

## SOUPS

Soup of the day	€5.00
Gazpacho Andaluz (V) (G)	€5.75
Fresh tomato soup with cream and parsley (V)	€5.75
Bisque of prawn with crab meat and croutons(G)	€6.25
Thai soup with chicken and mange tout (G) (N)	€6.00

## STARTERS

Chevre cheese, red, yellow and green pepper, rocket, watercress , cherry tomato Sweet potato purée	€10.50
Avocado with prawns, cocktail sauce	€14.80
Carpaccio of octopus – lime, coriander, yellow and red bell pepper, micro herbs, wakame	€14.50
Carpaccio of young beef marinated with garlic, olive oil, coriander Flaked Parmesan cheese	€13.80
Sautéed scallops, <i>chorizo</i> Corn purée, shallots, microherbs	€14.95
Prawns wrapped in kataifi strands (G) Chilli, lime, ginger, mango and coriander dip	€11.80
Confit of duck leg croquette (G) Fennel salad Rhubarb purée	€10,80
Minced lamb kebab flavoured with thyme and cumin Greek salad, mint yoghurt	€11.00

Cover charge €2.50

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## LIGHT AND HEALTH

<i>Fennel salad</i> – Fennel, cranberry, lime juice, rocket, cherry tomato Lemon, olive oil and black pepper vinaigrette (V)	€11.00
Add chicken	€13.50
Add halloumi cheese	€14.50
<i>Princesa</i> – Prawns, grapes, papaya, apples, lichees, bean sprouts, lettuce, chives, endives, radish, celery, almond Lime, mayonnaise, curry, soya and honey dressing (N)	€16.00
<i>Crispy prawns</i> – Prawns, mixed leaves, mango, cherry tomato, crispy pancetta Sweet chilli, ginger and balsamic vinaigrette (G)	€12.80
<i>Seafood platter</i> – Prawns, smoked salmon, gravlax, smoked salmon tartare, marinated herring, dressed salad Two sauces: Dijon mustard with dill, cocktail	€17.00
<i>Quinoa salad</i> – Black quinoa, white quinoa, beetroot, apple, lettuce, chicory, rocket Greek yoghurt	€12.50
<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)	€12.80
Mixed salad or regional seasoned mixed salad (V)	€5.50

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## PASTA & RISOTTO (G)

Beef lasagne Minced meat, carrot, mushrooms, tomato, béchamel sauce and mozzarella cheese	€12.80
Penne with spinach and ricotta cheese (V) (G) (N)	€16.00
Tagliatelle with fresh salmon Cream, fennel, red onion, baby spinach	€18.20
Spaghetti Bolognese	€12.20
Black spaghetti with monkfish, prawns, mushrooms, cream, tomato	€18.80
Penne with chicken, bacon, cream, gorgonzola cheese	€13.00
Four Seasons tagliatelle carbonara with cream and cured ham *	€13.00
Saffron risotto with seabass and prawns	€18.50
Beetroot risotto with vegetables Asparagus, mushrooms, carrot, mange-tout	€13.50

*Dishes marked with \* have a vegetarian option  
We have gluten free penne available*

## FISH AND SHELLFISH

Fillet of tuna, sesame seeds, pea purée Olive oil, lime and coriander sauce	€19.20
Poached salmon with chestnut purée Hollandaise sauce	€24.50
Grilled fillet of sea bass	€25.20
Baked sea bream fillet Ginger, spring onion, chilli, soya sauce, coconut milk, white wine, fresh coriander Basmati rice	€24.50
Curried prawns (medium or spicy) White rice (N)	€24.00
Cassolette of monkfish and prawns Cream mushroom sauce flamed with brandy White rice	€26.95

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## POULTRY AND MEAT

Roasted breast of duck Apple purée Orange, honey, star anise and roasted coriander seed sauce	€19.80
Breast of chicken roasted on sliced potatoes Aromatic herb butter. Crispy pancetta Hoisin plum and shitake mushroom sauce (25 mins) (G)	€17.40
Chicken piri-piri (25 mins)	€12.00
Beef stroganoff flamed with vodka White rice	€24.30
Lamb chops Algarvian carrot purée, spinach Fried sweet potato crisps or French fried potatoes	€24.50
Rack of lamb, parsnip purée Bordelaise sauce	€25.40
Indian lamb curry Basmati rice, Poppadom and dips (N)	€18.00

## STEAK SELECTION

Grilled ribeye steak, lemon and thyme butter (225 grs / 8 oz.)	€23.75
Grilled fillet steak Béarnaise sauce	€28.90
<i>Bife à portuguesa</i> – Sautéed sirloin of beef with a rich sauce with vinegar topped with cured ham and sliced fried potatoes	€27.80

*All of the above are served with potato of the day and vegetables or French fried potatoes or salad*

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