



VEGAN | VEGETARIAN

“At the forefront of contemporary plant based cuisine Eddie takes inspiration from nature to create delicious, exciting food with a modern aesthetic”



Eddie is known for his pioneering approach to plant based fine dining, a rapidly growing new field in cuisine.


The aim of the menu we have created is to offer vibrant, creative meat-free dishes, delicious in their own right and a great dining option whether you are vegetarian or not!



Eddie Shepherd



Award Winning Vegetarian Chef



STARTERS	TOFU TEMPURA WITH SOUR CUCUMBER AND SEAWEED ASH (7-8)		11
	Marinated tofu tempura with a sour cucumber purée and dulce seaweed ash.		
	OYSTER MUSHROOM TACO WITH STRAWBERRY SALSA (4-7-14)		10
	Oyster mushrooms cooked in a smoky chipotle sauce with fresh corn tortillas. Finished with fresh strawberry salsa.		
FETTA, MINT AND "BELUGA" LENTILS (5-7-8-14)		12	
Cold starter of fetta, dressed "Beluga" lentils, pomegranate, courgette and mint.			
POTATO SALAD WITH CURED EGG YOLK AND SMOKED YOGHURT (4-7-12-14)		12	
Salad of truffled confit potato, lettuce, avocado, peas and sunflower seeds. Dressed with smoked yoghurt and finished with grated cured egg yolk.			




MAINS	GOAN GREEN CURRY (7-14)		16
	Goan green curry with tofu koftas, asparagus and green beans. Rice served on the side.		
	'SOUTHERN FRIED' CAULIFLOWER WITH PASSION FRUIT CHUTNEY AND SHOESTRING POTATOES (1-7-8)		17
	Crispy 'southern fried' cauliflower with tomato and passion fruit chutney, coriander coleslaw and lemon thyme shoestring potatoes.		
HALLOUMI, POTATO, DILL (4-8)		16	
Battered halloumi, potato terrine, lemon dill sauce, watercress.			
TRUFFLED POTATO MOUSSE, CRISPY MUSHROOMS, LEEKS (4-8-12)		17	
Truffled potato mousse, crispy fried mushrooms, leeks and cabbage cooked in a cream and blue cheese sauce.			

DESSERTS	CHOCOLATE MOUSSE, ORANGE AND HONEYCOMB (14)		7
	Dark chocolate mousse, honeycomb, confit orange.		
	ALMOND MILK SORBET, RASPBERRY AND ROSE (12-14)		7
Fresh almond milk sorbet, rose meringue, fresh raspberry.			
SPICED PUMPKIN CAKE WITH COCONUT SORBET (14-8)		7	
Spiced pumpkin cake served with coconut sorbet and passion fruit purée.			







ЗАКУСКИ	ТОФУ ТЕМПУРА (7-8) Маринованный тофу в темпуре, пюре из соленого огурца и водоросли dulse.		11
	ТАКО С ГРИБАМИ И КЛУБНИЧНЫМ СОУСОМ (4-7-14) Свежая кукурузная лепешка с грибами вешенка, приготовленными в соусе чипотле с копченым перцем. Подается с сальсой из свежей клубники.		10
	ЗАКУСКА ИЗ ЧЕРНОЙ ЧЕЧЕВИЦЫ "БЕЛУГА" С СЫРОМ ФЕТА И МЯТОЙ (5-7-8-14) Холодная закуска из черной чечевицы "Белуга" с сыром фета, гранатом, цукини и мятой.		12
	КАРТОФЕЛЬНЫЙ САЛАТ С КОПЧЕНЫМ ЙОГУРТОМ (4-7-12-14) Конфи из картофеля с трюфелем, листья салата, авокадо, горошек и семена подсолнечника. Заправляется копченым йогуртом и тертым яичным желтком.		12




