

Menu para crianças



Sopa do dia	2,10€
Nogets de Frango com Batata Frita	4,30€
Filetes de Pescada "Dourados" com Batata Frita	3,80€
Ovos Mexidos com Salsichas e Feijão	4,10€
Bife de Vaca Grelhado c/Ovo e Batata Frita	4,60€
Feijão Salteado em Tomate sobre Tosta	3,00€
Hamburger com Batata Frita	4,60€
Cachorro Quente	4,60€
1/2 Pizza Margarita com Queijo & Ananás	4,30€
1/2 Pizza Margarita com Fiambre e Queijo	4,30€
Esparguete á Bolonhesa	5,10€
Salada de Frutas	2,50€
Gelado com Salada de Frutas	3,00€
Pastelaria do Carro dos Doces	3,90€

Porcupines Menu



Soup of the day	2,10€
Chicken Nuggets w/ French Fries	4,30€
Golden Fish Fillets w/ French Fries	3,80€
Scrambled Eggs, Sausage & Baked Beans	4,10€
1/2 Grilled Veal Steak with Fried Egg & French Fries	4,60€
Baked Beans on Toast	3,00€
Hamburger w/ French Fries	4,60€
Hot Dog	4,60€
1/2 Marguerita Pizza with Pineapple & Cheese	4,30€
1/2 Marguerita Pizza with Cheese & Ham	4,30€
Spaghetti Bolognese	5,10€
Fruit Salad	2,50€
Ice Cream & Fruit Salad	3,00€
Desserts from the Sweet Trolley	3,90€



Breakfast, Snack & Lunch

Pequeno Almoço,
Snack e Almoço
Breakfast, Snack & Lunch



Four Seasons
VILAMOURA

Breakfast & Snacks

Servido entre as 8.30h e as 11.00h
Served between 8.30am and 11.00am



Pequeno-Almoço Nº1 - Continental

Croissant, Brioche, Várias Qualidades de Pão, Fiambre, Salame, Queijo, Mel e Manteiga.
Escolha de: Doces; Sumo de Laranja, Ananás ou Tomate.
Escolha de: Cereais; Iogurtes; Salada de Fruta ou Fruta Fresca.
Escolha de: Café, Chá ou Chocolate.

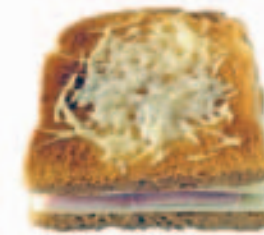
6,50€

Pequeno-Almoço Nº2 - à Vossa Escolha

Ovo Mexido, Estrelado ou Escalfado Com Feijão.
Torrada Com Manteiga.
Escolha de: Bacon, Tomate, Cogumelos ou Croquete de Batata - 0,75€ Cada Ingrediente.
Escolha de: Sumo de Laranja, Ananás ou Tomate.
Escolha de: Café, Chá ou Chocolate.

5,50€

Snacks (Servidos entre as 8.30h e as 22.00h)



Tosta Mista	4,20€
Tosta de Fiambre ou Queijo	3,30€
Sandes Mista	3,10€
Sandes de Fiambre ou Queijo	2,80€
Torradas	2,30€
Croissant Misto	3,40€
Croissant de Fiambre, Queijo ou Doce	3,20€
Feijão sobre Tosta	3,50€
Ovos Mexidos, Estrelados ou Escalfados sobre Tosta	4,50€
Omelete com Feijão	5,20€

Breakfast Nº1 - Continental

Croissant, Brioche, Variety of Breads, Ham, Salami, Cheese, Honey and Butter.
Choice of: Jams; Orange, Pineapple or Tomato Juice.
Choice of: Cereals; Yogurtes; Fruit Salad or Fresh Fruit.
Choice of: Coffee, Tea or Chocolate.

6,50€



Breakfast Nº2 - Your Choice

Choice of Scrambled, Fried or Poached Egg With Beans.
White Toast With Butter.
Choice of: Bacon; Tomato; Mushrooms or Hash Brown - 0,75€ Each Ingredient.
Choice of: Orange, Pineapple or Tomato Juice.
Choice of: Coffee, Tea or Chocolate.

