boiled prawns	€14.10
With smoked salmon	€15.10
Mediterranean - Lettuce, rocket, watercress, dried tomato, cucumber, feta cheese red onion, kalamata olives, orange wedges, walnuts, coriander, basil Balsamic vinaigrette	€14.20
Prawn and avocado – Prawns, green leaves, avocado, crispy bacon pieces Mayonnaise and mustard vinaigrette	€14.80
Tropical – Prawns, melon, papaya, mango, lemon and mint dressing	€15.60
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	€18.10
Crispy prawns – Prawns, mixed leaves, mango, cherry tomato, crispy pancetta Sweet chilli, ginger and balsamic vinaigrette (G)	€13.40
Niçoise – Fresh tuna, tomato, green beans, potato, red onion, egg olives, coriander, oregano and anchovy vinaigrette	€15.60
Salmon – Warm poached salmon, mixed leaves, asparagus and mango Greek yoghurt, avocado, coriander and lime juice	€15.20
Chef's Salad – Chicken, cheese, ham, lettuce, boiled egg, tomato, peach, French vinaigrette	€13.40
Thai – Chicken, mushroom, sun-dried tomatoes, radish, bean sprouts, courgette, aubergine, mixed leaves, cashew nuts Sweet chilli and coriander dressing (N)	€14.60
Fennel salad – Fennel, cranberry, lime juice, rocket, cherry tomato Lemon, olive oil and black pepper vinaigrette (V)	€11.50
Add halloumi cheese (V)	€15.20
Fresh fruit plate with Greek yoghurt drizzled with honey (V)	€11.30
Mixed salad or regional seasoned mixed salad or tomato, Onion and oregano salad (V)	€3.75

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EGGS AND OMELETTES

Eggs Benedict – English muffin, poached eggs, ham, bacon Hollandaise sauce (G)	€10.10
Eggs Royale – English muffin, poached eggs, smoked salmon Hollandaise sauce (G)	€11.00
Plain	€10.10
Cheese (V), or mushroom (V), or tomato (V), or ham	€11.10
Mixed selection from cheese, mushroom, tomato or ham	€11.90

All 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)	€13.30
Without cheese (vegan) (N)	€11.30
Penne with spinach, ricotta cheese, nuts (V) (N)	€13.50
Saffron risotto Paris, shiitake and shimeji mushrooms, green asparagus, parmesan cheese (V)	€14.90
Potato gnocchi with:	
4 cheeses sauce	€16.40
Tomato and basil sauce	€15.00
Pesto sauce	€15.80

We have gluten free penne available.

ENTRÉES

Fillets of hake, deep fried in batter French fried potatoes Tartare sauce (G)	€12.20
Chicken goujons (G) (N) Crispy chicken strips in panko Curry dip	€11.50
Bitoque – Fried steak with egg French fried potatoes	€15.70
Crispy chicken wings French fried potatoes Plain, chilli or blue cheese dip \	€12.10
Prawn croquettes French fried potatoes Chilli, lime, ginger, mango and coriander dip	€12.30
Indian lamb curry Basmati rice Poppadom and dips (N)	€17.70

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HAMBURGERS (G)- Beef (180 grms / 6.3 oz)

Plain	€10.90
Sliced tomato and lettuce	€11.50
Cheese	€12.30
Bacon, cheese and caramelized red onion	€12.80

GRILLS

Sardines (25 mins)	€12.80
Grilled fillet of sea bass	€22.90
Chicken piri-piri (25 mins)	€12.50
Ribeye steak, lemon and thyme butter (225 grms. / 8 oz.)	€23.50
Lamb chops	€23.90

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

PASTA (G)

Duck lasagne with spinach and ginger	€12.60
Linguini Al Pesto di mare	
Linguini, prawn, parmesan cheese, rocket, basil, pine nuts	€19.90
Spaghetti Bolognese	€12.60
Penne with chicken, bacon, cream, gorgonzola cheese	€13.60
Black spaghetti with monkfish, prawns, mushrooms, cream, tomato	€19.20
Four Seasons tagliatelle carbonara	€13.30

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PIZZAS (G)

Marguerita (V)	
Tomato and cheese	€11.50
Pepperoni	
Tomato, mozzarella cheese, pepperoni, ham, mushrooms	€14.30
Vegetarian (V)	
Spinach, aubergine, mushrooms, rocket, red onion	
cherry tomato, mozzarella cheese	€12.20
Prosciutto	
Cherry tomato, black olives, Parma cured ham, rocket	
Mozzarella cheese, grana padano cheese	€13.90
Calzone	
Chicken, mozzarella cheese, grilled aubergine, basil, egg	€14.00
Add an ingredient	
Mushrooms, ham, pepperoni, anchovy, jalapeño pepper, pineapple	€1.70
Tuna	€2.40
Prawns	€3.40

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