



STARTERS

HOMEMADE VEGETABLE SOUP ^V Served with bread roll	7	GARLIC MUSHROOMS ON TOAST ^V Tarragon cream sauce, parmesan shavings	10	PAN FRIED GARLIC PRAWNS ^{GF} Garlic and chilli pepper	15
RICH SEASONAL SOUP OF THE SEA ^{GFR} With prawns, local fish, flavoured with coriander	10	CLAMS "À BULHÃO PATO" Garlic and coriander sauce	22	PRAWN COCKTAIL Atlantic prawns, baby gem, marie rose	14

FROM THE LAND

PAN FRIED CHICKEN SUPREME Filled with "Alheira" sausage, crushed potato, house salad	21
BBQ PORK RIBS Sticky BBQ sauce, steakhouse fries	24
FILLET STEAK Sauté potatoes, house salad ADD SURF & TURF + €6.00 ADD PORTUGUESE STEAK SAUCE OR PEPPERCORN SAUCE + €4.00	32
NEW ZEALAND LAMB CUTLETS Crushed herbs, potato gratin, ratatouille & mint gravy	33

FROM THE SEA

BEER BATTERED FISH & CHIPS Mushy peas & tartare sauce	19
GRILLED SEABASS FILLET Sauté potatoes, vegetables, lemon butter & crispy capers	24
SALMON & PRAWN FILLET Garlic crushed new potatoes, sautéed vegetables, prawn marinara sauce	24

PASTA & RISOTTO ^{GFR}

PENNE PASTA ^V Cherry tomatoes, Grana Padano, pine nut pesto	18
CLASSIC BEEF BOLOGNESE 100% minced beef, mushrooms, onions, tomato, carrots	19
PRAWN TAGLIATELE Homemade shrimp bisque, coriander	24
PRAWN RISOTTO Homemade shrimp bisque, coriander	23
CHICKEN & MUSHROOM RISOTTO Sauté chicken, wild mushroom, parmesan	21

PIZZA ^{DFR}

CRISPY DUCK Shredded duck, plum, spring onion, cucumber	19
MARGHERITA ^{V VER} Tomato sauce and mozzarella cheese	14
4 CHEESES ^V Mozzarella, cheddar, emmental, blue cheese	17
PEPPERONI Fresh chilli & pepperoni	17
VEGETARIAN ^{VER} Spinach, mushrooms, peppers, olives	17
HAWAIIAN Tomato base, mozzarella, ham, pineapple	17

BURGERS ^{GFR}

FOUR SEASONS CLASSIC Smoked bacon, cheese and egg	17
FOUR SEASONS BRIE Smoked bacon, roasted onion, brie cheese, iceburg lettuce, cornichon	17
GOAT'S CHEESE BURGER Beef burger, goat's cheese gratin, rocket, tomato	17
FOUR SEASONS CHICKEN Smoked bacon, cheddar, Cajun mayo	17
FOUR SEASONS VEGETARIAN Carrot, onion, beetroot, lettuce, tomato, soya burger, cheddar	17

SALADS

SMOKED SALMON, AVOCADO & MANGO SALAD Mixed lettuce, red onion, vinaigrette	15	PRAWN & MANGO SALAD Lettuce, tomato, cabbage, cocktail sauce	17
CHICKEN & AVOCADO SALAD Mushrooms, croutons, honey & mustard	17	CAESAR SALAD Lettuce, croutons, bacon, parmesan cheese, caesar sauce	14
SUPERFOOD SALAD ^V Quinoa, rocket, toasted walnuts, avocado, cherry tomatoes, croutons, honey sauce	17	ADD CHICKEN +2 ADD PRAWN +3	

SIDES - 6 EACH

GARLIC BREAD ^V
SAUTÉ POTATOES ^V
CHIPS ^V
SAUTÉ VEGETABLES ^V
ONION RINGS ^V
HOUSE SALAD ^{V VER DFR}
BASMATI RICE ^{V VE}



