

SOUPS

Soup of the day	€4.50
Fresh tomato soup with cream and parsley (V)	€5.25
Gazpacho Andaluz (V) (G)	€5.25
Thai soup with chicken and mange tout (G) (N)	€5.50

STARTERS

Avocado with prawns, cocktail sauce	€13.80
Carpaccio of octopus Lime, coriander, yellow and red pepper, micro herbs, wakame	€13.50
Carpaccio of young beef marinated with garlic, olive oil, coriander Flaked Parmesan cheese	€12.80
Chèvre cheese, red, yellow and green pepper, rocket, watercress, cherry tomato Sweet potato purée (G)	€9.50

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

Ham and cheese	€8.60
Tuna, onion, tomato, mayonnaise	€10.10
Grilled chicken, coriander, cheddar cheese, avocado	€10.10
Bacon, brie cheese, tomato	€10.10
Grilled steak, Béarnaise sauce	€13.20

FOUR SEASONS SPECIAL SANDWICHES (G)

Traditional Club Chicken, ham, bacon, tomato, lettuce, egg, mayonnaise	€12.70
Vegetarian Club (V) Avocado, aubergine, lettuce, carrot, spinach, cucumber, tomato, egg, mayonnaise	€10.70
Tuna Club Tuna, lettuce, tomato, egg, bacon, mayonnaise	€11.70
Prawn in brown bread Prawns, lettuce, cocktail sauce	€10.70
Pork loin confit Onion, tomato, rosemary, garlic	€10.50

All Sandwiches, baguettes and panninis are served with French fried potatoes or salad, unless otherwise stated.

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

WRAPS (G)

Prawn, mango, red chilli, lettuce, cocktail sauce	€10.90
Tuna, lettuce, avocado, tomato, mayonnaise	
Tuna vinaigrette	€10.40
Grilled chicken, bacon, coriander, baby spinach, avocado, lettuce, mayonnaise	€9.60
Duck, lettuce, cucumber, spring onion, chicory, carrot, coriander	
Mayonnaise and Hoisin sauce	€9.95

HAMBURGERS (G)

Beef (150 grms / 5.25 oz)

Plain	€9.60
Sliced tomato and lettuce	€10.00
Cheese	€10.90
Bacon and cheese	€11.10
Stilton cheese	€12.50

Lamb (150grms / 5.25 oz)

Tomato, red onion, roasted red pepper, feta cheese	
Cucumber and mint yoghurt	€11.80

OMELETTES

Plain	€8.60
Cheese (V), or mushroom (V), or tomato (V), or ham	€9.60
Mixed selection from cheese, mushroom, tomato or ham	€10.60

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

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SALADS

<i>Fennel salad</i> – Fennel, cranberry, lime juice, rocket, cherry tomato Lemon, olive oil and black pepper vinaigrette (V)	€10.00
Add chicken	€12.50
Add halloumi cheese (V)	€13.50
<i>Princesa</i> – Prawns, grapes, papaya, apples, lichees, bean sprouts, lettuce, chives, endives, radish, celery, almond Lime, mayonnaise, curry, soya and honey dressing (N)	€15.00
<i>Niçoise</i> – Fresh tuna, tomato, green beans, potato, red onion, egg, olives Coriander vinaigrette	€13.80
<i>Camarão e abacate</i> – Prawns, green leaves, avocado, crispy bacon pieces Mayonnaise and mustard vinaigrette	€13.20
<i>Tropical</i> – Prawns, melon, papaya, mango Lemon and mint dressing	€14.20
<i>Crispy prawns</i> – Prawns, mixed leaves, mango, cherry tomato, crispy pancetta Sweet chilli, ginger and balsamic vinaigrette (G)	€11.80
<i>Seafood platter</i> – Prawns, smoked salmon, gravlax, smoked salmon tartare, marinated herring, dressed salad Two sauces: Dijon mustard with dill, cocktail	€16.00
<i>Mar</i> – Smoked salmon, prawn, marinated herring, avocado, chicory, rocket, watercress, asparagus, radish, cherry tomato Dill and ginger vinaigrette	€15.80
<i>Chef's Salad</i> – Chicken, cheese, ham, lettuce, boiled egg, tomato, peach, vinaigrette	€11.10
<i>Frango carilado</i> – Chicken, curried mayonnaise, pineapple, coconut, sultanas, pine nuts, banana (N)	€12.10
<i>Thai</i> – Chicken, mushroom, sun-dried tomatoes, radish, bean sprouts, courgette, aubergine, mixed leaves, cashew nuts Sweet chilli and coriander dressing (N)	€13.00
<i>Couscous with duck</i> – Couscous, duck, ginger, mint, coriander dried tomato, aubergine, sweet chili, yoghurt Harrissa dressing	€14.20
<i>Quinoa salad</i> – Black quinoa, white quinoa, beetroot, apple, lettuce, chicory, rocket Greek yoghurt	€11.50
Fresh fruit plate with yoghurt (V)	€11.00
Mixed salad or regional seasoned mixed salad (V)	€5.00

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ENTRÉES

Fillets of hake, deep fried in batter French fried potatoes Tartare sauce (G)	€10.90
Smoked and fresh salmon cakes Coleslaw, coriander, carrot, green beans, onion, egg Chilli, lime and ginger mayonnaise (G)	€10.70
<i>Bitoque</i> – Fried steak with egg French fried potatoes	€13.20
Crispy chicken wings French fried potatoes Plain or with a chilli or blue cheese dip	€10.60
Crispy chicken strips in panko French fried potatoes Curry dip (G) (N)	€10.60
Minced lamb kebab flavoured with thyme and cumin Greek salad, cucumber and mint yoghurt	€10.00
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)	€11.80
Indian lamb curry Basmati rice Poppadom, dips (N)	€17.00

GRILLS

Sardines (25 mins)	€10.90
Sea bass, sea bream, salmon or corvina Lemon, parsley and butter sauce (25 mins)	€20.80
Grilled fillet of sea bass	€23.80
<i>Chicken Tikka</i> – Chicken marinated in tandoori and yoghurt sauce Saffron, pinenut and sultana rice Poppadom and dips (N)	€13.00
Chicken piri-piri (25 mins)	€11.00
Ribeye steak, lemon and thyme butter (225 grms. / 8 oz.)	€22.00
Lamb chops	€21.00

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

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PASTA (G)

Beef lasagne Minced meat, carrot, mushrooms, tomato, Béchamel sauce and mozzarella cheese	€11.80
Penne with spinach and ricotta cheese (V) (N)	€15.00
Tagliatelle with fresh salmon Cream, fennel, red onion, baby spinach	€17.20
Spaghetti Bolognese	€11.20
Black spaghetti with monkfish, prawns, mushrooms, cream, tomato	€17.80
Penne with chicken, bacon, cream, gorgonzola cheese	€12.00
Four Seasons tagliatelle carbonara with cream and cured ham *	€12.00

*Dishes marked with * have a vegetarian option*

We have gluten free penne available

PIZZAS (G)

Marguerita (V) Tomato and cheese	€10.20
Pepperoni Tomato, mozzarella cheese, pepperoni, ham, mushrooms	€12.70
Vegetarian (V) Spinach, aubergine, mushrooms, rocket, red onion, cherry tomato, mozzarella cheese	€10.90
Seafood Prawns, tuna, onion, spinach, capers, tomato, mozzarella	€14.20
<i>Add an ingredient</i>	
Mushrooms, ham, pepperoni, anchovy, jalapeño pepper, pineapple	€1.00
Tuna	€2.00
Prawns	€3.00

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