

# SEASONS

## INSPIRED GLOBAL TASTES

Seasons takes market-fresh produce and seafood, adds herbs and spices from around the world and marries it all with a delightful splash of inspiration. The result is our à la carte menu starring Mediterranean dishes touched with aromatic Asian flavours and vibrant Latin American influences.

ikos<sup>™</sup>  
RESORTS



## STARTERS

VG	<b>Tomato gazpacho, summer flavors, olive oil</b> Tomaten-Gazpacho, Sommer-Aromen, Olivenöl Gazpacho de tomates, saveurs d'été, huile d'olive	24€
VG GF*	<b>Guacamole with pistachio, jalapeno peppers and crunchy tortillas</b> Guacamole mit Pistazien, Jalapeno-Paprika und knusprigen Tortillas Guacamole avec pistache, piments jalapeno et tortillas croustillantes	20€
DF	<b>Tuna tartar, avocado, spicy radish, ginger marinade</b> Thunfischtartar, Avocado, pikanter Rettich, Ingwermarinade Tartare de thon, avocat, radis épicé, marinade au gingembre.	24€
V GF*	<b>Burrata, summer stone fruits, shiso and lime</b> Burrata, Sommersteinfrüchte, Shiso und Limette Burrata, fruits à noyau d'été, shiso et citron vert	21€
V	<b>Tomato salad with mango and avocado</b> Tomatensalat mit Mango und Avocado Salade de tomates avec mangue et avocat	18€

V vegetarian option / GF gluten free option / VG vegan option / DF dairy free option

\* May contain traces

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## STARTERS

VG GF	<b>Super Food Salad with quinoa, cabbage, kale, pumpkin seeds, avocado and edamame</b> Super Food Salat mit Quinoa, Kohl, Grünkohl, Kürbiskernen, Avocado und Edamame Salade Super Food avec quinoa, chou, chou frisé, graines de citrouille, avocat et edamame	24€
GF* DF	<b>Sea bass ceviche, watermelon, serrano chili, avocado and cilantro</b> Seebarsch-Ceviche, Wassermelone, Serrano-Chili, Avocado und Koriander Ceviche de bar, pastèque, piment serrano, avocat et coriander	21€
DF	<b>Crispy shrimp satay with homemade mango chutney</b> Knuspriger Garnelen-Satay mit hausgemachtem Mango-Chutney Satay de crevettes croustillantes avec chutney de mangue maison	21€
V	<b>Black truffle pizza with fontina cheese</b> Schwarze Trüffelpizza mit Fontina-Käse Pizza aux truffes noires et au fromage fontina	22€
	<b>Spiced chicken samosa with coriander sauce</b> Gewürzte Hühner-Samosa mit Koriandersauce Samosa de poulet épiceé avec sauce à la coriandre	26€

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## MAIN COURSES

V GF	<b>Corn risotto, verbena, and pickled shiitake mushrooms</b> Maisrisotto, Eisenkraut und eingelegte Shiitake-Pilze Risotto au maïs, verveine et champignons shiitake mariné	28€
	<b>Spiced crusted sea bass, sweet and sour broth and vegetable</b> Gewürzkrusteter Wolfsbarsch, süß-saure Brühe und Gemüse Bar en croûte d'épices, bouillon aigre-doux et légumes	30€
DF	<b>Roasted cod, summer zucchini, Aleppo pepper, shiitake mushrooms and sweet garlic broth</b> Gebratener Kabeljau, Sommerzucchini, Aleppo-Pfeffer, Shiitake-Pilze und süße Knoblauchbrühe Cabillaud rôti, courgettes d'été, piment d'Alep, champignons shiitake et bouillon à l'ail doux	32€
	<b>Casarecce Pasta with prawns, clams, mussels, and tomato cashew nuts pesto</b> Casarecce Pasta mit Garnelen, Venusmuscheln, Muscheln und Tomaten-Cashew-Nuss-Pesto Casarecce Pâtes avec crevettes, palourdes, moules et pesto de tomates et noix de cajou	30€

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## MAIN COURSES

**Pan roasted pork braccolina with kimchi, crispy panko, and corn crème** 36€

Gebratene Schweinefleisch-Braccolina mit Kimchi,  
knusprigem Panko und Mais-Creme  
Braccolina de porc rôti à la poêle avec kimchi,  
panko croustillant et crème de maïs

**Parmesan crusted chicken, baby artichokes, basil-lemon sauce** 32€

Hähnchen in Parmesankruste, Baby-Artischocken,  
Basilikum-Zitronen-Sauce  
Poulet en croûte de parmesan, petits artichauts,  
sauce basilic-citron

