Helena's RESTAURANT

# LUNCH MENU

## STARTER

**SOUP OF THE DAY | €9**
Served with Salted Irish Butter, Homemade Soda Bread (1w,3,7,8w,9,12)

**ROASTED BEETROOT | €12.95**
Marinated Ardsallagh Goat's Cheese, Candied Walnuts, Beetroot Coulis (3,7,8w)

**SEAFOOD CHOWDER | €10**
Rich, comforting Seafood Chowder with Fresh Fish & Seafood (2,4salmon,4cod,4hake,4haddock,7,9,14)

**SMOKED CHICKEN AND HEGARTY'S CHEDDAR CHEESE CROQUETTE | €15.50**
Roasted Red Pepper and Candied Pecan (1w,7,8p)

## SALADS & SANDWICHES

**IMPERIAL TOASTED SPECIAL | €10**
Griddled Sourdough filled with Braised Ham Hock, Smoked Carrigaline Cheese, Plum Tomato & Red Onion (1w,7,10,12)

**IMPERIAL OPEN SODA BREAD | €15.50**
Smoked Salmon Mousse, Pickled Red Onions, & Crab dressed in Lemon & Dill Mayonnaise (1w,2,3,4salmon,7)

**PRAWN ROLL | €15.50**
Poached Prawns, Classic Cocktail Sauce, served in a soft Waterford Blaa with Crisp Shredded Lettuce (1w,2,3,10,12)

**GRILLED CHICKEN NIÇOISE SALAD | €18**
A classic Niçoise with Grilled Chicken Breast, Soft-Boiled Egg, Crisp Green Beans, Black Olives, and Seasonal Leaves (3,10)

## MAIN COURSE

**ROAST OR FISH OF THE DAY | €23**
Served with Seasonal Vegetables. Please ask your server (4,7,9,12)

**TEMPURA OF UNION HALL HADDOCK | €21**
Served with French Fries, Mushy Peas, Tartar Sauce, Seasonal Leaves & Lemon (1w,4haddock,7,10,12)

**GUBBEEN CHORIZO RIGATONI | €21**
Bluebell's Goats Cheese, Caramelised Red Onion, Black Olives, Sundried Tomato & Roasted Red Pepper (1w,3,7)

**ROASTED HAKE FILLET | €28.50**
Served with White Beans, Gubbeen Chorizo, Black Olives & Smoky Romesco Sauce (4,7,8a,12)

**INDIAN SPICED CURRY**
Tomato based Curry Sauce served with Basmati Rice& warm Cota Naan Bread (1w,2,7)
ADD:
Spiced Chicken **€22.50 |** Prawns **€26.50 |** Vegetables **€18.95**

**8oz IRISH BEEF BURGER | €21.50**
Topped with Smoked Carrigaline Cheese, Crispy Pancetta, Baby Gem Lettuce, & Plum Tomato, served with French Fries (1w,3,7,12)

**CHICKEN SCHNITZEL | €24**
Golden Chicken Schnitzel with a Soft-Fried Egg, served with a Creamy Celeriac Remoulade and a Rocket Salad (1w,3,7,10)

**WILD MUSHROOM TAGLIATELLE | €21**
Olive Oil, Garlic, Macroom Burrata, Sundried Tomato, Pesto, Fresh Basil (1w,3,7)

## SIDES

FRENCH FRIES | €5

SEASONAL GREENS WITH HERB BUTTER (7) | €5

PARMESAN & TRUFFLE FRENCH FRIES (3,7,12) | €7.50

SEASONAL SALAD (10) | €5

**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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