

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)

CHARRED HISPI CABBAGE

Umami-Rich Miso Butter, Warm Hazelnut
Romesco Sauce (6,7,8h)

UNION HALL HAKE

Roaring Water Bay Black Mussel & Castletownbere
Shrimp Ragù, White Bean, Grilled Baby Leeks,
Goat's Bridge Caviar
(2,4 Hake,,7,9,12,14)

BRAISED FEATHER BLADE OF IRISH BEEF

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

DESSERT

POACHED RHUBARB

Vanilla Rice Pudding, Orange Blossom Ganache,
Crisp Puff Pastry (1,3,7)

YOGHURT PARFAIT

Mandarin Segments, Honeycomb, Passionfruit
Caramel (1,3,7,8h)

TRIPLE CHOCOLATE CHEESECAKE

70%, 53% & 35% Layered Chocolate
Cheesecake, Crispy Biscuit Base, White
Chocolate Whipped Cream, Fresh Berries
(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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