

FRESH FROM THE GARDEN

1. Tomato Salad with Avocado and Onion		whole	9,00
2. Traditional Mediterranean Salad			11,00
<i>(Lettuce, tomato, onion, carrot, beetroot tuna, hard-boiled egg, and corn)</i>			
3. Classic Caesar Salad			12,00
<i>(mixed greens, crispy chicken, croutons, parmesan cheese)</i>			
4. 4 Elements Gourmet Salad			11,00
<i>(lettuce, apple, walnuts, raisins, Roquefort and cherry tomato)</i>			
5. Burrata with Tomato and Pesto			12,90
<i>(lettuce sprouts, apple, walnuts, raisins, Roquefort cheese and cherry tomato)</i>			

TO SHARE

	half	whole
6. Bravas Olé Potatoes	6,00	8,00
7. Crispy Eggplant with Cane Honey	7,00	9,00
8. Homemade Croquettes (Stew)	8,00	12,00
9. Pil-Pil Prawns		14,00
10. Crispy Chicken & Vegetable Gyozas	9,00	12,00
11. Russian Salad with Tuna	9,00	12,00
12. Broken Eggs with Iberian Ham		14,00

URBAN CRAVINGS

13. Potatoes with Melted Cheddar Cheese and Crispy Bacon		8,90
14. Iberian Pork Tacos with Guacamole and Parmesan		12,00
15. Crispy Venezuelan Tequeños		9,50
16. Beef Cheek Bao Bun		12,90
17. Chorizo Crumble Brioche		10,90
18. Gourmet 4 Elements Burger		13,90
19. Crispy Toast with Iberian Pork Secreto		12,00
20. Nordic Smoked Salmon Toast		12,00

OUR RICE DISHES

21. Vegetable Paella		14,00
22. Seafood Paella		16,00
<i>(squid, king prawns, mussels, hake and shellfish)</i>		
23. Mixed Paella		16,00
<i>(chicken, squid, vegetables, king prawns, mussels and hake)</i>		

GRILLED SPECIALTIES

24. Ávila National Entrecôte	24,00
25. National Beef Tenderloin	28,00
26. Iberian Sirloin Tenderloin Skewer	18,00
27. Iberian pork Tenderloin with Truffle Sauce	18,00
28. Pork Ribs with BBQ Sauce	18,00
29. Roasted Pork Knuckle in its Juices	18,00
30. Grilled Lamb Chops	20,00
31. Grilled Chicken Skewers	14,00
32. Iberian Pork “Secreto” (Grilled)	16,00
33. Oxtail at Low Temperature	22,00
34. Grilled Chicken Breast	12,00

FROM THE SEA

	half	whole
35. Fried Squid with Salad	10,00	14,00
36. Fried Rosada (White Fish) with Salad	10,00	14,00
37. Grilled Whole Sole		18,00
38. Norwegian Salmon (Grilled)		18,00
39. Sea Bass Fillet (Grilled)		19,00
40. Grilled Prawns	10,00	16,00

KIDS MENU (UP TO 12 YEARS OLD)

MAIN COURSE	
♦ Chicken Fingers with French Fries	12,90
♦ Homemade Chicken Croquettes with French Fries	
♦ Macaroni with Tomato Sauce	
♦ Ham and Cheese Pizza	

DRINKS
♦ Water, Soda or Juice

DESSERT
♦ Ice Cream Scoop
♦ Homemade Flan

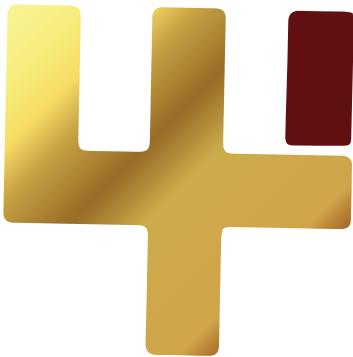
All our prices include VAT

DRINKS

Water	2,50
Soft drinks	2,90
Beer Glass	2,90
Pint	3,90
Bottle of Beer (33 cl)	3,10
Glass of Sangria	4,50
Glass of Tinto de Verano	2,90
Pitcher of Sangria	15,00
Pitcher of Beer	12,00
Pitcher of Tinto de Verano	12,00
Combined	7,00

WINES

RED WINE	glass	bottle
From the Rioja House	3,50	20,00
From the Ribera del Duero House	3,90	22,00
WHITE WINE		
Verdejo	3,50	20,00
Albariño	3,90	22,00
Manzanilla	3,30	18,00
ROSÉ WINE		
From the House	3,50	20,00



4 ELEMENTOS



Calle El Troncón 17
Fuengirola - 29640 (Málaga)
Tel. 952 593 944 - 681 983 675

Alérgenos consultar al camarero



GASTROGRILL