V GF\* **Cauliflower, chili garlic sauce, dukkha, spearmint tzatziki** 30€  
Blumenkohl, chili-Knoblauch-Sauce, Dukkha, Minz-Tzatziki  
Chou-fleur, sauce chili à l'ail, dukkha, tzatziki à la menthe

**Pepper crusted beef rib eye with carrot puree and miso mustard sauce** 38€

Rinderrippenstück in Pfefferkruste mit Karottenpüree und  
Miso-Senf-Sauce  
Côte de bœuf en croûte de poivre avec purée de carottes  
et sauce miso à la moutarde

**Sesame crusted salmon with miso yuzu broth, heirloom cherry tomatoes and ginger rice** 34€

Lachs in Sesamkruste mit Miso-Yuzu-Brühe, Kirschtomaten  
und Ingwerreis  
Saumon en croûte de sésame avec bouillon de miso yuzu,  
tomates cerises anciennes et riz au gingembre

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## DESSERTS

V	<b>Cheesecake à la crème fraîche, with cherry sauce</b> Käsekuchen à la Crème fraîche, mit Kirschsauce Cheesecake à la crème fraîche, avec sauce aux cerises	14€
V	<b>Sticky toffee pudding with vanilla ice cream and caramelized pop corn</b> Sticky Toffee Pudding mit Vanilleeis und karamellisiertem Popcorn Sticky toffee pudding avec glace à la vanille et pop corn caramélisé	14€
V	<b>Gianduja Profiterol</b> Gianduja Profiterol Gianduja Profiterol	14€
VG GF	<b>Caramelized apple, puff pastry, almond cream and green apple sorbet</b> Karamellisierter Apfel, Blätterteig, Mandelcreme und grünes Apfelsorbet Pomme caramélisée, pâte feuilletée, crème d'amande et sorbet pomme verte	14€
VG	<b>Antioxidant fruit salad with almonds, cherry sauce and fresh mint</b> Antioxidativer Obstsalat mit Mandeln, Kirschsauce und frischer Minze Salade de fruits antioxydante avec amandes, sauce aux cerises et menthe fraîches	12€

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## DESSERTS

V	<b>Ice cream selection</b> <b>Vanilla, Chocolate, Strawberry, Banana</b> Eis Auswahl Vanille, Schokolade, Erdbeere, Banane Sélection de glaces Vanille, Chocolat, Fraise, Banane	3€
VG	<b>Sorbet Selection</b> <b>Lime, Mango</b> Sorbet-Auswahl Limette, Mango Sélection de Sorbets Citron vert, Mangue	5€

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# VEGAN MENU

## Starters

VG	<b>Tomato gazpacho, summer flavors, olive oil</b> Tomaten-Gazpacho, Sommer-Aromen, Olivenöl Gazpacho de tomates, saveurs d'été, huile d'olive	20€
VG GF*	<b>Guacamole with pistachio, jalapeno peppers and crunchy tortillas</b> Guacamole mit Pistazien, Jalapeno-Paprika und knusprigen Tortillas Guacamole avec pistache, piments jalapeno et tortillas croustillantes	18€
VG	<b>Tomato salad with mango and avocado</b> Tomatensalat mit Mango und Avocado Salade de tomates avec mangue et avocat	15€
VG GF	<b>Super Food Salad with quinoa, cabbage, kale, pumpkin seeds, avocado and edamame</b> Super Food Salat mit Quinoa, Kohl, Grünkohl, Kürbiskernen, Avocado und Edamame Salade Super Food avec quinoa, chou, chou frisé, graines de citrouille, avocat et edamame	22€
VG	<b>Vegetables Samosas with spicy tomato sauce and fresh coriander</b> Gemüse-Samosas mit pikanter Tomatensauce und frischem Koriander Samosas aux légumes avec sauce tomate épicée et coriandre fraîche	11€

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# VEGAN MENU

## Main Dishes

VG GF*	<b>Corn risotto, verbena and pickled shiitake mushrooms</b>	27€
	Maisrisotto, Eisenkraut und eingelegte Shiitake-Pilze	
	Risotto au maïs, verveine	
	et champignons shiitake marinés	
VG GF*	<b>Cauliflower with chili garlic sauce and dukkha</b>	28€
	Blumenkohl mit Chili-Knoblauch-Sauce und Dukkha	
	Chou-fleur avec sauce chili à l'ail et dukkha	
VG	<b>Casarecce Pasta with Zucchini, Aubergine, peppers tomato sauce and tomato cashew nuts pesto</b>	26€
	Casarecce-Nudeln mit Zucchini, Auberginen,	
	Paprika-Tomatensauce	
	und Tomaten-Cashew-Nuss-Pesto	
	Pâtes Casarecce avec courgettes, aubergines,	
	poivrons, sauce tomate et pesto de tomates	
	et noix de cajou	

