AVLU RESTAURANT

FOUR SEASONS HOTEL ISTANBUL AT SULTANAHMET

LUNCH · DINNER · SEVEN REGION TASTING MENU

Breakfast 7:00 am – 11:00 am · Lunch 12:30 pm – 3:00 pm · Dinner 7:00 pm – 10:30 pm

LUNCH

THE HARVEST

Braised Celeriac
Caramelized Quince, Carrot, Pickled Celery Stalk, “Giresun Pikola” Hazelnut, Celeriac Dressing, Dill Oil

Winter Salad
Roasted Beetroot, Green Apple, Turnip, Winter Greens, Basil-Cheese Paste, Pistachio, Mustard-Citrus Dressing

Wild Herbs Mücver
Potato and Onion Fritters with Black Sea Wild Herbs, Corn Flour, Pickled Roasted Vegetables, “Cacık”

AGED & CURED

Smoked Bonito
Olive Oil-Braised Fennel, Chilli Pepper, Kohlrabi, Saffron-Infused Tomatoes, Pickled Unripe Grapes

Cured Beef
House-Cured Spiced Beef Sirloin, Beetroot Chilli Relish, Microgreens, “İzmir Tulum” Cheese, Mustard Seeds, Rosemary Flatbread Crisp, Mulberry Molasses

FROM OUR WOOD OVEN

Potato & Porcini Pide
Potatoes, Pumpkin, “İsot” Pepper, Rosemary, Black Truffle, Vegan Sour Cream, Watercress

Aegean Herbs Pide
Spring Onions, Spinach, Goat Cheese, Sun-Dried Tomatoes, “Bergama Tulum” Cheese

Anatolian Cheese Pide
“Rize Kolot” Cheese, “Kars” Gruyère, Za’atar, Aged Thracian Kashar, “Ezine” White Cheese

Kuşbaşı Pide
Hand-Cut Spiced Beef Sirloin, Tomatoes, Green Peppers

Kavurmalı Pide
Beef Short Rib, “Malakan” Cheese, Onion, Egg Yolk, Butter

Lahmacun
Beef and Lamb Mince Flatbread, Tomato, Red Onion & Parsley Salad, Sumac

LUNCH

TO SHARE

Hummus
"Piyaz" White Bean, "Edremit" Tahini, Roasted Onion, Pine Nuts, Cumin

Hatay Pepper Paste
Roasted "Samandağ" Peppers and Pepper Paste, Spiced Walnuts, Coriander, Pomegranate

Pumpkin Sinkonta
Slow-Cooked Pumpkin with "İsot" Pepper Paste, Caramelized Onion, Sheep's Yoghurt, Burnt Butter

Octopus & Fava
"Gambilya" Fava Bean Purée, Charred Onion with Sumac, Rock Samphire

Siron
Black Sea "Siron," Hand-Rolled Baked Pastry, Slow-Cooked Shredded Beef Short Rib, Smoked Yoghurt, Burnt Chilli Butter

Adana Kebap Bun
Hand-Chopped Spiced Lamb Kebab, Buttered Soft Bun "Bazlama," Fermented Spicy Onion, Rocket, Sparkling Yoghurt with White Radish and Mint

FROM THE KITCHEN

Tarhana Soup
Traditional "Tarhana" Sourced from the "Devrek" Women's Cooperative, Black Chickpeas, Chilli Oil, Crunchy Baked Kataifi, "Kastamonu" Einkorn Wheat

Braised Black Chard
Stuffed Black Chard with Carrots, Spinach Root, Kidney Bean and Cracked Corn, Sweet Beetroot, Leek Flavored Corn Bread

Wild Mushroom Couscous
Handmade "Tekirdağ" Couscous, Wild Mushrooms, Aged "Urfarm" Sheep's Pecorino, Black Truffle, Chives

Prawn & Erişte
"Çanakkale" Blue Tail, Handmade Saffron Pasta, Butter-Fried "Bolu Keş" Cheese, Fermented Leek Sauce

