



ST. HELEN'S

ANTIPASTO MISTO TO SHARE

Antipasto Misto

€18

A sharing platter with a selection of mixed mediterranean olives, aged Parma ham, bresaola, and grilled vegetables, buffalo mozzarella, grissini sticks, and sundried tomato pesto (2: wheat, 7: milk, 14: sulphur dioxide)

ANTIPASTI

Zuppa del Giorno

€12

*Please ask your server for the soup of the day
(1: celery, 14: sulphur dioxide)*

Risotto di Zucca, Pinoli e Gorgonzola

Starter: €15 Main: €22

Creamy risotto with sweet butternut squash and toasted pine nuts, finished with a touch of sharp Gorgonzola cheese (1: celery, 7: milk, 14: sulphur dioxide)

Insalata di Patata Dolce e Formaggio di Capra

€15

Baby spinach, roasted sweet potato, pear, cherry tomatoes and warm goats cheese drizzled with truffle honey, candied pecans and pomegranate, homemade dressing (7: milk, 10: nuts, 14: sulphur dioxide)

Crocchette di Mozzarella Fritte

€15

Crispy fried mozzarella croquettes with a fire-grilled red pepper and cherry tomato salsa, Madama olives and baby shoots (2: wheat, 4: eggs, 7: milk, 14: sulphur dioxide)

Gamberoni All'aglio in Padella

€17

Pan-fried garlic tiger prawns on crispy sourdough crostini with avocado, garden leaves, and a marie rose sauce (2: wheat, 3: crustaceans, 4: eggs,)

1. Celery, 2. Cereals contain gluten (Oat, Wheat, Rye, Barley) 3. Crustaceans, 4. Eggs, 5. Fish, 6. Lupin, 7. Milk, 8. Molluscs, 9. Mustard, 10. Nuts (Pecan, Walnut, Hazelnut, Brazilian nut, Pistachio, Macadamia, Almond) 11. Peanuts, 12. Sesame seeds, 13. Soya, 14. Sulphur Dioxide



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PIZZA

Pizza al Prosciutto di Parma e Rucola

€24

A classic pizza with Parma ham, fresh rocket, juicy cherry tomatoes, and creamy Fior di latte mozzarella (1: celery, 2: wheat, 7: milk, 14: sulphur dioxide)

Pizza con Cipolla Caramellata e Formaggio di Capra

€22

Sweet caramelised onions and goat cheese, Fior di latte, drizzled with honey and parsley-infused extra virgin olive oil (1: celery, 2: wheat, 7: milk)

PASTA

Rigatoni al Ragù

€24

Rigatoni pasta with a slow-braised beef brisket ragu, toasted pine nuts, basil pesto, and Pecorino cheese (1: celery, 2: wheat, 7: milk, 14: sulphur dioxide)

Spaghetti Nero di Seppia

€26

Black squid ink spaghetti with Mediterranean red prawns, baby octopus, cherry tomatoes, fresh parsley, and a crispy Parmesan tuile (2: wheat, 3: crustaceans, 4: eggs, 7: milk, 8: molluscs)

Tortellini

€22

Tortellini pasta filled with Buffalo mozzarella and tomato basil, served in a rich black truffle sauce with aged Parmesan (2: wheat, 4: eggs, 7: milk, 14: sulphur dioxide)

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CARNE & PESCE

Filetto di Manzo

€42

Char-grilled 7oz fillet steak with rosemary gratin, grilled baby carrots, served with a choice of classic peppercorn sauce or red wine jus (1: celery, 7: milk, 14: sulphur dioxide)

Guance di Manzo Brasate al Vino Rosso

€30

Slow-braised beef cheeks in a red wine jus with cheese and chive mashed potatoes, grilled king oyster mushrooms (1: celery, 7: milk, 14: sulphur dioxide)

Suprema di Pollo alla Griglia

€26

Grilled chicken supreme served with roast baby potatoes, seared bok choy, tarragon jus, herb oil and confit cherry tomatoes (1: celery, 14: sulphur dioxide)

Branzino in Padella

€26

Pan-fried sea bass with citrus-dressed tender stem broccoli, chive mash potatoes, and romesco sauce, garnished with crispy kale (1: celery, 5: fish, 7: milk, 14: sulphur dioxide)

CONTORNI

Selezione di Verdure al Vapore

€7.50

Steamed selection of baby vegetables with butter and fresh herbs (7: milk)

Purè di Patate

€7.50

Creamy mashed potatoes (7: milk, 14: sulphur dioxide)

Patate Fritte

€8

(2: wheat)

Insalata Mista

€6.50

Mixed garden salad leaves with cherry tomatoes, red onions, olives, capers, and shredded carrots, all tossed in our homemade dressing (14: sulphur dioxide)

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DOLCI

Tiramisù Classico €12.50

*Atimeless blackandwhite tiramisu with seasonal fruits and a delicate chocolatecigar roll
(2: wheat, 4: eggs, 7: milk)*

Torta Mousse al Cioccolato Fondente €12.50

Arich and decadent dark chocolate mousse torte with Amarena cherries (2: wheat, 4: eggs, 7: milk)

Bianco Torta di mele €12.50

Classic apple tarte with vanilla ice cream (2: wheat, 4: eggs, 7: milk,13: soya)

Affogato alla Nocciola €9

A scoop of hazelnut ice cream drowned in a shot of rich espresso with a dash of Frangelico liqueur (4: eggs, 7: milk, 13: soya)

Gelato Misto €12.50

Three scoops of assorted Italian ice cream (7: milk, 13: soya)

DESSERT WINE

Peter Lehmann, Masters Botrytis Semillon, Australia €7

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