ОСНОВНЫЕ БЛЮДА	ГОАНСКИЙ ЗЕЛЕНый КАРРИ (7-14) Кефта из тофу с зеленым карри по-гоански, спаржа и зеленая фасоль. Рис подается отдельно.		16
	ЖАРЕНАЯ ЦВЕТНАЯ КАПУСТА ПОД СОУСОМ ЧАТНИ (1-7-8) Хрустящая цветная капуста, жаренная в панировке. Подается с чатни из помидоров и маракуйи, салатом коул слоу с кориандром и соломкой из картофеля с лимоном и тимьяном.		17
	ХАЛЛУМИ С УКРОПОМ (4-8) Сыр халлуми, обжаренный в кляре, картофельный террин, соус с лимоном и укропом, кресс-салат.		16
	КАРТОФЕЛЬНЫЙ МУСС, ХРУСТЯЩИЕ ГРИБЫ И ЛУК-ПОРЕЙ (4-8-12) Картофельный мусс с трюфельным маслом, хрустящие жареные грибы, лук-порей и капуста. Подается в сливочном соусе с голубым сыром.		17

ДЕСЕРТЫ	ШОКОЛАДНЫЙ МУСС (14) Мусс из горького шоколада, медовые соты, апельсиновый конфит.		7
	МИНДАЛЬНЫЙ СОРБЕ (12-14) Сорбе из свежего миндального молока, розовая меренга, свежая малина.		7
	ТЫКВЕННЫЙ ПИРОГ С КОКОСОВЫМ СОРБЕ (14-8) Тыквенный пирог со специями, подается с кокосовым сорбе и пюре из маракуйи.		7



ΟΡΕΚΤΙΚΑ	ΤΟΦΟΥ ΤΕΜΠΟΥΡΑ (7-8)		11
	Μαρινρισμένο τόφου και τηγανισμένο σε κουρκούτι, αγγουράκι πουρέ και φύκια.		
	ΤΑΚΟΣ ΜΕ ΜΑΝΙΤΑΡΙΑ (4-7-14)		10
	Μανιτάρια oyster ψημένα σε καπνιστή σάλτσα chipotle (πιπεριές) σερβιρισμένα σε φρεσκοψημένα τάκος σιταροπούλας, σάλτσα φράουλας.		
	ΦΑΚΕΣ "BELUGA" ΜΕ ΦΕΤΤΑ (5-7-8-14)		12
	Φακές "Beluga" με τυρί φέττα, ρόδι, κολοκυθάκια και δυόσμο.		
	ΣΑΛΑΤΑ ΜΕ ΠΑΤΑΤΕΣ, ΚΑΠΝΙΣΤΟ ΓΙΑΟΥΡΤΙ (4-7-12-14)		12
	Σαλάτα από πατάτες κονφί αρωματισμένες με τρούφα, μαρούλι, αβοκάντο, μπιζέλια και ηλιόσπορο, καπνιστό γιαούρτι και παστό κρόκο αυγού.		

ΚΥΡΙΩΣ	ΠΡΑΣΙΝΟ ΚΑΡΥ ΜΕ ΤΟΦΟΥ (7-14)		16
	Κέφτα από τόφου σε πράσινο κάρυ Goan, σπαράγγια, φασολάκι και ρύζι.		
	'SOUTHERN FRIED' ΚΟΥΝΟΥΠΙΔΙ (1-7-8)		17
	Τραγανό κουνουπίδι τηγανισμένο σε κυλό southern τσάννι από ντομάτα και φρούτα του πάθους σερβιρισμένο με σαλάτα coleslaw, κόλιανδρο και λεμόνι.		
	ΧΑΛΟΥΜΙ ΜΕ ΑΝΗΘΟ (4-8)		16
	Τηγανιτό χαλούμι σε ανάλαφρο κουρκούτι, τερρίν πατάτας, σάλτσα από λεμόνι και άνηθο.		
	ΣΚΟΥΡΑΘΑ, ΛΑΧΑΝΟ, ΠΑΤΑΤΑ, ΤΡΟΥΦΕΣ (4-8-12)		17
	Μανιτάρια σωτέ, σκουράθα και λάχανο, σάλτσα blue cheese, μούς πατάτας με άρωμα τρούφας.		

