

# 4 FOUR SEASONS VILAMOURA

## LUNCH MENU



SERVED:  
10:30AM - 6PM

### SOUP

**HOMEMADE VEGETABLE SOUP** <sup>GFR V</sup> 7  
Served with bread roll

**RICH SEASONAL SOUP OF THE SEA** <sup>GFR DFR</sup> 10  
Prawns, local fish, coriander

### LIGHT SNACKS

**PLAIN OMELETTE** <sup>GFR V</sup> 12

**OMELETTE** 14  
Choice of 2 fillings. Served with salad and chips  
(add an additional ingredient for €2)

**CRISPY SQUID** 12  
Garlic mayo

**HOMEMADE COD GOUJONS** 13  
Tartare sauce

**HOT DOG** <sup>GFR</sup> 14  
Bacon, cheese, roasted onions & tomato sauce, served with chips

**DUCK NACHOS** 14  
Shredded duck, guacamole, cheese, tomato & jalapeño salsa, sour cream

**SALT & PEPPER CHICKEN WINGS** 12  
Sour cream & spicy BBQ sauce

**HUEVOS ROTOS** 14  
Fried eggs, fries, Portuguese ham, cherry tomato

### BURGERS All served with chips

**FOUR SEASONS CLASSIC** <sup>GFR</sup> 17  
Smoked bacon, cheese & egg

**FOUR SEASONS BRIE** <sup>GFR</sup> 17  
Smoked bacon, roasted onion, brie cheese, iceberg lettuce, cornichon

**GOAT'S CHEESE BURGER** <sup>GFR</sup> 17  
Beef burger, goat's cheese gratin, rocket, tomato

**FOUR SEASONS CHICKEN** <sup>GFR</sup> 17  
Smoked bacon, cheddar, Cajun mayo

**FOUR SEASONS VEGETARIAN** <sup>VE GFR</sup> 17  
Carrot, onion, beetroot, lettuce, tomato, soya burger, cheddar

### SALADS

**SUPERFOOD SALAD** 17  
Quinoa, rocket, toasted walnuts, avocado, cherry tomatoes, croutons, honey sauce

**NIÇOISE SALAD** 15  
Tuna, potato, egg, olives, capers, vinaigrette, balsamic sauce

**CHICKEN & AVOCADO SALAD** 17  
Shitake mushrooms, croutons, mustard & honey sauce

**TRICOLOUR SALAD** <sup>V</sup> 15  
Mozzarella, tomato, avocado, balsamic cream, vinaigrette

**CAESAR SALAD** 14  
Lettuce, croutons, bacon, parmesan, caesar sauce  
ADD CHICKEN +2 | ADD PRAWN +3

**PRAWN & MANGO SALAD** 17  
Lettuce, cherry tomato, purple cabbage, cocktail sauce

### SANDWICHES / WRAPS BAGUETTES / PANINIS

ALL SERVED WITH CHIPS

**HAM OR CHEESE PANINI** <sup>GFR</sup> / **HAM & CHEESE PANINI** <sup>GFR</sup> 10 / 11

**PESTO CHICKEN PANINI** <sup>GFR</sup> 11

**SERRANO HAM, FRESH MOZZARELLA & PESTO PANINI** <sup>GFR</sup> 15

**ROASTED VEGETABLE, CHEESE & PESTO TOASTED PANINI** <sup>V</sup> 13

**CLUB SANDWICH** <sup>GFR</sup> 15  
Toasted white bread, chicken, bacon, egg, tomato, cheese & ham

**SMOKED SALMON & ROCKET BAGUETTE** <sup>GFR</sup> 16  
Cream cheese, smoked salmon, rocket, chives

**TUNA MAYO BAGUETTE** <sup>GFR</sup> 11  
Tuna, lettuce, cucumber & mayo

**BANG BANG CHICKEN BAGUETTE** <sup>GFR</sup> 11  
Gem lettuce, cucumber, pulled chicken & Bang bang sauce

**STEAK BAGUETTE** <sup>GFR</sup> 17  
Sirloin strips, blue cheese, roasted onion & gem lettuce

**BIFANA** <sup>GFR</sup> 14  
Pork steak, garlic sauce

**SAUTE VEGETABLE WRAP** <sup>V</sup> 14  
Saute vegetables, mixed leaf lettuce, flemish cheese

**CRISPY DUCK WRAP** 15  
Shredded duck, gem lettuce, spring onion, cucumber, plum & yoghurt sauce

**CHICKEN WRAP** 14  
Chicken, lettuce, cherry tomato & pesto

**AVOCADO WRAP** <sup>V</sup> 14  
Avocado, lettuce, cherry tomato & pesto

**SMOKED SALMON WRAP** 16  
Cream cheese, chives, smoked salmon, mixed leaf lettuce

### PASTA

**SPAGHETTI BOLOGNESE** <sup>GFR</sup> 19  
100% minced beef, mushrooms, onions, tomato, olive oil & carrots

**PENNE NAPOLETANA** <sup>GFR</sup> 16  
Tomato, basil, olives, ricotta, parsley

### PIZZA <sup>GFR</sup>

**CRISPY DUCK** <sup>DFR</sup> 19 **HAWAIIAN** <sup>DFR</sup> 17  
Shredded duck, plum, spring onion & cucumber Tomato base, mozzarella, ham, pineapple

