

*'Nalu' means "wave" or 'movement of the waves' in Hawaiian. It conveys freshness, fluidity and tranquillity. It is reminiscent of water and well-being. Ideal for an elegant, modern and relaxed space such as a pool bar.*

## ● ENTRÉES

CHICKEN GOUJONS (G) (N)  
CRISPY CHICKEN STRIPS IN PANKO  
CURRY DIP €11.80

CRISPY CHICKEN WINGS  
FRENCH FRIED POTATOES  
PLAIN, CHILLI OR BLUE CHEESE DIP €12.40

PRAWN TEMPURA  
SWEET CHILI SAUCE OR SPICY MAYONNAISE SAUCE OR SOYA SAUCE €12.50

## ● PASTA (G) - WE HAVE GLUTEN FREE PENNE AVAILABLE

LINGUINI AL PESTO DI MARE  
LINGUINI, PRAWN, PARMESAN CHEESE, ROCKET, BASIL, PINE NUTS (N) €20.50

SPAGHETTI BOLOGNESE €12.90

PENNE WITH CHICKEN, BACON, CREAM, GORGONZOLA CHEESE, OREGANO €14.00

## ● FOUR SEASONS SPECIAL SANDWICHES (G)

SERVED WITH FRENCH FRIED POTATOES OR SALAD, UNLESS OTHERWISE STATED.

**Traditional Club**  
CHICKEN, HAM, BACON, TOMATO, LETTUCE, EGG, MAYONNAISE €14.70

**Salmon Club**  
SMOKED SALMON, AVOCADO, FENNEL, ROCKET, GHERKIN, CAPERS, MAYONNAISE AND DIJON MUSTARD €14.30

**Prawn open sandwich**  
PRAWN, GUACAMOLE, LIME, CHERRY TOMATO, CRISPY ONION, COCKTAIL SAUCE €12.80

**Roast beef baguette**  
COLD ROAST BEEF, CHERKINS, ROCKET AND CARAMELIZED ONIONS, THREE MUSTARDS AND HONEY SAUCE €15.00

## ● PIZZAS (G)

MARGUERITA (V)  
TOMATO AND CHEESE €11.80

PEPPERONI  
TOMATO, MOZZARELLA CHEESE, PEPPERONI, HAM, MUSHROOMS €14.70

## ● HAMBURGERS (G) - BEEF (180 GRMS / 6.3 OZ)

PLAIN €11.50

SLICED TOMATO AND LETTUCE €12.00

CHEESE €12.50

BACON, CHEESE AND CARAMELIZED RED ONION €13.00

VEGETARIAN DISHES ARE MARKED WITH (V). ALL DISHES CONTAINING NUTS OR GLUTEN ARE MARKED WITH (N) OR (G), RESPECTIVELY AND SESAME SEEDS WITH (S)  
INFORMATION CONCERNING INGREDIENTS AND ALLERGEN CONTENT IS AVAILABLE ON REQUEST

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## ● SALADS

### Salmon or tuna poke

MARINATED SALMON OR TUNA POKE, QUINOA, RED CABBAGE, CUCUMBER  
SESAME SEEDS AND SOYA DRESSING (S)

€16.00

### Mediterranean Poke

FETA CHEESE (V) OR GRILLED TOFU (VG)  
HUMMUS, QUINOA, CHERRY TOMATOES, CUCUMBER, RED ONION, CORN, KALAMATA OLIVES,  
CORIANDER, SESAME SEEDS (S)

€12.50

### Caesar salad

ROMAINE LETTUCE, PARMESAN CHEESE, ANCHOVY FILLET, CROUTONS (G)  
CAESAR DRESSING (EGG YOLK, DIJON MUSTARD, PARMESAN CHEESE, LEMON JUICE, GARLIC AND OLIVE OIL)  
◦ WITH GRILLED CHICKEN  
◦ WITH BOILED PRAWNS  
◦ WITH SMOKED SALMON

€10.50

€14.40

€14.50

€15.30

### Prawn and avocado

PRAWNS, GREEN LEAVES, AVOCADO, CRISPY BACON PIECES  
MAYONNAISE AND MUSTARD VINAIGRETTE

€15.30

### Crispy prawns

PRAWNS, MIXED LEAVES, MANGO, CHERRY TOMATO, CRISPY PANCETTA  
SWEET CHILLI, GINGER AND BALSAMIC VINAIGRETTE (G)

€14.00

### Chef's Salad

CHICKEN, CHEESE, HAM, LETTUCE, BOILED EGG, TOMATO, PEACH,  
FRENCH VINAIGRETTE

€13.80

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

SERVED WITH FRENCH FRIED POTATOES OR SALAD, UNLESS OTHERWISE STATED.

HAM AND CHEESE

€9.80

TUNA, ONION, TOMATO, MAYONNAISE

€11.80

GRILLED CHICKEN, CORIANDER, CHEDDAR CHEESE, AVOCADO

€12.00

GRILLED STEAK, BÉARNAISE SAUCE

€15.40

## ● WRAPS (G) - SERVED WITH FRENCH FRIED POTATOES OR SALAD, UNLESS OTHERWISE STATED.

MOZZARELLA, TOMATO, CHICORY, RED LETTUCE, PESTO WITH BASIL (V) (N)

€11.90

PRAWN, MANGO, RED CHILLI, LETTUCE, COCKTAIL SAUCE

€12.90

GRILLED CHICKEN, BACON, CORIANDER, BABY SPINACH, AVOCADO, LETTUCE, MAYONNAISE

€11.90

## ● VEGETARIAN AND VEGAN - WE HAVE GLUTEN FREE PENNE AVAILABLE

RICOTTA AND SPINACH RAVIOLI (G) WITH:

◦ BUTTER AND SAGE

€15.50

◦ TOMATO AND BASIL SAUCE

€15.50

◦ PESTO SAUCE (N)

€15.50

◦ ROASTED PUMPKIN, CREAM AND WALNUTS SAUCE (N)

€15.50

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