

Helenai's

RESTAURANT

## STARTERS

Cork Ham & Smoked Gubbeen Arancini | €15.00

Rich Tomato Sauce, Shaved Parmesan (1w,3,7,9)

Trio of Munster Goats Cheese | €12.95

Ardsallagh with Raisins, Caramelised Bluebells Cheese,  
Whipped Ardsallagh with Beetroot Juice, with Bread Crisp  
Hazelnut & Pickled Beetroot (1w,7,8h)

Heirloom Tomato Galette | €10.95

Sundried Tomato Pesto, Parmesan Short Bread, Balsamic  
Glaze (1w,7)

Union Hall Scallops | €17.00

Potato Mousseline, Local Black Pudding & Thermador  
Sauce (1o,7,10,14)

Castletownbere Fish Cakes | €15.50

Served with Crab Claw, Herb Salad & Saffron Aioli (1w,3,4,7,10,12)

Atlantic Seafood Chowder | €11.50

Seafood Mix, Dill, White Wine & Cream, Homemade  
Soda Bread (1w,4,7)



## MAIN COURSE

Free Range Chicken Supreme | €24.00

Butternut Squash Puree, Baby Carrots, Asparagus, Chicken Volute (7)

Pan Fried Hake Fillet | €28.50

Cauliflower Puree, Tenderstem Broccoli, Atlantic Prawns, Lemon Butter Sauce (1w,4,7,12,14)

Chargrilled Cauliflower Steak | €23.50

Cauliflower Fritters, Butter Bean Puree, Pomegranate Chimichurri & Chicory (1w,7,9,12)

Chorizo Rigatoni | €21.00

Bluebell's Goats Cheese, Caramelised Red Onion, Black Olives, Sundried Tomato & Roasted Red Pepper (1w,3,7)

Honey Glazed Irish Duck Breast | €37.00

Duck Leg Confit Bonbon, Sweet Potato Puree, Pak Choi, Hoisin & Basil Glaze (6,7,12)

Irish 100z Sirloin of Beef | €40.50

Served with Cherry Tomato, Mushrooms & a Choice of Red Wine Jus, Peppercorn Sauce or Garlic Herb Butter (7,12)

Baked Atlantic Cod Fillet | €30.00

With a Parmesan & Herb, Samphire, Mussel & Grape Beurre Blanc (1w,4,7,12,14)

All Mains Served with Champ Potato

## SIDES

French Fries | €5

Seasonal Salad (10) | €5

Parmesan & Truffle Fries (1w,7,12) | €7.50

Seasonal Greens with Herb Butter (7) | €5

## DESSERTS

Gingerbread Caramel Tart | €9.50

Rum & Cardamom Custard, Whipped Caramel  
Mousse (1w,3,7,12)

Chocolate Brownie | €9.50

Cinnamon Ice-Cream & Brandysnap (1w,3,7)

Mulled Wine Trifle | €9.50

Vanilla Custard, Berry Jelly & Chantilly Cream  
(1w,3,7,12)

Seasonal Fruit Plate | €9.50

Lemon Sherbet, Redcurrants (3,7)

Cork Cheese Plate | €13.50

Carrigaline, Ardsallagh, Gubbeen, Sheridan's  
Crackers, Apple Chutney, Celery & Grapes  
(1w,3,7,9)



## WHITE WINE

Ama Veneto

Pinot Grigio

ITALY | € 9.50 GL, € 36 BTL

Round and fruity white with citrus flavours; long in the finish with a lovely balance (12%) (12)(V)

Deux Moulins

Sauvignon Blanc

FRANCE | €10 GL, € 38 BTL

Bright and dry with fresh acidity that lead to a crisp and crunchy palate (11%) (12)(V)

O Profundo

Albarino

SPAIN | €11 GL, €42 BTL

Very approachable with dense stone fruit flavours and a refreshing saline finish (12.5%) (12)(V)

Moko Black Marlborough

Sauvignon Blanc

NEW ZEALAND | €12 GL, €46 BTL

Gooseberry and passionfruit underpinned by bracing acidity and leafier aromas. (13%) (12)(V)