ΕΠΙΔΩΡΙΑ	ΜΟΥΣ ΣΟΚΟΛΑΤΑΣ (14)		7
	Μούς μαύρης σοκολάτας, μπισκότο μελιού, πορτοκάλι κονφί.		
	ΣΟΡΜΠΕ ΑΜΥΓΔΑΛΟΥ (12-14)		7
	Σορμπέ από γάλα αμυγδάλου, μαρέγκα από τριαντάφυλλο και φρέσκα μούρα.		
	ΚΕΙΚ ΚΟΛΟΚΥΘΑΣ, ΣΟΡΜΠΕ ΚΑΡΥΔΑΣ (14-8)		7
	Κέικ κολοκύθας σερβιρισμένο με σορμπέ καρύδας και πουρέ από φρούτα του δάσους.		



ALLERGENS

-  **CELERY**
This includes celery stalks, leaves, seeds and root called celeriac. You can find celery in celery salt, salads, some meat products, soups and stock cubes.
-  **CRUSTACEANS**
Crab, lobster, prawns, and scampi are crustaceans. Shrimp paste often used in Thai and south east Asian curries or salads, is an ingredient to look out for.
-  **FISH**
You will find this in some fish sauces, pizzas, relishes, salad dressings, stock cubes and Worcestershire sauce.
-  **MILK**
Milk is a common ingredient in butter, cheese, cream, milk powders and yogurt. It can also be found in foods brushed or glazed with milk, and in powdered soups and sauces. Its often split into casein in curds and BLG in whey.
-  **MUSTARD**
Liquid mustard, mustard powder and mustard seeds fall into this category. This ingredient can also be found in breads, curries, marinades, meat products, salad dressings, sauces and soups.
-  **PEANUTS**
Peanuts are actually a legume and grow underground, which is why its sometimes called a groundnut. Peanuts are often used as an ingredient in biscuits, cakes, curries, desserts, sauces (such as satay sauce), as well as in groundnut oil and peanut flour.
-  **SOYA**
Often found in bean curd, edamame beans, miso paste, textured soya protein, soya flour or tofu, soya is a staple ingredient in oriental food. It can also found in desserts, ice cream, meat products, sauces and vegetarian products.

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- 8  **WHEAT - GLUTEN**
Wheat (such as spelt and Khorasan wheat / Kamut), rye, barley and oats is often found in foods containing flour such as some types of baking powder, batter, bread crumbs, bread, cakes, pasta, couscous, meat products, pasta, pastry, sauces, soups and fried foods which are dusted with flour.
- 9  **EGGS**
Eggs are often found in cakes, some meat products, mayonnaise, mousses, pasta, quiche, sauces and pastries or foods brushed or glazed with egg.
- 10  **LUPIN**
Yes, lupin is a flower, but its also found in flour! Lupin flour seeds can be used in some types of bread, pastries and even pasta.
- 11  **MOLLUSCS**
These include mussels, land snails, squid and whelks, but can also be commonly found in oyster sauce or as an ingredient in fish stews.
- 12  **TREE NUTS**
Not to be mistaken with peanuts (which are actually a legume & grow underground), this ingredient refers to nuts which grow on trees, like cashew nuts, almonds and hazelnuts. You can find nuts in breads, biscuits, crackers, desserts, nut powders (often used in Asian curries), stir-fried dishes, ice cream, marzipan, (almond paste), nut oils and sauces.
- 13  **SESAME**
These seeds can often be found in bread (sprinkled on hamburger buns for example), breadsticks, houmous, sesame oil and tachini. They are sometimes toasted and used in salads.
- 14 **SO₂ SULPHUR DIOXIDE**
This is an ingredient often used in dried fruit such as raisins, dried apricots and prunes. You might also find it in meat products, soft drinks, vegetables as well as in wine and beer. If you have asthma, you have a higher risk of developing a reaction to sulphur dioxide.

THE VEGAN & VEGETARIAN MENU

BY



Eddie Shepherd

Award Winning Vegetarian Chef



FOUR
SEASONS
HOTEL

the finest on the island

CYPRUS

