

# 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

Served with Squash Puree, Asparagus, Chicken Velouté &  
Tender Stem Broccoli (7,9,12)

#### CHARGRILLED CAULIFLOWER STEAK

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

#### MARKET FISH OF THE DAY

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

#### CHORIZO RIGATONI

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

### DESSERT

#### TIRAMISU

Espresso Soaked Lady Fingers, Mascarpone, Rich  
Chocolate Sauce, Crunch Chocolate Soil (1,3,7)

#### STRAWBERRY MERINGUE

Strawberry Meringue, Vanilla Anglaise, Chantilly  
Creme, Fresh Strawberries, Mint (3,7)

#### LEMON TART

Classic Glazed Lemon Tart, Raspberry Sorbet,  
Hazelnut Tuile (1,3,7,8h)

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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