

# **The Four Seasons Inn**

## **Al carte' Menu**

### **Appetisers**

#### **Soup of the Day**

**Homemade soup served with crusty bread and butter. £2.95**

#### **Dressed Bait**

**Deep fried dressed bait with a salad garnish and a wedge of lemon. £3.50**

#### **Fresh Butterfly Sardines**

**Fresh sardines cooked in olive oil and lemon juice. Served with a salad garnish. £4.25**

#### **Garlic Mushrooms**

**Sautéed Mushrooms with garlic butter, topped with white wine sauce, Served on toasted bread. £3.75**

#### **Dusted Baby Octopus**

**Fresh baby octopus deep fried and served with salad and a wedge of lemon £4.75**

#### **Farmhouse Pate**

**Medium coarse farmhouse pork pate served with toast and salad garnish £4.25**

#### **Stuffed Peppers**

**Sweet red peppers stuffed with feta cheese, fresh mint & parsley then drizzled with olive oil £3.75**

## **Salads, Pasta and Risotto Dishes**

#### **Salmon Salad**

**Crunchy mixed lettuce, tomato, cucumber, new potato and roast salmon fillet. Served with a sour cream dressing. £7.25**

#### **Chicken Salad**

**Crunchy mixed lettuce, tomato, cucumber, red pepper and grilled chicken. Served with honey mustard dressing. £6.75**

#### **Greek Salad**

**Crunchy mixed lettuce, red pepper, feta cheese, black olives with an olive oil and oregano dressing. £6.75**

### **Mushroom and Chicken Risotto**

**Fresh Mushrooms sauté with a pinch of garlic, red onion, chicken, parmesan and parsley.**

**Served with garlic bread or mixed salad. £7.25**

**Can be served without chicken. £6.25**

### **Mixed Seafood Risotto**

**A generous dish cooked with garlic, onion, celery and carrot sauté, mixed seafood, finished with roasted tomato broth.**

**Served with garlic bread or mixed salad. £8.25**

### **Broccoli and Stilton Pasta**

**Penne pasta cooked in a creamy Stilton sauce with ham and broccoli, served with garlic bread or mixed salad £7.25**

**Can be served without ham £6.25**

### **Chicken and Bacon Pasta**

**Chicken, Bacon and penne pasta in a creamy tomato sauce served with garlic bread or mixed salad £7.25**

## **Main Meals**

**Our potato choices are: Homemade Chips, Jacket, New Potatoes, Mashed or Sautéed.**

### **Pork Loin Escalope**

**A perfect Isle of Wight dish. Pork loin cooked in a creamy tomato, mushrooms and pea sauce. Served with your choice of potatoes and mixed salad or a selection of vegetables. £9.25**

### **Pork Medallions**

**Isle of Wight Pork loin cooked in a creamy Stilton cheese and port sauce  
Served with a choice of potatoes and mixed salad or a selection of vegetables £9.25**

### **Sautéed Chicken Breast**

**Chicken breast with a creamy chive sauce.**

**Served with a choice of potatoes and a selection of vegetables. £9.50**

### **Barbecue Chicken Breast**

**Chicken breast topped with barbecue sauce, bacon and melted cheese.**

**Served with a choice of potatoes and salad. £9.95**

## **Pan Roasted Salmon**

**Salmon fillet with a creamy prawn sauce served with new potatoes and a selection of vegetables £9.75**

## **Fillet of Plaice**

**Plaice fillet cooked in a white wine or a lemon sauce served with new potatoes and a selection of vegetables. £9.75**

## **Steaks**

**16oz T-Bone £15.95**

**8oz Sirloin £9.75**

**12oz Rump £11.95**

**10oz Rib-eye £13.75**

**8oz Fillet £15.95**

**8oz Lamb steak in a mint or rosemary gravy £9.75**

**8oz Horseshoe Gammon £9.25**

## **Surf n' Turf**

*All our steaks are served with onion rings, mushrooms, grilled tomato, mixed salad & a choice of potatoes. Cooked as you wish and accompanied with your choice of sauces: Peppercorn, Stilton, BBQ or Wholegrain Mustard (at no extra charge).*

## Side Orders

<b>Bowl of chips</b>	<b>£1.75</b>
<b>Crusty bread</b>	<b>£1.25</b>
<b>Mixed salad</b>	<b>£1.75</b>
<b>Garlic Bread</b>	<b>£1.75</b>
<b>Onion rings</b>	<b>£1.75</b>
<b>Cheesy garlic bread (Cheddar or Stilton)</b>	<b>£2.50</b>

## Hot Drinks

<b>Black coffee</b>	<b>£1.50</b>
<b>White Coffee</b>	<b>£1.50</b>
<b>Cappuccino</b>	<b>£1.95</b>
<b>Café latte</b>	<b>£1.95</b>
<b>Espresso</b>	<b>£1.95</b>
<b>Pot of tea</b>	<b>£2.00</b>
<b>Cup of tea</b>	<b>£1.20</b>
<b>Hot Chocolate</b>	<b>£1.95</b>

## Liqueur Coffee £3.50

<b>French - Brandy</b>
<b>Russian -Vodka</b>
<b>Calypso -Tia Maria</b>
<b>Baileys - Baileys</b>
<b>Italian - Ameretto</b>
<b>Scottish - Scotch Whisky</b>
<b>Irish - Irish Whiskey</b>
<b>Spanish - Sherry</b>