5,50€

Snacks (Served from 8.30am to 10.00pm)



Ham & Cheese Toast	4,20€
Ham or Cheese Toast	3,30€
Ham & Cheese Sandwich	3,10€
Ham or Cheese Sandwich	2,80€
White Bread Toast	2,30€
Ham & Cheese Croissant	3,40€
Ham, Cheese or Jam Croissant	3,20€
Beans on Toast	3,50€
Choice of Scrambled, Fried or Poached Eggs on Toast	4,50€
Omelette with Beans	5,20€

Almoço - Lunch

Couvert (p.p)	2,20₺
Pão com Alho	2,10₺

SOPAS

Sopa do dia	2,80₺
Sopa de Tomate	3,30₺
Creme de Gelado de Pepino (apenas de Maio a Setembro)	3,30₺



SALADAS

Salada Caponata <i>Tomate, aipo, beringela, pesto, anchovas, azeitonas, courgete sobre fatia de pão grossa</i>	8,60₺
Salada Tropical <i>Camarão, ananás, pêssego, alface, alho francês e molho cocktail</i>	7,50₺
Salada de Fruta Fresca <i>Manga, kiwi, banana, ananás, uvas, laranja e morango</i>	6,90₺
Salada do Chefe <i>Carne assada, fiambre, salame, queijo, maçã, alface e molho citronel</i>	7,50₺
Salada Tricolor <i>Queijo mozzarella, tomate e abacate</i>	6,90₺
Estopeta de Atum	7,50₺

SANDWICHES

Com batata frita em pão de forma branco, caseiro, baguete branca ou integral

Sandes Clube <i>Pão de forma branco tostado, salsicha, ovo, tomate, queijo e fiambre (servido somente em pão de forma branco)</i>	7,80₺
Sandes de Atum <i>Atum, alface, tomate, milho e maionese</i>	5,40₺
Sandes de Frango <i>Frango, alface, tomate e maionese</i>	5,80₺
Sandes de Carne Assada <i>Carne assada, alface, tomate e maionese</i>	5,80₺
Sandes Vegetariana <i>Alface, tomate, pepino, cenoura, queijo parmesão e oregãos</i>	4,60₺
Tosta Mista (em pão de forma branco)	4,20₺



REFEIÇÕES LIGEIRAS • ovos, carnes, peixes

Omeletes à escolha, com dois ingredientes* <i>Por cada ingrediente extra mais 0,90₺</i>	7,50₺
Quiche de Legumes com Salada	5,70₺
Batata Assada com escolha entre: Atum com Milho, Feijão, Frango ou Bolonhesa	5,40₺
Bitoque de Lombo de Vaca c/ Ovo Estrelado	12,70₺
Filetes de Pescada Dourados c/ Molho Tártaro	10,20₺
Franguinho Assado*	8,90₺
Hamburguer Simples*	6,50₺
Hamburguer com Queijo*	7,20₺
Hamburguer Four Seasons* <i>Bacon, queijo, cebola, alface e tomate</i>	7,80₺
Dose de batatas fritas	2,50₺

*Acompanhado com batata frita, alface e tomate



Couvert (p.p)	2,20₺
Garlic Bread	2,10₺

SOUPS

Soup of the day	2,80₺
Tomato Soup	3,30₺
Chilled Cream of Cucumber (From May to September)	3,30₺

SALADS

Caponata Salad <i>Tomato, celery, aubergine, pesto, anchovies, olives, courgette on thick slice of bread</i>	8,60₺
Tropical Salad <i>Shrimp, pineapple, peach, lettuce, French garlic and cocktail sauce</i>	7,50₺
Salad of Fresh Fruit <i>Mango, kiwi, banana, pineapple, grapes, orange & strawberry</i>	6,90₺
Chef's Salad <i>Roast meat, ham, salami, cheese, apple, lettuce and citronel sauce</i>	7,50₺
Tricolour Salad <i>Mozzarella cheese, tomato and avocado</i>	6,90₺
Tuna Salad	7,50₺