Sunchoke & Beef
Jerusalem Artichoke Velouté with Beef Consommé, Roasted Beef Eye of Round, Tarragon Oil, Potato Semolina Dumplings

LUNCH

ANATOLIAN SIGNATURES

Börek - For Two
Crispy Pastry Filled with Sour Fresh Cheese, Spinach and Herbs, Spinach Cream, Baked Aged Cheese, Oak Honey, Thyme-Infused Butter Sauce

Topkapı-Style Çatalca Chicken
Baked Chicken Breast Stuffed with Chestnut Rice Pilaf, Cornmeal Potato Purée, Grilled Wild Mushrooms, Sautéed Winter Greens, Mustard Chicken Sauce Infused with "Tokat" Vine Leaves

Duck Tirit
Duck Confit, Crispy Phyllo Soaked in Duck Jus, Braised Shallot with Tomato Purée, Caramelized Orange Marmalade

Beef Stew
Slow-Braised Beef Short Rib, Creamy Baked Potato with Cheese and Minced Meat, Black Garlic Purée, Grilled Pickled Red Cabbage, Thyme-Infused Beef Jus

FROM THE GRILL

160 G. Wild Sea Bass
Jerusalem Artichoke Purée, Pickled Unripe Grapes, Citrus, Lemon Butter Sauce, Cabbage Roll Stuffed with Minced Sea Bass and Aromatic Rice

Köfte
Grilled Minced Beef, Eggplant "Söğürtme", Brown Butter Tomatoes, Pickled Grilled Chilli Peppers, Duck Fat Fried Potato Pavé

Beef Shish
Marinated Beef Sirloin Skewer, Fennel-Infused Strained Yoghurt, Crispy Pastry Filled with Spiced Chickpea Purée, Pickled Okra

Lamb Shashlik
Marinated Lamb Loin Skewer, Charred Onions and Peppers, "Antep" Freekeh Wheat with Mung Beans, "Urfarm" Sheep's Cheese

SWEET FINALE

Pistachio & Kaymak
"Antep" Pistachio Paste, "Menengiç" Cream, Crispy "Baklava" Pastry, Rosehip Marmalade, Mastic Ice Cream

LUNCH

SWEET FINALE · CONTINUED

Pumpkin
Baked Pumpkin, Poppy Seed “Revani,” Walnut Praline, “Edremit” Tahini Cream, Cardamom “Kaymak” Ice Cream, Pumpkin Seed Oil

Hazelnut Kadayıf
Crispy Hazelnut Kataifi, Clotted Cream Mousse, Persimmon, Hazelnut Praline, Milk Caramel, Mandarin Sorbet

Geyve Quince
Quince Baked with Mallow Flowers, Vegan Chocolate Cake, Almond Cream, Poached Apple, Rich Chocolate Sauce

Chestnut & Chocolate
Valrhona Guanaja 70% Dark Chocolate and Chestnut Mousse, Chocolate Moist Cake, Cranberry Marmalade

DINNER

THE HARVEST

Braised Celeriac
Caramelized Quince, Carrot, Pickled Celery Stalk, “Giresun Pikola” Hazelnut, Celeriac Dressing, Dill Oil

Winter Salad
Roasted Beetroot, Green Apple, Turnip, Winter Greens, Basil-Cheese Paste, Pistachio, Mustard-Citrus Dressing

Wild Herbs Mücver
Potato and Onion Fritters with Black Sea Wild Herbs, Corn Flour, Pickled Roasted Vegetables, “Cacık”

AGED & CURED

Smoked Bonito
Olive Oil-Braised Fennel, Chilli Pepper, Kohlrabi, Saffron-Infused Tomatoes, Pickled Unripe Grapes

Cured Beef
House-Cured Spiced Beef Sirloin, Beetroot Chilli Relish, Microgreens, “İzmir Tulum” Cheese, Mustard Seeds, Rosemary Flatbread Crisp, Mulberry Molasses

