



AS VELAS

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 €2.15

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SOUPS

Soup of the day	€5.00
Gazpacho Andaluz (V) (G)	€5.80
Fresh tomato soup Cream and parsley (V)	€5.60
Thai soup with chicken and mange tout Coriander and chilli pepper (G) (N)	€6.00
Cold green soup Avocado, spinach, celery, basil, cucumber, green apple Pumpkin and sunflower seeds.	€6.00

STARTERS

Avocado with prawns, cocktail sauce	€13.20
Carpaccio of young beef marinated with garlic, olive oil, coriander Flaked Parmesan cheese	€14.00
Filo pastry nest with chevre cheese, apple, walnuts, honey (V) (N)	€11.50
Seared tuna Gaspacho jelly, pink ginger and coriander couscous	€13.50
Home smoked duck breast Celeriac coleslaw, pumpkin jam	€14.50

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

Ham and cheese	€9.10
Tuna, onion, tomato, mayonnaise	€11.2
Grilled chicken, coriander, cheddar cheese, avocado	€11.20
Grilled steak, Béarnaise sauce	€14.50

FOUR SEASONS SPECIAL SANDWICHES (G)

Traditional Club Chicken, ham, bacon, tomato, lettuce, egg, mayonnaise	€14.00
Vegetarian Club (V) Avocado, aubergine, lettuce, carrot, spinach, cucumber, tomato, egg, mayonnaise	€11.80
Salmon Club Smoked salmon, avocado, fennel, rocket, gherkin, capers Mayonnaise and Dijon mustard	€13.80
Open sandwich with prawn, guacamole, lime, cherry tomato, crispy onion Cocktail sauce	€11.80

*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)	€11.00
Prawn, mango, red chilli, lettuce, cocktail sauce	€12.00
Grilled chicken, bacon, coriander, baby spinach, avocado, lettuce, mayonnaise	€11.00
Beef, cucumber, lettuce, red lettuce, carrot Grain mustard mayonnaise, oregano	€14.00

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	€15.00
Fennel salad – Fennel, cranberry, lime juice, rocket, cherry tomato Lemon, olive oil and black pepper vinaigrette (V)	€11.20
Add halloumi cheese (V)	€14.80
Quinoa - Roasted vegetables, cherry tomato, feta cheese, coriander Lime, olive oil, clove and honey vinaigrette (V)	€13.50
Without cheese (vegan)	€11.50
Camarão e abacate – Prawns, green leaves, avocado, crispy bacon pieces Mayonnaise and mustard vinaigrette	€14.50
Tropical – Prawns, melon, papaya, mango Lemon and mint dressing	€15.50
Seafood Platter – Prawns, smoked salmon, gravlax, marinated herring, smoked salmon tartare, potato salad with salmon caviar, dressed salad Two sauces: Dijon mustard with dill, cocktail	€18.00
Crispy prawns – Prawns, mixed leaves, mango, cherry tomato, crispy pancetta Sweet chilli, ginger and balsamic vinaigrette (G)	€13.00
Niçoise – Fresh tuna, tomato, green beans, potato, red onion, egg, olives, coriander, oregano Anchovy vinaigrette	€15.30
Salmon – Warm poached salmon, mixed leaves, asparagus and mango Greek yoghurt, avocado, coriander and lime juice	€15.00
Chef's Salad – Chicken, cheese, ham, lettuce, boiled egg, tomato, peach, vinaigrette	€13.20
Thai – Chicken, mushroom, sun-dried tomatoes, radish, bean sprouts, courgette, aubergine, mixed leaves, cashew nuts Sweet chilli and coriander dressing (N)	€14.20
Beetroot – Fresh beetroot, corn, watercress, fried rice, feta cheese and egg (V)	€11.00
Fresh fruit plate with Greek yoghurt drizzled with honey (V)	€11.00
Mixed salad or regional seasoned mixed salad or Tomato, onion and oregano salad (V)	€3.75

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HAMBURGERS (G)

Beef (180 grms / 6.3 oz)

Plain	€10.60
Sliced tomato and lettuce	€11.20
Cheese	€12.00
Bacon, cheese and caramelized red onion	€12.50

EGGS AND OMELETTES

Eggs Benedict – English muffin, poached eggs, ham, bacon, Hollandaise sauce (G)	€9.80
Eggs Royale – English muffin, poached eggs, smoked salmon, Hollandaise sauce (G)	€10.80
Plain	€9.80
Cheese (V), or mushroom (V), or tomato (V), or ham	€10.70
Mixed selection from cheese, mushroom, tomato or ham	€11.70

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

VEGETARIAN AND VEGAN

<i>Courgette cannelloni</i> – Courgette, shimeji mushrooms, shallot, baby spinach, celery, carrot, fennel, basil, rocket, ricotta, mozzarella, gouda cheese	
Tomato, basil, pine nuts and almond sauce (V) (N)	€13.00
Without cheese (vegan) (N)	€11.00
Penne with spinach, ricotta cheese, nuts (V) (N)	€13.20

We have gluten free penne available.

ENTRÉES

Fillets of hake, deep fried in batter	
French fried potatoes	
Tartare sauce (G)	€12.00
Chicken Goujons (G) (N)	
Crispy chicken strips in panko	
Curry dip	€11.30
<i>Bitoque</i> – Fried steak with egg	
French fried potatoes	€15.50
Crispy chicken wings French fried potatoes	
Plain or with a chilli or blue cheese dip \	€11.70
Prawn croquettes French fried potatoes	
Chilli, lime, ginger, mango and coriander dip	€12.00
Indian lamb curry Basmatic rice	
Poppadom and dips (N)	€17.50

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GRILLS

Sardines (25 mins)	€12.50
Grilled fillet of sea bass	€22.30
Chicken piri-piri (25 mins)	€11.80
Ribeye steak, lemon and thyme butter (225 grms. / 8 oz.)	€22.80
Lamb chops	€23.70

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

PASTA (G)

Duck lasagne with spinach and ginger	€12.40
Linguini with prawns, three mushrooms: button, shitake and shimeji, cream	€14.00
Spaghetti Bolognese	€12.20
Penne with chicken, bacon, cream, gorgonzola cheese	€13.40
Black spaghetti with monkfish, prawns mushrooms, cream, tomato	€19.00
Four Seasons tagliatelle carbonara	€13.00

We have gluten free penne available

PIZZAS (G)

Marguerita (V) Tomato and cheese	€11.30
Pepperoni Tomato, mozzarella cheese, pepperoni, ham, mushrooms	€13.90
Vegetarian (V) Spinach, aubergine, mushrooms, rocket, red onion, cherry tomato, mozzarella cheese	€12.00
Prosciutto Cherry tomato, black olives, Prosciutto di parma, rocket, Mozzarella cheese, grana padano cheese	€13.70
Calzone Chicken, mozzarella cheese, grilled aubergine, basil, egg	€13.80

Add an ingredient

Mushrooms, ham, pepperoni, anchovy, jalapeño pepper, pineapple	€1.60
Tuna	€2.30
Prawns	€3.30

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