SANDWICHES

With french fries & white sliced bread, homemade bread, white or brown baguette

Club Sandwich <i>Toasted sliced white bread, sausage, egg, tomato, cheese & ham (Served only in white sliced bread)</i>	7,80₺
Tuna Sandwich <i>Tuna, lettuce, tomato, sweet corn & mayonnaise</i>	5,40₺
Chicken Sandwich <i>Chicken, lettuce, tomato & mayonnaise</i>	5,80₺
Roast Beef Sandwich <i>Roast meat, lettuce, tomato & mayonnaise</i>	5,80₺
Vegetarian Sandwich <i>Lettuce, tomato, cucumber, carrot, parmesan cheese & oregano</i>	4,60₺
Ham & Cheese Toasted Sandwich (white sliced bread)	4,20₺

LIGHT MEALS • eggs, meat, fish

Soft Omelette of your choice with 2 ingredients* <i>For every additional ingredient 0,90₺</i>	7,50₺
Vegetable Quiche with Salad	5,70₺
Jacket Potato with filling choice of: tuna with sweet corn, beans, chicken or bolognaise	5,40₺
Minute Fillet Steak with Fried Egg	12,70₺
Fried Hake Fillets with Tartar Sauce*	10,20₺
Grilled Chicken*	8,90₺
Plain Hamburger*	6,50₺
Cheeseburger*	7,20₺
Four Seasons Hamburger* <i>Bacon, cheese, onion, lettuce & tomato</i>	7,80₺
Portion of French fries	2,50₺

*Served with French fries, lettuce & tomato



Pasta & Pizza

MASSAS - esparguete, fettucine ou penne

Massa com Molho de Tomate e Manjeriçao	7,00€
Massa á Bolonhesa	9,60€
Massa com Legumes	8,70€
Massa com Frutos do Mar <i>Camarão, mexilhão e natas</i>	10,70€

PIZZAS

Pizza Vegetariana <i>Cogumelos, ananás, queijo Mozzarella e molho de tomate</i>	9,70€
Pizza Hawai <i>Ananás, frango, queijo Mozzarella e molho de tomate</i>	10,20€
Pizza Camponesa <i>Fiambre, cogumelos, queijo Mozzarella e molho de tomate</i>	9,70€



PASTAS - spaghetti, fettucine or penne

Pasta with Tomato and Basil Sauce	7,00€
Pasta Bolognaise	9,60€
Pasta with Vegetables	8,70€
Pasta with Seafood <i>Shrimp, mussel and cream</i>	10,70€



PIZZAS

Vegetarian Pizza <i>Mushrooms, pineapple, Mozzarella cheese & tomato sauce</i>	9,70€
Hawaiian Pizza <i>Pineapple, chicken, Mozzarella cheese & tomato sauce</i>	10,20€
Farmer's Pizza <i>Ham, mushrooms, Mozzarella cheese & tomato sauce</i>	9,70€

Sobremesas - Desserts

Fruta da Época	3,50€
Frutas Tropicais <i>Manga, kiwi, ananás e laranja</i>	4,50€
Seleção do Carrinho de Sobremesas	4,50€
Prato de Queijos (Brie, Chevre, Meio-Seco) acompanhado de Porto, Figos Secos e Uvas	7,50€
Crepes com Salada de Frutas, Banana ou Chocolate	5,50€

Fruit of the Season	3,50€
Tropical Fruits <i>Mango, kiwi, pineapple and orange</i>	4,50€
Sweets from the Trolley	4,50€
Cheese Platter Served with Port Wine, Dried Figs and Grapes	7,50€
Sweet Crepes with Fruit Salad, Banana or Chocolate	5,50€

Taça de Gelados "Four Seasons" Ice Creams



Banana Split 6,50€



Algarve 6,50€



Four Seasons 7,00€



Cascata "Waterfall" 5,50€



Dama Branca "White Lady" 4,50€



Pessego Melba "Peach Melba" 6,50€