



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 €2.30

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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
Seared tuna Gaspacho jelly, pink ginger and coriander couscous	€13.90
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
Vegetarian Club (V) Avocado, aubergine, lettuce, carrot, spinach, cucumber, tomato, egg Mayonnaise	€12.20
Salmon Club Smoked salmon, avocado, fennel, rocket, gherkin, capers Mayonnaise and Dijon mustard	€14.10
Open sandwich with prawn, guacamole, lime, cherry tomato, crispy onion Cocktail sauce	€12.30

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

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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	€15.10
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 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, 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

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Mixed salad or regional seasoned mixed salad or tomato, Onion and oregano salad (V) €3.75

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

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 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) €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

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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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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