**MARGHERITA** <sup>V VER DFR</sup> 14 **VEGETARIAN** <sup>VER DFR</sup> 17  
Tomato sauce & mozzarella cheese Spinach, mushrooms, mixed peppers & olives

**PEPPERONI** <sup>DFR</sup> 17 **4 CHEESES** 17  
Fresh chilli & pepperoni Tomato sauce, cheddar, emmental, mozzarella, blue cheese

### SIDES - 6 EACH

**GARLIC BREAD** <sup>V</sup> **ONION RINGS** <sup>V</sup>  
**SAUTÉ POTATOES** <sup>V</sup> **HOUSE SALAD** <sup>V VER DFR</sup>  
**CHIPS** <sup>V</sup> **BASMATI RICE** <sup>V VE</sup>  
**SAUTÉ VEGETABLES** <sup>V</sup>

V - Vegetarian. VE - Vegan. VER - Vegan on request. GF - Gluten Free. N - Contains nuts. GFR - Gluten Free on request. DF - Dairy Free. DFR - Dairy Free on request. PLEASE NOTE: If you have a food allergy, please enquire about the ingredients in each dish. Our kitchen has strict procedures for handling food in order to ensure the safety of our consumers. However, we cannot guarantee that the products have not come into contact with other allergens; either through cross-contamination or omission by third parties. All prices are in euros (€). VAT is included at the legal rate. The rates apply to takeaway products in boxes and bags. No food or drink, including the couvert can be charged if the customer does not request it or if it is not consumed. We have a complaints book.