Carl Kock Sacktrager Loes

Riesling

GERMANY | €12.50 GL, €48 BTL

Lovely aromas of citrus with underlying smoky and steely notes. Long, complex and ripe (12.5%) (12)(V)

Roche De Bellene

Chardonnay

FRANCE | €13 GL, €50 BTL

A modern take on Burgundy - fresh and vital, with white fruits and citrus flavours and a persistent, mineral finish (12.5%) (12)(V)

## RED WINE

Caruso & Minini

Nero D'Avola

ITALY | € 9.50 GL, € 36 BTL

A gloriously bright organic red packed with crunchy berry and licorice flavours (13%) (12)(V)

Puente De Rus

Tempranillo

SPAIN | €10 GL, €37 BTL

Savoury and dark fruit aromas, with a long, deep, chocolatey and plummy finish (13.5%) (12)(V)

P&A Languedoc

Pinot Noir

FRANCE | € 10.50 GL, €39 BTL

Smooth, ripe and fruity with complex undertones of earth and spice (12.5%) (12)(V)

Cordero Con Piel De Lobo

Malbec

ARGENTINA | €11 GL, €40 BTL

Dense and fruity with tons of plum and blackberry flavours (13%) (12)(V)

Letargo

Rioja Crianza

SPAIN | €12 GL, €43 BTL

A beautiful Rioja Crianza with extended ageing to balance the oak and fruit flavours (14.5%) (12)(V)

Serraluna

Sangiovese Toscana

ITALY | €12.50 GL, €48 BTL

A decadent blend of Sangiovese, Cabernet and Merlot from Corkman Ray O'Connor (13.5%) (12)(V)

Chateau Ciassac

Cabernet Sauvignon

FRANCE | €14.50 GL, €55 BTL

Classic Bordeaux with a deep, rich core of fruit and a high quality, long finish (13.5%) (12)(V)

### ROSÉ WINE

Esperance

Rosé of Pinot Noir

FRANCE | €9.50 GL, €37 BTL

Bright, fresh and crunchy style of Rosé,  
- cranberry, rose and leaf aromas.  
(11.5%) (12)(V)

Bota Bota

Garnacha Rosado

SPAIN | €11 GL, €43 BTL

Corkman Ray O'Connor's Spanish rosé  
project bursts with wild strawberry,  
pomegranate aromas & a creamy soft  
palate (13%) (12)(V)

### SPARKLING

Vini Stocco

Frizzante

ITALY | €10.50 GL, €40 BTL

An elegant, aromatic Prosecco with  
delicious white flower, acacia and apple  
aromas supported by a lightly sparkling,  
delicate mousse (10.5%) (12)(V)

Valle De San Jamie

Cava

SPAIN | €12 GL, €55 BTL

Organic Cava with a full palate of  
brioche, yellow stone fruits and baking  
spices, this has expressive bubbles and  
length (11.5%) (12)(V)

Vini Stocco

Prosecco Spumante Rosato

ITALY | €13.50 GL, €59 BTL

A beautiful blend of Pinot Noir and Glera  
with balance, poise and lovely depth of  
summer fruit flavours (11.5%) (12)(V)

### CHAMPAGNE

Moët & Chandon

Brut Imperial NV

FRANCE | €20 GL, €120 BTL

White fruit with floral touches,  
notes of brioche and fresh nuts  
(12%) (12)(VG)

Moët & Chandon

Rosé NV

FRANCE | €27 GL, €135 BTL

Lively scent of wild strawberries,  
zestful and assertive fruitiness  
(12.5%) (12)(VG)

Moët & Chandon

Brut Imperial Vintage

FRANCE | €36 GL, €180 BTL

Creamy light biscuit aroma and  
excellent fruit, delicate and balanced  
(12%) (12)(VG)

Moët & Chandon

Tasting Flight

FRANCE | €39

A luxurious treat. Experience a Brut  
Impérial, Rosé Impérial, and a Grand  
Vintage (12.5%) (12)(VG)

Raise a glass with our elegant Moët & Chandon  
Champagne Flight.

We have partnered with Moët & Chandon to create our  
champagne flight board. The tasting board is the first of  
its kind in Ireland and consists of three tasting glasses of  
champagne.

