



ST. HELEN'S

STARTERS

Honey & Spicy Wings (2Wheat,7Milk, 14) **€17**

Glenhaven Chicken Wings, Garlic Mayo.

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

Sambal, Pesto, Crispy Kale. Breadsticks.

Pâté En Croûte (1,2Wheat,7Milk,14) **€17**

Cranberry & Red Currant Jelly, Pickles, Watercress.

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

Served with Guinness Bread.

Classic Caesar Salad (2Wheat,4,5,7Milk,9,14) **Starter/Main**

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

€12.50/€17

Soup of the Day (1,2Wheat,Oats,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 10oz Striplion (1,2Wheat,7 Milk,14) €42

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

Grilled Cod (5,7Milk,14) €26

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

Silver Hill Duck Breast (1,7Milk,14) €27

Fondant Potato, Asparagus, Orange & Plum Sauce.

Spinach Tagliatelle (1,2Wheat,4,7Milk) €21

Stracciatella, Tomato & Vodka Sauce, Calabrian Chilli Crisps. (Add Grilled Chicken €5, Add Grilled Prawn €8)

Beef Short Rib (1,7Milk,14) €24

Slow Cooked Irish Beef Rib, Colcannon Mash, Red Wine Jus.

**The "O" Burger (Beef or Grilled Chicken)
(2Wheat,4,7 Milk, 9, 13, 14)** €23

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 GemLettuce,Egg Mayonnaise, Toasted White or Brown, Potato Crisps .

Smoked Salmon Bruschetta (2Wheat,3,4,7Milk,14) €17

Grilled Sourdough, Wrights of Marino Oak Smoked Salmon, Smashed Avacado.

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 Roulade (2Wheat,4,7Milk)

Black Forest Trifle (2Wheat,4,7Milk,13)

Vegan Raspberry Frangipane (10,13)

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

WINES

WHITE

GLASS

BOTTLE

El Caminador, Sauvignon Blanc, Chile
Pinot Grigio, Catarratto, Italy
Le Croix de Vents, Chardonnay, France
Marlborough Sauvignon, Sauvignon Blanc,
New Zealand
Chablis AC, Willian Fevre, Burgundy, France

€10.00

€11.00

€11.50

€13.00

N/A

€35.50

€39.50

€41.50

€48.50

€68.50

RED

GLASS

BOTTLE

El Caminador, Cabernet Sauvignon, Chile
Montepulciano, D'Abruzzo, Italy
Croix de Vents, Merlot, France
Altos Ibericos, Rioja, Spain
Malbec Mendoza, Malbec, Argentina

€10.00

€11.00

€11.50

€12.50

N/A

€35.50

€39.50

€41.50

€43.50

€45.50

ROSÉ

GLASS

BOTTLE

Marus Pezol, Cote du Provence, France

€10.50

€41.50

PROSECCO

GLASS

BOTTLE

Prosecco Maschio Frizzante, Prosecco, Italy

€13.00

€43.00

CHAMPAGNE

SNIPE

BOTTLE

Moet & Chandon NV, Champagne, France

€25.00

€110.00