

Helena's

RESTAURANT

STARTERS

Soup of the Day | €8,50

Served with Salted Irish Butter, Homemade Soda Bread (1w,3,7)

Five Mile Town Goats Cheese | €11,50

With Filo Pastry, Blueberries, Quince & Pickled Baby Beets (1w,7,12)

Kilmore Quay Scallops | €16,50

Pan Seared, with Jerusalem Artichoke Puree, Grilled Asparagus, Ndjua Foam & Crispy Serrano Ham (7,12,14)

Pil Pil Garlic Prawns | €17,90

With Garlic & Chilli Oil, Served with Capers & Toasted Sourdough (1w,2,7,12)

Warm Duck Confit Salad | €13,50

Warm Duck on Fresh Leaves with Pomegranate, Cucumber, Tomato, Red onion, and Mixed peppers. Finished with Honey-roasted Peach, Goat's Cheese, and Toasted walnuts, All served in a Poppadom Bowl (1,7,8)

Serrano & Manchego Croquettes | €11,50

Golden Croquette filled with Béchamel & finely diced Serrano Ham, topped with Manchego, Saffron Aioli, Capers & Tomato Salsa (1w,3,7,12)

Surf & Turf Appetiser | €18,50

Atlantic Prawns, Pan-fried & Scampi with Garlic Butter, Sundried Tomatoes & Spring Onion, Spiced Beef Carpaccio, served on a bed of Leaves (2,7,12)

MAINS

Free Range Chicken Supreme | €24

Served Smooth Mashed Potatoes, Tender Ratatouille Vegetables, and Finished with a Rich Porcini Mushroom Jus (7)

Serrano Wrapped Monkfish | €32

With Seafood Paella & Garlic Aioli (3,4,12,14)

Stuffed Fillet of Lemon Sole | €34

Filled with a Light Salmon & Prawn Mousse, Accompanied by Baby Potatoes and Seasonal Vegetables (3,4,7,12,14)

Chorizo Rigatoni | €21

With Goats Cheese, Caramelised Red Onion, Olives, Sundried Tomato & Roasted Red Pepper (1w,3,7,12)

Grilled Aubergine Flatbread | €21

With Tahini, Grilled Halloumi, Pine Nuts with Cauliflower Cous Cous (1w,8p,11)

Tagliatelle Scoglio | €28

Mussels, Shrimps, Langoustine, All Tossed in our House Tomato Velouté Sauce with Garlic and Parsley (1,7,9,4,12)

Sous-Vide Rack of Lamb | €37

Served with Gratin Potato, Artichoke Purée, Ratatouille Vegetables & Red Wine Jus (7,12)

Prime Hereford 100z Sirloin | €39

10 oz Ribeye Steak | €42

Served with Cherry Tomato, Oyster Mushrooms, Onion Ring & a Choice of Peppercorn Sauce or Garlic Butter (1w,7,12)

Sides

Gruyere Mash (1w,7) | €5,50

Truffle Parmesan Fries (7) | €7,50

Satay Tenderstem Broccoli (5,7) | €6,50

Seasonal Salad (10) | €5

Mixed Vegetables (7) | €6

Mashed Potato (7) | €5

Fries | €5

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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