FROM THE WOOD OVEN

Available from 12:00 noon to 10:30 pm

Potato & Porcini Pide
Potatoes, Pumpkin, “İsot” Pepper, Rosemary, Black Truffle, Vegan Sour Cream, Watercress

Aegean Herbs Pide
Spring Onions, Spinach, Goat Cheese, Sun-Dried Tomatoes, “Bergama Tulum” Cheese

Lahmacun
Beef and Lamb Mince Flatbread, Tomato, Red Onion & Parsley Salad, Sumac

TO SHARE

Pumpkin Sinkonta
Slow-Cooked Pumpkin with “İsot” Pepper Paste, Caramelized Onion, Sheep’s Yoghurt, Burnt Butter

Octopus & Fava
“Gambilya” Fava Bean Purée, Charred Onion with Sumac, Rock Samphire

DINNER

TO SHARE · CONTINUED

Siron
Black Sea "Siron," Hand-Rolled Baked Pastry, Slow-Cooked Shredded Beef Short Rib, Smoked Yoghurt, Burnt Chilli Butter

Lamb Meatballs
Grilled Lamb Meatballs, Roasted Aubergine with Yoghurt, Spiced Tahini Sauce, Za'atar Lamb Jus, Pomegranate Seeds, Toasted Pine Nuts, Crispy Vegetables, Spicy Pepper Paste

FROM THE KITCHEN

Braised Black Chard
Stuffed Black Chard with Carrots, Spinach Root, Kidney Bean and Cracked Corn, Sweet Beetroot, Leek Flavored Corn Bread

Wild Mushroom Couscous
Handmade "Tekirdağ" Couscous, Wild Mushrooms, Aged "Urfarm" Sheep's Pecorino, Black Truffle, Chives

Prawn & Erişte
"Çanakkale" Blue Tail, Handmade Saffron Pasta, Butter-Fried "Bolu Keş" Cheese, Fermented Leek Sauce

Goose Tandır
Slow-Roasted "Kars" Goose, Clotted Cream, "Kavılca Bulgur" Wheat, Goose Liver, Almond, Caramelized Plum, Crispy Goose Skin

Sunchoke & Beef
Jerusalem Artichoke Velouté with Beef Consommé, Roasted Beef Eye of Round, Tarragon Oil, Potato Semolina Dumplings

ANATOLIAN SIGNATURES

Börek - For Two
Crispy Pastry Filled with Sour Fresh Cheese, Spinach and Herbs, Spinach Cream, Baked Aged Cheese, Oak Honey, Thyme-Infused Butter Sauce

Topkapı-Style Çatalca Chicken
Baked Chicken Breast Stuffed with Chestnut Rice Pilaf, Cornmeal Potato Purée, Grilled Wild Mushrooms, Sautéed Winter Greens, Mustard Chicken Sauce Infused with "Tokat" Vine Leaves

Duck Tirit
Duck Confit, Crispy Phyllo Soaked in Duck Jus, Braised Shallot with Tomato Purée, Caramelized Orange Marmalade

DINNER

ANATOLIAN SIGNATURES · CONTINUED

Beef Stew
Slow-Braised Beef Short Rib, Creamy Baked Potato with Cheese and Minced Meat, Black Garlic Purée, Grilled Pickled Red Cabbage, Thyme-Infused Beef Jus

Roasted Lamb Tandır
Slow-Roasted Lamb Shoulder, Braised Celeriac Terrine with Barley, Cranberry Purée, Lamb Jus, Lamb Fat Crumbles

FROM THE GRILL

Wild Sea Bass
Jerusalem Artichoke Purée, Pickled Unripe Grapes, Citrus, Lemon Butter Sauce, Cabbage Roll Stuffed with Minced Sea Bass and Aromatic Rice

Köfte
Grilled Minced Beef, Aubergine "Söğürtme," Brown Butter Tomatoes, Pickled Grilled Chilli Peppers, Duck Fat Fried Potato Pavé

