

POKES

- **SALMON POKE (G) (F) (SE) (S)** - MARINATED SALMON, QUINOA, RED CABBAGE, SWEET CUCUMBER, SESAME SEEDS SOYA DRESSING €17.00
- **TUNA POKE (G) (F) (SE) (S)** - MARINATED TUNA, QUINOA, RED CABBAGE, SWEET CUCUMBER, SESAME SEEDS SOYA DRESSING €17.00
- **MEDITERRANEAN POKE (G) (F) (SE) (S)** - FETA CHEESE (V) OR GRILLED TOFU (VG). HUMMUS, QUINOA, CHERRY TOMATOES, SWEET CUCUMBER, RED ONION, CORN, KALAMATA OLIVES, CORIANDER OLIVE OIL, SESAME SEEDS SOYA DRESSING €14.00

SALADS

- **FOUR SEASONS CAPRESE SALAD (M)** - BUFFALO MOZZARELLA, SUN-DRIED TOMATOES, PARMA HAM, AVOCADO, BASIL AND MIXED GREEN LEAVES. BALSAMIC VINEGAR €17.00
- **CAESAR SALAD (G) (E) (F) (M) (MU) (V)** - ROMAINE LETTUCE, PARMESAN CHEESE, ANCHOVY FILLET, CROUTONS CAESAR DRESSING - EGG YOLK, DIJON MUSTARD, PARMESAN CHEESE, LEMON JUICE, GARLIC AND OLIVE OIL €12.50
- **WITH GRILLED CHICKEN** €16.00
- **WITH BOILED PRAWNS (C)** €16.50
- **WITH SMOKED SALMON (F)** €16.50
- **LEVANTINE SALAD (L) (AP) (SE)** - GRILLED HALLOUMI CHEESE (V) OR GRILLED TOFU (VG) LENTILS, RED CABBAGE, PARSNIP, ASPARAGUS, CARROTS, CHERRY TOMATOES, CELERY, MANGO, MINT. TAHINI DRESSING €15.50
- **PRAWN AND AVOCADO (C) (E) (MU)** - PRAWNS, GREEN LEAVES, AVOCADO, CRISPY BACON PIECES MAYONNAISE AND MUSTARD VINAIGRETTE €17.00
- **CRISPY PRAWN (G) (C)** - CRISPY PRAWNS, MIXED LEAVES, MANGO, CHERRY TOMATO, CRISPY PANCETTA SWEET CHILLI, GINGER AND BALSAMIC VINAIGRETTE €16.00
- **CHEF'S SALAD (M) (E)** - CHICKEN, CHEESE, HAM, LETTUCE, BOILED EGG, TOMATO, PEACH. FRENCH VINAIGRETTE €15.00
- **FRESH FRUIT PLATE (V) (M)** GREEK YOGHURT DRIZZLED WITH HONEY €12.50

SANDWICHES ESPECIAIS FOUR SEASONS

SERVED WITH FRENCH FRIED POTATOES OR SALAD, UNLESS OTHERWISE STATED.

- **TRADITIONAL CLUB (G) (E)** - CHICKEN, HAM, BACON, TOMATO, LETTUCE, EGG. MAYONNAISE €15.50
- **VEGETARIAN CLUB (V) (G) (E)** - AVOCADO, AUBERGINE, LETTUCE, CARROT, SPINACH, CUCUMBER, TOMATO, EGG. MAYONNAISE €13.50
- **SALMON CLUB (G) (F) (E) (MU)** - SMOKED SALMON, AVOCADO, FENNEL ROCKET, GHERKIN, CAPERS MAYONNAISE AND DIJON MUSTARD €15.50
- **PRAWN (G) (C) (E)** - OPEN SANDWICH WITH PRAWN, GUACAMOLE, LIME, CHERRY TOMATO, CRISPY ONION €15.00
- **COCKTAIL SAUCE**
- **CROQUE-MONSIEUR (G) (M) (MU)** - HAM, GRUYÈRE CHEESE, BÉCHAMEL, DIJON MUSTARD €12.00

SANDWICHES - Served in a baguette or hot pannini

SERVED WITH FRENCH FRIED POTATOES OR SALAD, UNLESS OTHERWISE STATED.

