

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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