

● ENTRÉES

CHICKEN GOUJONS (G) (N)
CRISPY CHICKEN STRIPS IN PANKO
CURRY DIP €11.80

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

● PASTA (G) - WE HAVE GLUTEN FREE PENNE AVAILABLE

LINGUINI AL PESTO DI MARE
LINGUINI, PRAWN, PARMESAN CHEESE, ROCKET, BASIL, PINE NUTS (N) €20.50

SPAGHETTI BOLOGNESE €12.90

PENNE WITH CHICKEN, BACON, CREAM, GORGONZOLA CHEESE, OREGANO €14.00

● 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

Salmon Club
SMOKED SALMON, AVOCADO, FENNEL, ROCKET, GHERKIN, CAPERS, MAYONNAISE AND DIJON MUSTARD €14.30

Prawn open sandwich
PRAWN, GUACAMOLE, LIME, CHERRY TOMATO, CRISPY ONION, COCKTAIL SAUCE €12.80

Roast beef baguette
COLD ROAST BEEF, CHERKINS, ROCKET AND CARAMELIZED ONIONS, THREE MUSTARDS AND HONEY SAUCE €15.00

● PIZZAS (G)

MARGUERITA (V)
TOMATO AND CHEESE €11.80

PEPPERONI
TOMATO, MOZZARELLA CHEESE, PEPPERONI, HAM, MUSHROOMS €14.70

● HAMBURGERS (G) - 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

● SALADS

Salmon or tuna poke

MARINATED SALMON OR TUNA POKE, QUINOA, RED CABBAGE, CUCUMBER
SESAME SEEDS AND SOYA DRESSING (S)

€16.00

Mediterranean Poke

FETA CHEESE (V) OR GRILLED TOFU (VG)

HUMMUS, QUINOA, CHERRY TOMATOES, CUCUMBER, RED ONION, CORN, KALAMATA OLIVES,
CORIANDER, SESAME SEEDS (S)

€12.50

Caesar salad

ROMAINE LETTUCE, PARMESAN CHEESE, ANCHOVY FILLET, CROUTONS (G)

CAESAR DRESSING (EGG YOLK, DIJON MUSTARD, PARMESAN CHEESE, LEMON JUICE, GARLIC AND OLIVE OIL)

€10.50

◦ WITH GRILLED CHICKEN

€14.40

◦ WITH BOILED PRAWNS

€14.50

◦ WITH SMOKED SALMON

€15.30

Prawn and avocado

PRAWNS, GREEN LEAVES, AVOCADO, CRISPY BACON PIECES

MAYONNAISE AND MUSTARD VINAIGRETTE

€15.30

Crispy prawns

PRAWNS, MIXED LEAVES, MANGO, CHERRY TOMATO, CRISPY PANCETTA

SWEET CHILLI, GINGER AND BALSAMIC VINAIGRETTE (G)

€14.00

Chef's Salad

CHICKEN, CHEESE, HAM, LETTUCE, BOILED EGG, TOMATO, PEACH,

FRENCH VINAIGRETTE

€13.80

● 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

● 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

● VEGETARIAN AND VEGAN - WE HAVE GLUTEN FREE PENNE AVAILABLE

RICOTTA AND SPINACH RAVIOLI (G) WITH:

◦ BUTTER AND SAGE

€15.50

◦ TOMATO AND BASIL SAUCE

€15.50

◦ PESTO SAUCE (N)

€15.50

◦ ROASTED PUMPKIN, CREAM AND WALNUTS SAUCE (N)

€15.50