

Helenai's

RESTAURANT

## STARTERS

Soup of the Day | €8.50

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

Beef Ragu Arancini | €15

Served with a Rich Tomato & Garlic Sauce, Grated 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 (1w7,8h)

Heirloom Tomato Galette | €10.95

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

Garlic Jumbo West Cork Prawns | €15.50

Capers, Garlic & Shallot Butter Sauce (2,7)

Union Hall Scallops | €17.00

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



## MAIN COURSE

Free Range Chicken Supreme | €24

Butternut Squash Puree, Baby Carrots, Turnip, Chicken Volute, Crispy Chicken Skin (7)

Pan Fried Hake Fillet | €28.50

Ragout of Peas & Samphire, Prawn and Herb Burre Blanc (2,4,7)

Roasted Butternut Squash | €26

Candied Pecan Granola Crust, Crispy Sage Leaves, Chia Seed Wrapped Arancini (3,7)

Chorizo Rigatoni | €21

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

Honey Glazed Duck Breast | €34

Date Jam, Confit Leg Croquette, Cleriac Puree, Cherry Jus (2,4,7)

Seafood Linguine | €28.50

Mussels, Prawns, Langoustine, with our House Tomato Velouté Sauce with Garlic and Parsley (1,7,9,4,12)

Roasted Seabass Fillet | €32

Cauliflower, Crab Mayonnaise, Grilled Baby Leeks, Radish, Crab Salad (2,3,4,7)

Irish 100z Sirloin of Beef | €40.50

Served with Cherry Tomato, Mushrooms & a Choice of Red Wine Jus, Peppercorn Sauce or Café De Paris Butter (1w,7,12)

All Mains Served with Potato of the Day

## SIDES

French Fries | €5

Champ Mash Potato (1w,6) | €6

Seasonal Salad (10) | €5

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

Seasonal Greens with Herb Butter (7) | €5

## DESSERTS

### Vanilla Pannacotta | €9.50

Served with Mango & Passion Fruit Jelly, Mango Compote, Coconut Sable & Mango Gel (1w, 7, 3)

### Ferro Rocher Eclair | €9.50

Served with Hazelnut Whipped Mousse, Hazelnut Caramel, Chocolate Glaze & a Rich Chocolate Sauce (1w, 3, 7, 8h)

### Apple Tart Tatin | €9.50

Apple Tatin with a Sable Base & Caramel Mousse Served with a Caramel Glaze & Vanilla Pain De Gene (1w, 3, 7, 8a)

### Chocolate Orange Brownie | €9.50

With Belgian Chocolate Ganache, Blood Orange Curd & Espresso Ice-Cream (3, 7)



## WHITE WINE

Les Fumees Blanches

Sauvignon Blanc

FRANCE | € 9 GL, € 37 BTL

Aromas of Citrus Notes of Grapefruit and Lime, White Flowers, Jasmine and a hint of Smoke

Zagalia

Pinot Grigio

ITALY | €8.50 GL, € 37 BTL

A Medley of Tropical Fruit, mingled with White Flowers on the nose

Ardèche

Chardonnay

FRANCE | € 11 GL, € 48 BTL

Notes of Citrus Marmalade, Acacia and Thyme

L'Amides Crustaces

Pinot Blanc

FRANCE | € 11 GL, € 48 BTL

Notes of Yellow Plum, Apple and Peach and Fresh Citric Notes

Reserve G. Lorentz

Riesling

FRANCE | € 50 BTL

Refreshing Acidity, Lime, Granny Smith Apple with a great structure

## REDWINE

Les Chaises

Merlot

FRANCE | € 10 GL, € 40 BTL

Delicious Juicy Plummy Fruits with Mocha and Herbaceous Notes

D'Abruzzo Doc Jasci

Montepulciano

ITALY | € 10 GL, € 40 BTL

Fresh and Fruity taste, aftertaste of Bitter Almond

Haut Le Grenière St Emilion

Bordeaux

FRANCE | €11 GL, €55 BTL

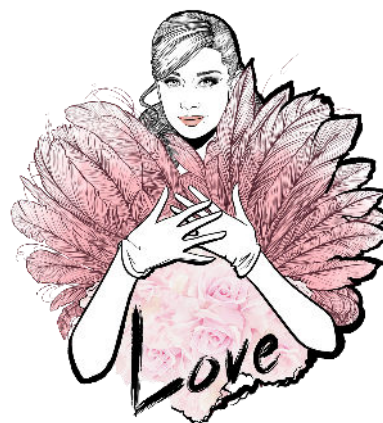
Aromas of Cassis, Blackberry and Blackcurrant

## ROSÉ WINE

Les Petit Es Jameslles

FRANCE | € 9 GL, € 37 BTL

Bright and fresh with Redcurrant, Cherry, Rose, and a crisp, mineral finish



### CHAMPAGNE

Moët Brut Impérial

FRANCE | €20 GL €120 BTL

The vibrant intensity of Green Apple and Citrus fruit, the freshness of Mineral Nuances and White Flowers

Moët Rosé Impérial

FRANCE | €27 GL €135 BTL

The lively and intense bouquet is full of Red Fruits, a scattering of Rose Petals inspires floral nuances, underscored with a slight hint of Pepper

Moët Grand Vintage

FRANCE | €36 GL €180 BTL

Fresh with hints of Blood Orange and Star Fruit. Black pepper, Dark Chocolate, Cinnamon, Dried Flowers and new leather round off the bouquet

Moët & Chandon

TASTING FLIGHT | €35

Brut Impérial, Rosé Impérial & Grand Vintage - 45ml



### PROSECCO

Valdo Treviso Millesimato

ITALY | € 10 GL, € 40 BTL

Crisp and lively with Green Apple, Pear, White flowers, and a delicate, refreshing sparkle

Valdo Rosé

ITALY | € 10 GL, € 45 BTL

Fresh and elegant with notes of Strawberry, Red Berries, Floral Hints, and a Soft, Creamy Mousse

### COCKTAILS

Amaretto Sour | €15

Woodford Reserve, Disaranno, Fresh Lemon, Egg Whites, Sugar Syrup

Imperial Bramble | €14

Maharani Gin, Pressed Apple Juice, Blackberry Syrup, Lemon, Soda Top

Passion Fruit Martini | €14

Vanilla Vodka, Passion Fruit Liqueur, Passion Fruit Puree, Fresh Lime, Prosecco

Espresso Martini | €14

Ketel One Vodka, Freshly Brewed Espresso, Kahlúa, Sugar Syrup

Margarita | €14

Tequila, Orange Liqueur, Lime Juice, Simple Syrup

Aperol Spritz | €16

Aperol, Prosecco, Soda Water

