



ST. HELEN'S

STARTERS

Spanish Gambas Pil Pil (2Wheat,4,3,13) **€17**

Chorizo, Garlic Butter Sauce, Toasted Ciabatta Bread.

Heirloom Tomato & Burrata (2Wheat,7Milk,13) **€16**

Sambal, Pesto, Crispy Kale, Breadsticks.

Trio Of Fish Platter (2Wheat,3,5,7Milk,8,14) **€20**

Irish Smoked Salmon, Dressed White Crab meat, Crispy Tempura Prawn, Toasted Ciabatta Bread

Seafood Chowder (2wheat,5,7Milk,14) **€14**

Served with Guinness Bread.

Starter/Main

Classic Caesar Salad (2Wheat4, 5,7Milk,9,14) **€12.50/€17**

Crispy Baby Gem lettuce, Smoked Bacon lardons, Shaved Aged Parmesan, Toasted Croutons, Creamy Caesar Dressing. (Add Grilled Chicken €5, Add king Prawns €8)

Soup of the Day (1,2Wheat, Oat, 7Milk, 14) **€12**

Served with Freshly Baked Breads.

ALLERGEN LIST

1. Celery 2 .Cereals Cont.
Gluten 3 .Crustaceans 4
.Egg 5.Fish

6. Lupins 7.
Milk 8.
Molluscs 9.
Mustard
10.Nuts

11. Peanuts
12. Sesame Seeds 13.
Soya 14. Sulphur
Dioxide



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MAIN DISHES

Grilled 10 Oz Beef Rib Eye (1, 2Wheat, 7 Milk, 14) €42

Grilled Asparagus, Confit Tomato, Skinny Fries, Peppercorn Sauce or Garlic Butter. (Add Grilled Prawns €8)

Bridge Farm Fresh Water Trout (5,7Milk,14) €24

Champ Mash, Sauce Vierge, Baby Carrots, Lemon Wedge.

Half Roast Chicken (1,7Milk,14) €24

Creamy Mash, Tender Stem Broccoli, Roasted Cherry Tomato, Red Wine Jus.

Thai Red Curry (1,2wheat,3,14) €21

Mild Thai Curry, Seasonal Vegetables, Sweet Potato, Poppadum, Pilaf Basmati Rice.

(Add Grilled Chicken €5, Add Grilled Prawn €8)

Shepherd's Pie (1,7Milk,14) €24

Minced Lamb, Creamy Mash, Garlic Butter.

The "O" Burger (Beef or Grilled Chicken) €23

(2Wheat,4, 7 Milk, 9, 13, 14) Brioche Bun, Cheese, Tomato, Cos lettuce, Red Onion Marmalade, Burger Sauce, Skinny Fries. (Add bacon €3)

SOURDOUGH PIZZA

12" Sourdough Pizza Margherita (1, 2 Wheat, 7 Milk, 13) €20

Tomato & Basil Sauce, Fior di Latte Mozzarella.

12" Sourdough Pizza Pepperoni (1, 2 Wheat, 7 Milk, 13) €22

Tomato, Fior di Latte Mozzarella, Spiced Salami.



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SANDWICHES

Steak Sandwich (2Wheat,4,7Milk,14) €22

Grilled 6oz Beef Striploin, Red Onion Marmalade, Lettuce, Toasted Ciabatta Bread, Red Wine Jus, Skinny Fries.

St. Helen's Deluxe Club Sandwich (2Wheat,4,7Milk,9,13,14) €19

Chicken, Smoked Streaky Bacon, Tomato, Baby Gem Lettuce, Egg Mayonnaise, Toasted White or Brown, Potato Crisps.

Prawn Cocktail Bruschetta (2Wheat,3,4,7Milk,14) €17

Grilled Sourdough, Avocado puree, Mixed Salad.

SIDES €7.50

Skinny Fries (2 Wheat)

Tomato, red onion & Basil Salad (14)

Steamed Basmati Rice

Creamy Mash Potato (7Milk,14)

DESSERTS €12.50

Double Chocolate Brownie (2Wheat, 4, 7 Milk, 13)

Deep Apple Tart (2Wheat, 4, 7Milk,14)

Raspberry Meringue Tart (2Wheat,4,7Milk)

Oreo Mousse (2Wheat,4,7Milk, 13)

Vegan Chocolate & Coconut Tart (10,13)

*All desserts are served with freshly Whipped Cream.
Add a Scoop of Ice Cream for €3 (Vanilla, Chocolate, Strawberry)
(4 ,7Milk,13)*



ST. HELEN'S

WINES

WHITE

		GLASS	BOTTLE
El Caminador 2019/2020	<i>Sauvignon Blanc, Chile</i>	€10.00	€35.50
Pinot Grigio 2019/2020	<i>Catarratto, Italy</i>	€11.00	€39.50
Le Croix de Vents 2019	<i>Chardonnay, France</i>	€11.50	€41.50

RED

		GLASS	BOTTLE
El Caminador 2019/2020	<i>Cabernet Sauvignon, Chile</i>	€10.00	€35.50
Il Bucco 2018	<i>Montepulciano D'Abruzzo, Italy</i>	€11.00	€39.50
Le Croix de Vents 2019	<i>Merlot, France</i>	€11.50	€41.50
Altos Ibericos 2016	<i>Rioja, Spain</i>	€12.50	€43.50
Malbec Mendoza 2018	<i>Malbec, Argentina</i>		€45.50

ROSÉ

		GLASS	BOTTLE
Marus Pezol 2020	<i>Cote du Provence, France</i>	€10.50	€41.50

PROSECCO

		GLASS	BOTTLE
Prosecco Maschio Frizzante	<i>Prosecco, Italy</i>	€13.00	€43.00

CHAMPAGNE

		GLASS	BOTTLE
Moet & Chandon NV	<i>Champagne, France</i>		€110.00