

# 7 SEAS BISTRO MENU

FOOD FOR FOOD LOVERS

## STARTERS

### BREADBASKET

Crostini.olive oil & balsamic butter €4

### TREMOÇOS

Aromatized lupin beans €1.5

### OLIVES

Aromatized with garlic and herbs €2

### CHAMUÇAS

Fried vegetarian indian pastry €1.75

### VEGGIE SPREADS

Hummus & pineapple chutney raw veggie sticks.bread.crostini €6

### SOUP

Please ask our staff for details €3.5

### FRIED POTATO

Chips & garlic Mayo €3.5

### TORTILLA CHIPS

Nachos.cheddar cheese sauce pico de gallo.guacamole €6

## SALADS

### TUNA CRUST

Teriyaki sauce.papaya.shrimp crackers.salad.cilantro cream €12

### TOTAL GREEN

Falafel.salad.tomato.hummus.nuts roasted pumpkin.papadum.feta. €10

### CRUNCHY SALAD ( SIDE )

Sweet crunchy salad.sesame oil lime €5

## MAINS

### CURRY HEAVEN

Homemade curry masala.veggies tofu.coconut milk.rice.nuts €13

### COSMIC FRIED RICE

Veggies.mushrooms.fried egg €11.5

## TAPAS

### TO NIBBLE:

#### EIGHTY

Octopus.pico de gallo pimento sauce.bread €6

#### CODDY

Cod.Hummus.chickpea.cilantro garlic.sauce.bread €5

#### CHICKEN POPCORN

Crispy nuggets with sweet chili sauce €6

### TO SHARE:

#### FLATTY SLICES: ( FLAT BREAD )

##### PUMPKIN

feta cream cheese.roasted pumpkin beetroot sprouts €7

##### FOREST

Tomato pesto.mushrooms arugula.nuts €7

##### REDD

Shrimp with spices.papaya, crunchy salad €8

## TACOS:

#### SHRIMP

Guacamole.salad.pico de gallo sriracha €10.5

#### PULLED PORK

Guacamole.salad.pico de gallo sriracha €8

#### GINGER TOFU

Guacamole.salad.pico de gallo sriracha €8

#### HELL OF A PREGO

Thin cut beefsteak on bread fried chips.garlic mayo €10.5

#### SPECIALS OF THE WEEK

ASK OUR STAFF & PRICE ON REQUEST

#### MENU OF THE DAY

INCLUDES: SOUP.DRINK.MAINS.COFFEE €15

VAT INCL. \* SHOULD YOU SUFFER FROM ANY FOOD ALLERGIES OR INTOLERANCES, PLEASE SPEAK TO OUR STAFF

# 7 SEAS BISTRO MENU

FOOD FOR FOOD LOVERS

## BURGERS & FRIES

### PLANT BASED

Beyond burger.salad.pickles €14  
vegan mayo

### BEEF

Ground burger.salad.pickles €12.5  
garlic mayo

### CHICKEN

Crunchy chicken.salad.tomato €14  
pickles.teriyaki sauce  
garlic mayo

### PULLED PORK

Crunchy onion.pickles.cheese €13.5  
barbecue sauce.tomato

## KIDS

SERVED TO CHILDREN UP TO 12 YEARS

### BASTA PASTA

Penne with homemade tomato sauce €6  
cheese

### SLIDER

Ground beef on brioche bun €7  
fried chips

### PIZZA

Flat bread.homemade tomato sauce €7  
cheese

## BAGEL.TOASTIE

FROM 10H TILL 12H & 15H TILL 18H

### MUSHROOM

Mushroom.cheese.arugula €6 / €6  
balsamic

### SMOKED SALMON

Cream cheese.gremolata €10 / €9  
cucumber pickle

### AVOCADO

Tomato pesto.avocado €7.5 / €7  
parmesan.cilantro cream

### CHEESE & HAM

€4.5 / €4

## BREAKFAST

FROM 10H TILL 12.15H

### BUDDHA'S CHOICE

Homemade granola bowl  
fresh fruit.honey.seeds  
. VEGAN YOGHURT €7  
. GREEK YOGHURT €5.5

### AÇAI BOMB

Homemade granola.fresh fruit €9.5  
honey.seeds

### EGGS

Scrambled and toast  
. SMOKED SALMON €7.5  
. NATURAL €5

### CROISSANTS

. Ham.cheese.nutella.jam €3  
. Simple €1.5

### CROQUE MADAME

Bechamel sauce.fried egg €6.5  
ham.cheese

### TORRADA

Wheat & Rye bread lightly €2  
toasted  
. Aromatic butter €2.5

### DAILY CAKES

Ask us

VAT INCL. \* SHOULD YOU SUFFER FROM ANY FOOD ALLERGIES OR INTOLERANCES, PLEASE SPEAK TO OUR STAFF