# 4 FOUR SEASONS VILAMOURA

## MENU DE ALMOÇO



SERVIDO:  
10:30 - 18

### SOPA

**SOPA DE LEGUMES CASEIRA** <sup>GFR V</sup> 7  
Servido com pãozinho

**SOPA RICA DO MAR** <sup>GFR DFR</sup> 10  
Camarão, peixe do Algarve, coentros e tosta gratinada

### REFEIÇÕES LIGEIRAS

**OMELETE SIMPLES** <sup>GFR V</sup> 12

**OMELETE** 14  
Escolha de 2 ingredientes. Servido com salada e batatas fritas  
(cada ingrediente extra - 2€)

**CALAMARES** 12  
Maionese de alho

**GOUJONS DE BACALHAU CASEIROS** 13  
Molho tártaro

**CACHORRO QUENTE** <sup>GFR</sup> 14  
Bacon, queijo, cebola assada e molho de tomate, servido com batatas fritas

**NACHOS DE PATO** 14  
Pato desfiado, guacamole, molho de tomate & jalapeños e natas azedas

**ASAS DE FRANGO SAL & PIMENTA** 12  
Creme de natas azedas & molho de barbecue

**OVOS ROTOS** 14  
Ovo estrelado, batata frita, presunto e tomate cherry

### HAMBURGUERES Tudo servido com batatas fritas

**FOUR SEASONS CLÁSSICO** <sup>GFR</sup> 17  
Bacon fumado, queijo e ovo

**FOUR SEASONS BRIE** <sup>GFR</sup> 17  
Bacon fumado, cebola assada e queijo brie, alface, cornichon

**FOUR SEASONS CHÈVRE** <sup>GFR</sup> 17  
Hambúrguer de novilho, chèvre gratinado, rúcula e tomate

**FOUR SEASONS FRANGO** <sup>GFR</sup> 17  
Bacon fumado, queijo e maionese "Cajun"

**FOUR SEASONS VEGETARIANO** <sup>VE GFR</sup> 17  
Cenoura, cebola, beterraba, alface, tomate, feijão e milho

### SALADAS

**SUPERFOOD** 17  
Quinoa, rúcula, nozes tostadas, abacate, tomate cherry, croutons, molho de mel

**NIÇOISE** 15  
Atum, batata, ovo, azeitonas, alcaparras, vinagre e molho balsâmico

**FRANGO E ABACATE** 17  
Cogumelos, croutons, mel e mostarda

**TRICOLOR** <sup>V</sup> 15  
Mozzarella, tomate, abacate, creme balsâmico, vinagre

**CAESAR** 14  
Alface, croutons, bacon, parmesão, molho caesar  
ADICIONE FRANGO +2 | ADICIONE CAMARÃO +3

**CAMARÃO E MANGA** 17  
Alface, tomate, couve, molho cocktail

### SANDUICHES / WRAPS BAGUETES / PANINIS

SERVIDO COM  
BATATAS FRITAS

**PANINI DE FIAMBRE OU QUEIJO** <sup>GFR</sup> / **PANINI MISTO** <sup>GFR</sup> 10 / 11

**PANINI DE FRANGO E PESTO** <sup>GFR</sup> 11

**PANINI DE PRESUNTO, MOZZARELLA FRESCA E PESTO** <sup>GFR</sup> 15

**PANINI DE LEGUMES ASSADOS, QUEIJO E PESTO** <sup>V</sup> 13

**SANDES CLUBE** <sup>GFR</sup> 15  
Pão de forma branco tostado, frango, bacon, ovo, tomate, queijo e fiambre

**BAGUETE DE SALMÃO FUMADO & RÚCULA** <sup>GFR</sup> 16  
Queijo creme, cebolinho, salmão fumado e alface

**BAGUETE DE ATUM E MAIONESE** <sup>GFR</sup> 11  
Atum, alface, pepino e maionese

**BAGUETE DE FRANGO "BANG BANG"** <sup>GFR</sup> 11  
Alface romana, pepino, frango desfiado, molho "Bang Bang"

**BAGUETE DE BIFE DA VAZIA** <sup>GFR</sup> 17  
Tiras de lombo, queijo azul, cebola assada e alface

**BIFANA** <sup>GFR</sup> 14  
Febra de porco, molho de alho

**WRAP DE LEGUMES SALTEADOS** <sup>V</sup> 14  
Legumes salteados, alface, queijo flamengo

**WRAP DE PATO CROCANTE** 15  
Pato desfiado, alface romana, cebolinho, pepino, ameixa e molho de iogurte

**WRAP DE FRANGO** 14  
Frango, alface, tomate cherry e pesto

**WRAP DE ABACATE** <sup>V</sup> 14  
Abacate, alface, tomate cherry e pesto

**WRAP DE SALMÃO FUMADO & RÚCULA** 16  
Queijo creme, cebolinho, salmão fumado e alface

### PASTA

**ESPARGUETE À BOLONHESA** <sup>GFR</sup> 19  
100% carne picada, cogumelos, cebola, tomate, azeite e cenoura

**PENNE À NAPOLITANA** <sup>GFR</sup> 16  
Basilico, azeitonas, ricotta, salsa

### PIZZA

**PATO CROCANTE** <sup>DFR</sup> 19 **HAVAIANA** <sup>DFR</sup> 17  
Pato desfiado, ameixa, cebolinho e pepino  
Base de molho de tomate, queijo mozzarella, fiambre e ananás

**MARGHERITA** <sup>V VER DFR</sup> 14 **VEGETARIANA** <sup>VER DFR</sup> 17  
Molho de tomate e queijo mozzarella  
Espinafres, cogumelos, mistura de pimentos e azeitonas

**PEPPERONI** <sup>DFR</sup> 17 **4 QUEIJOS** 17  
Malagueta e pepperoni  
Mozzarella, cheddar, emmental & queijo azul

### ACOMPANHAMENTOS - 6 CADA

**PÃO DE ALHO** <sup>V</sup> **AROS DE CEBOLA** <sup>V</sup>  
**SAUTÉ POTATOES** <sup>V</sup> **SALADA DA CASA** <sup>V VER DFR</sup>  
**BATATAS FRITAS** <sup>V</sup> **ARROZ BASMATI** <sup>VE</sup>  
**LEGUMES SALTEADOS** <sup>V</sup>

V - Vegetariano. VE - Vegan. VER - Vegan mediante pedido. GF - Sem Gluten. N - Contém nozes. GFR - Sem Gluten mediante pedido. DF - Sem lactose. DFR - Sem lactose mediante pedido.  
PLEASE NOTE: Se tiver uma alergia alimentar, pergunte à nossa equipa sobre os ingredientes de cada prato. Nas nossas cozinhas temos procedimentos para o manuseamento dos alimentos de forma a garantir a segurança dos nossos consumidores, no entanto não podemos garantir em absoluto que os produtos não tenham entrado em contacto com outros alergénios que não fazem parte da sua composição normal. Seja por contaminação cruzada ou omissão de terceiros. A dose de todos os espirituosos e licores é de 5 cl por porção. Todos os preços em euros (€). IVA incluído nas taxas legais. Em produtos de take away (caixas e sacos) são aplicadas as taxas em vigor. Nenhum prato ou bebida, incluindo o couvert, pode ser cobrado se não for solicitado pelo cliente ou se não for consumido. Temos livro de reclamações.