ENTRADAS

SOPA DE LEGUMES CASEIRA ^V Servido com pãozinho	7	COGUMELOS "AO ALHINHO" EM TOSTA ^V Creme de estragão e lascas de parmesão	10	CAMARÃO FRITO COM ALHO ^{GF} Com malagueta	15
SOPA RICA DO MAR ^{GFR} Camarão, peixe do Algarve, coentros e tosta gratinada	10	AMÊIJOAS À BULHÃO PATO	22	COCKTAIL DE CAMARÃO Camarão do Atlântico, alface romana baby, molho marie rose	14

DA TERRA

SUPREMO DE FRANGO FRITO Recheado com Alheira, batata a murro e salada	21
PIANINHO BBQ Costela de porco com molho barbecue, batata frita steakhouse	24
BIFE DO LOMBO Batata "sauté", salada ADICIONE CAMARÕES + €6.00 ADICIONE MOLHO BIFE PORTUGUÊS OU MOLHO PIMENTA + €4.00	32
COSTELETAS DE BORREGO DA NOVA ZELÂNDIA Com crosta de ervas, batata gratin, ratatouille e molho de menta	33

DO MAR

TRADICIONAL "PEIXE INGLÊS" Panado com cerveja e soda, batata frita, amassado de ervilhas e molho tártaro	19
FILETE DE ROBALHO GRELHADO Batatas "sauté, alcaparras crocantes e molho de manteiga e limão	24
FILETE DE SALMÃO E CAMARÃO Batata a murro, legumes salteados, camarão, molho marinara	24

MASSA E RISOTTO ^{GFR}

PENNE & PESTO ^V Pesto, tomate cherry, queijo grana padano e pesto de pinhão	18
BOLONHESA CLÁSSICA 100% carne picada, cogumelos, cebola, tomate e cenoura	19
TAGLIATELE DE CAMARÃO Bisque de camarão caseiro, coentros	24
RISOTTO DE CAMARÃO Bisque de camarão caseiro, coentros	23
RISOTTO DE FRANGO E COGUMELOS Frango salteado, cogumelos selvagens, parmesão	21

PIZZA ^{DFR}

PATO CROCANTE Pato desfiado, ameixa, cebolinho e pepino	19
MARGHERITA ^{V VER} Molho de tomate e queijo mozzarella	14
4 QUEIJOS ^V Mozzarella, cheddar, emmental, queijo azul	17
PEPPERONI Malagueta e pepperoni	17
VEGETARIANA ^{VER} Espinafres, cogumelos, mistura de pimentos e azeitonas	17
HAVAIANA Base de molho de tomate, queijo mozarella, fiambre e ananás	17

HAMBURGERES ^{GFR}

FOUR SEASONS CLÁSSICO Bacon fumado, queijo e ovo	17
FOUR SEASONS BRIE Bacon fumado, cebola assada e queijo brie, alface, corninchon	17
FOUR SEASONS CHÈVRE Hambúrger de novilho, chèvre gratinado, rúcula e tomate	17
FOUR SEASONS FRANGO Bacon fumado, queijo e maionese "Cajun"	17
FOUR SEASONS VEGETARIANO Cenoura, cebola, beterraba, alface, tomate, feijão e milho	17

SALADAS

SALADA DE SALMÃO FUMADO, ABACATE E MANGA Alface, cebola roxa, vinagrete	15	SALADA DE CAMARÃO E MANGA Alface, tomate, couve, molho cocktail	17
SALADA DE FRANGO E ABACATE Cogumelos, croutons, mel e mostarda	17	SALADA CAESER Alface, croutons, bacon, parmesão, molho caeser	14
SALADA SUPERFOOD ^V Quinoa, rúcula, nozes tostadas, abacate, tomate cherry, croutons, molho de mel	17	ADICIONE FRANGO +2 ADICIONE CAMARÃO +3	

ACOMPANHAMENTOS - 6 CADA

PÃO DE ALHO ^V
SAUTÉ POTATOES ^V
BATATAS FRITAS ^V
LEGUMES SALTEADOS ^V
AROS DE CEBOLA ^V
SALADA DA CASA ^{V VER DFR}
ARROZ BASMATI ^{V VE}