

Helena's

RESTAURANT

EARLY BIRD DINNER MENU

INCLUDES MAIN COURSE, DESSERT, A GLASS OF HOUSE WINE +
TEA OR COFFEE | €40 PER PERSON

MAIN COURSE

ROAST SUPREME OF FREE-RANGE CHICKEN

Gubbeen Cheese Farce, Pearl Barley, Crisp Chicken Skin
Chicken Velouté (1b,3,7,9,12)

BLUEBELL'S GOATS CHEESE RIGATONI

Caramelised Red Onion, Black Olives, Sundried
Tomato & Roasted Red Pepper (1w,3,7)

UNION HALL HAKE

Roaring Water Bay Black Mussel & Castletownbere
Shrimp Ragù, Creamy White Beans
(2,4 Hake,7,9,12,14)

SHORT RIB OF IRISH BEEF

Mushroom, Bacon, Onion, Red Wine Jus & Potato Puree
(7,9,12)

DESSERT

CINNAMON AND APPLE CRUMBLE

Soft Apple Compote, Bourdon Caramel Sauce,
Vanilla Ice Cream (1,3,7)

WARM STICKY TOFFEE PUDDING

Rich Butterscotch Sauce, Chantilly Cream,
Fresh Berries (1,3,7)

BAKED CHEESECAKE

Strawberry Compote, Chocolate Shards
(1,3,7)

AVAILABLE SUNDAY TO THURSDAY 5.00PM TO 6.30PM

Allergen Information Whilst we will do all we can to accommodate guests with food intolerances and allergies we are unable to guarantee that dishes will be completely allergen-free. Please let us know if you suffer from allergies or have special dietary requirements

gf - gluten free | 1w WHEAT | 1b BARLEY | 1o OATS | 1r RYE | 2 CRUSTACEANS | 3 EGG | 4 FISH | 5 PEANUT | 6 SOYBEAN | 7 MILK | 8a ALMOND | 8b BRAZIL | 8c CASHEW | 8ch CHESTNUT | 8h HAZELNUT | 8m MACADAMIA | 8pc PECAN | 8ps PISTACHIO | 8w WALNUT | 9 CELERY | 10 MUSTARD | 11 SESAME SEEDS | 12 SULPHUR | 13 LUPIN | 14 MOLLUSC

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