Beef Shish
Marinated Beef Sirloin Skewer, Fennel-Infused Strained Yoghurt, Crispy Pastry Filled with Spiced Chickpea Purée, Pickled Okra

Lamb Shashlik
Marinated Lamb Loin Skewer, Charred Onions and Peppers, "Antep" Freekeh Wheat with Mung Beans, "Urfarm" Sheep's Cheese

SWEET FINALE

Pistachio & Kaymak
"Antep" Pistachio Paste, "Menengiç" Cream, Crispy "Baklava" Pastry, Rosehip Marmalade, Mastic Ice Cream

Pumpkin
Baked Pumpkin, Poppy Seed "Revani," Walnut Praline, "Edremit" Tahini Cream, Cardamom "Kaymak" Ice Cream, Pumpkin Seed Oil

Hazelnut Kadayıf
Crispy Hazelnut Kataifi, Clotted Cream Mousse, Persimmon, Hazelnut Praline, Milk Caramel, Mandarin Sorbet

DINNER

SWEET FINALE · CONTINUED

Geyve Quince
Quince Baked with Mallow Flowers, Vegan Chocolate Cake, Almond Cream, Poached Apple, Rich Chocolate Sauce

Chestnut & Chocolate
Valrhona Guanaja 70% Dark Chocolate and Chestnut Mousse, Chocolate Moist Cake, Cranberry Marmalade

SEVEN REGION TASTING MENU

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Sea Bream and Bread
A Deconstruction of the “Eminönü” Fish Sandwich: Grilled Lettuce and Onions, Lemon Emulsion, Anise-Infused Crisp, Fermented Tomato Water

Braised Artichoke
Seasonal Artichokes Harvested from the “Aydın Gölhisar” Region, Fava Beans, Peach, Aegean Wild Herbs Braised in Olive Oil, Basil-Flavoured Artichoke Purée, Anise-Scented Artichoke Sauce, Dill Oil

Grilled Calamari
Long Beans, Capers, Tomato, Grilled Okra, “Tekirdağ” Village Couscous with Smoked Octopus

Cherry Parfait
Lemon Balm, “Malatya” Apricot Liqueur

Adana Kebap Skewer
80 g Hand-Chopped Spiced Lamb, Smoked Aubergine Cream, Fermented Warm Onion Salad, “Tandır” Bread

Beef Stew
Slow-Cooked Beef Shin, Braised Shallots, Red Plum, Black Garlic Cream, Potato Cream with Burnt Onion, “Antep Firik Bulgur”

Saffron Blossom
“Safranbolu” Saffron Cake Soaked in Jersey Milk Syrup, Lemon Yoghurt Parfait, Thyme-Scented Cold Pressed Olive Oil

SEVEN REGION VEGETARIAN TASTING MENU

Crete Paste With Basil
Compressed Watermelon, Anise-Flavoured Flatbread, Lacto-Fermented Tomato Juice

Izmir Artichoke
Fava Beans, Peach, Aegean Wild Herbs Braised in Olive Oil, Artichoke Purée, Anise-Scented Artichoke Sauce, Dill Oil

Stuffed Courgette Blossom
Courgette Relish with Yoghurt, Baked Courgette Cake, Spicy Tomato Marmalade, Pine Nuts, Lemon Gel

Cherry Parfait
Lemon Balm, Local Grape Distillate

SEVEN REGION TASTING MENU

SEVEN REGION VEGETARIAN TASTING MENU · CONTINUED

Spring Mushroom Borek
Crispy Butter Pastry, Asparagus, Buffalo Yoghurt, Spring Onion, Charred Red Pepper Purée, Parsley Cream

Vegetable Bastı
Roasted Summer Vegetables Terrine, Red Lentil Cream with Charred Pepper, Mulberry Molasses, Turmeric Vegetable Broth, Crispy Broad Beans

Dark Chocolate Fig
Valrhona Guanaja 70% Dark Chocolate and Turkish Coffee Mousse, Fig Marmalade, Chocolate and Walnut Sponge