- **HAM AND CHEESE (G) (M)** €11.00
- **TUNA, ONION, TOMATO, MAYONNAISE (G) (F) (E)** €12.50
- **GRILLED CHICKEN, CORIANDER, CHEDDAR CHEESE, AVOCADO (G) (M)** €12.50
- **GRILLED STEAK. BÉARNAISE SAUCE (G) (E)** €16.50

HAMBURGERS (G) BEEF (180 GRMS / 6.3 OZ)

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| ◦ PLAIN (G) | €12.00 | ◦ CHEESE (G) (M) | €13.50 |
| ◦ SLICED TOMATO AND LETTUCE (G) | €12.50 | ◦ BACON, CHEESE AND CARAMELIZED RED ONION (G) (M) | €14.00 |
| | | ◦ HOT DOG (G) | €11.00 |

WRAPS

SERVED WITH FRENCH FRIED POTATOES OR SALAD, UNLESS OTHERWISE STATED

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| ◦ SPINACH, RICOTTA, SUN-DRIED TOMATOES (V) (G) (M) (N) WALNUT CRUMBS | €12.00 | ◦ HOUSE-SMOKED SALMON (G) (F) (E) SWEET CUCUMBER, ROCKET, RED ONION LIME MAYONNAISE | €14.50 |
| ◦ PRAWN AND MANGO (G) (C) (E) RED CHILLI, LETTUCE. COCKTAIL SAUCE | €14.00 | ◦ GRILLED CHICKEN AND BACON (G) (E) CORIANDER, SPINACHES, AVOCADO, LETTUCE MAYONNAISE | €13.50 |

ENTRÉES

- CHICKEN GOUJONS (G) (N) - CRISPY CHICKEN STRIPS IN PANKO. CURRY DIP €13.00
- CRISPY CHICKEN WINGS (G) - FRENCH FRIED POTATOES. PLAIN, CHILLI OR BLUE CHEESE DIP €13.50
- VEGETABLE TEMPURA (V) (VG) (G) (S) - ASPARAGUS, BROCCOLI, GREEN BEANS, CARROT, GREEN BELL PEPPER AND RED BELL PEPPERS. SWEET CHILI SAUCE OR SPICY MAYONNAISE OR SOYA SAUCE €12.50
- PRAWN TEMPURA (G) (C) (S) - SWEET CHILI SAUCE OR SPICY MAYONNAISE SAUCE OR SOYA SAUCE €14.00
- CRISPY CHICKEN ROLL (G) (L) (MO) - FILLED WITH HAM AND MATURE CHEDDAR CHEESE. CREAMY WHOLEGRAIN MUSTARD SAUCE €14.50

PASTA (G)

WE HAVE GLUTEN FREE PENNE AVAILABLE

- LINGUINI, PRAWN, PARMESAN CHEESE, ROCKET, BASIL, PINE NUTS (G) (C) (N) (N) €22.00
- SPAGHETTI BOLOGNESE (G) €14.00
- PENNE WITH CHICKEN, BACON, CREAM, GORGONZOLA CHEESE, OREGANO (G) (M) €15.00
- CANNELLONI FILLED WITH SPINACH, RICOTTA AND GRANA PADANO. WALNUTS, SUN-DRIED TOMATOES AND BASIL. TOMATO AND BASIL SAUCE WITH PINE NUTS AND ALMONDS (G) (M) (N) (V) €14.00

PIZZAS

- MARGUERITA (G) (M) (V) - TOMATO AND CHEESE €12.50
- PEPPERONI (G) (M) - TOMATO, MOZZARELLA CHEESE, PEPPERONI, HAM, MUSHROOMS €15.50
- VEGETARIAN (G) (M) (V) - SPINACH, AUBERGINE, MUSHROOMS, ROCKET, RED ONION, CHERRY TOMATO, MOZZARELLA CHEESE €13.50
- PROSCIUTTO (G) (M) - CHERRY TOMATO, BLACK OLIVES, PARMA CURED HAM, ROCKET MOZZARELLA CHEESE, GRANA PADANO CHEESE €15.50

Add an ingredient

- MUSHROOMS, HAM, PEPPERONI, ANCHOVY, JALAPEÑO PEPPER, PINEAPPLE €02.00
- TUNA (F) €03.50
- PRAWNS(C) €04.00

(V) VEGETARIAN • (VG) VEGAN

ALLERGEN KEY: (G) GLUTEN • (C) CRUSTACEANS • (O) EGGS • (F) FISH • (A) PEANUTS • (S) SOY • (L) DAIRY • (N) NUTS • (AP) CELERY • (MO) MUSTARD • (SE) SESAME • (SU) SULPHITES • (M) MOLLUSCS • (T) LUPINS • (V) VEGETARIAN • (VG) VEGAN

NOTE: THE ALLERGEN LIST IS INDICATIVE. FOR COMPLETE INFORMATION, PLEASE CONSULT OUR TEAM.