*Gluten Free Bread and Pasta available upon request.*

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# VEGAN MENU

## Desserts

VG	<b>Caramelized apple, puff pastry, almond cream and green apple sorbet</b> Karamellisierter Apfel, Blätterteig, Mandelcreme und grünes Apfelsorbet Pomme caramélisée, pâte feuillettée, crème d'amande et sorbet pomme verte	10€
VG	<b>Antioxidant fruit salad with almonds, cherry sauce and fresh mint</b> Antioxidativer Obstsalat mit Mandeln, Kirschsaucen und frischer Minze Salade de fruits antioxydante avec amandes, sauce aux cerises et menthe fraîche	10€
	<b>Sorbet Selection</b> <b>Lime, Mango</b> Sorbet-Auswahl Limette, Mango Sélection de Sorbets Citron vert, Mangue	5€

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# KIDS MENU

## Starters

VF* GF*	<b>Mini tomato salad with cucumber, peppers and olives</b> Mini Tomatensalat mit Gurke, Paprika und Oliven Salade de tomates cerises accompagnées de concombre, poivrons et olives	10€
V GF*	<b>Mini mixed salad with iceberg, cucumber, corn, carrot and olive oil</b> Mini gemischter Salat mit Eisberg, Gurke, Mais, Karotte und Olivenöl Mini salade mixte avec iceberg, concombre, maïs, carotte et huile d'olive	10€
VG DF	<b>Mini superfood salad with quinoa, cabbage, avocado and pumpkin seeds</b> Mini-Superfood-Salat mit Quinoa, Kohl, Avocado und Kürbiskernen Mini-salade de superfood avec quinoa, chou, avocat et graines de citrouille	14€

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# KIDS MENU

## Main Dishes

DF GF*	<b>Grilled Sea bass with steamed vegetables and rice</b> Gegrillter Wolfsbarsch mit gedämpftem Gemüse und Reis Bar grillé avec légumes à la vapeur et riz	26€
	<b>Grilled chicken with potato puree and olive oil lemon dressing</b> Gegrilltes Hähnchen mit Kartoffelpüree und Olivenöl-Zitronen-Dressing Poulet grillé avec purée de pommes de terre et vinaigrette citronnée à l'huile d'olive	23€
	<b>Kids beef burger with tomato, lettuce and French fries</b> Kinder rinderburguer mit tomate, salad und pommes frites Burger de bœuf pour enfants avec tomate, fromage, laitue et frites	12€

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# KIDS MENU

## Main Dishes

V	<b>Pizza Margherita with Mozzarella and tomato sauce</b>	12€
	Pizza margarita mit mozzarella und tomatensauce	
	Pizza margarita avec mozzarella et sauce tomate	
V	<b>Penne pasta with tomato sauce</b>	12€
	Penne mit tomatensauce	
	Pâtes penne à la sauce tomate	

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# KIDS MENU

## Desserts

V	<b>Profiterole Gianduja</b>	10€
	Profiterole Gianduja	
	Profiterole Gianduja	
VG	<b>Fruit salad with seasonal fruit</b>	10€
	Früchtesalat mit obst der saison	
	Salade de fruits aux fruits de saison	
V	<b>Ice cream selection</b>	3€
	<b>Vanilla, Chocolate, Strawberry, Banana</b>	
	Eis Auswahl	
	Vanille, Schokolade, Erdbeere, Banane	
	Sélection de glaces	
	Vanille, Chocolat, Fraise, Banane	

Gluten Free Bread and Pasta available upon request.

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# TODDLER'S MENU

VG DF*	<b>Cream of green vegetables, rice and olive oil</b>	9€
GF*	Crème von grünem gemüse, reis und olivenöl	
	Velouté de légumes verts, riz et huile d'olive	
DF* GF*	<b>Cream of chicken, potato, carrots and celery</b>	10€
	Hühnercrème, kartoffel, karotten	
	Velouté de poulet, pomme de terre et carottes	
DF* GF*	<b>Cream of poached fish fillet, zucchini, carrots and potatoes</b>	10€
	Crème vom fischfillet, zucchini, karotten und kartoffeln	
	Velouté de filet de poisson poché, courgettes, carottes et pomme de terre	
V	<b>Cream of seasonal fruit and biscuits</b>	9€
	Saisonaler fruchte- und biskuitbrei	
	Velouté de fruits de saison et ses biscuits	

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