



ST. HELEN'S

STARTERS

EMERALD BITES	16
<i>Crispy Irish Boxty, Zesty Gremolata, Creme Fraiche</i>	
(2,4,6,7,13)	
HEIRLOOM TOMATO & BURRATA	16
<i>Sambal, Pesto, Crispy Kale. Breadsticks</i>	
(2,7,13)	
IRISH BEEF SKEWERS	17
<i>Beef Satay, Burren Cauliflower Puree, Galway Soya Glaze</i>	
(2,7,13,14)	
SEAFOOD CHOWDER	14
<i>Served with St. Helen's Guinness & Walnut Bread</i>	
(2,5,7,10,14)	
CLASSIC CAESAR SALAD	12.50/17
<i>Crispy Baby Gem lettuce, Smoked Bacon lardons, Shaved Aged Parmesan, Toasted Croutons, Creamy Caesar Dressing</i>	
(2, 4,5,7,9,14)	
Add Grilled Chicken 5 King Prawns 8	
SOUP OF THE DAY	12
<i>Served with St. Helens Baked Breads</i>	
(1 2,Oat,7,14)	

Allergens 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 100Z RIBEYE	46
<i>Grilled Asparagus, Confit Tomato, Skinny Fries, Peppercorn Sauce or Garlic Butter.</i>	
(1,2,7,14)	
Add Grilled Prawns €8	
WILD ATLANTIC SALMON	28
<i>Potato Gratin, Wild Curry Emulsion</i>	
(1,2,5,7,13,14)	
SHAMROCK CHARM	27
<i>Chicken Supreme Ala Diable, Garlic Mash, Dublin Bakery Crumb</i>	
(1,2,7,14)	
LINGUINE ALLE VONGOLE	25
<i>Wrights of Marino Clams, Irish Parsley Pesto</i>	
(1,2,3,8)	
SPRING LAMB RUMP	34
<i>Confit Hasselback's Potatoes, Pimento Cream, Samphire Burnt Honey Garlic Glaze</i>	
(1,2,7,9)	
THE "O" BURGER (Beef or Grilled Chicken)	23
<i>Brioche Bun, Cheese, Tomato, Cos lettuce, Red Onion Marmalade, Burger Sauce, Skinny Fries</i>	
(2,4,7,9,13,14)	
Add Bacon 3	

THE GREEN TABLE

HONEY GLAZED BEETS & ORANGE	18
<i>Slow Cooked Beetroot, Trio of Quinoa, Pomegranate, Vinaigrette</i>	
(2,9,14)	
BUDDHA BOWL	18
<i>Aromatic Turmeric Rice, Tofu, Mixed Greens, Garden Red Drizzle</i>	
(1,2,13)	
Add Grilled Chicken 5 Add King Prawns 8	



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SANDWICHES

STEAK SANDWICH	22
<i>Grilled 6oz Beef Striploin, Red Onion Marmalade, Lettuce, Toasted Ciabatta Bread, Red Wine Jus, Skinny Fries</i>	
(2,4,7,14)	
ST. HELEN'S DELUXE CLUB SANDWICH	19
<i>Chicken, Smoked Streaky Bacon, Tomato, Baby Gem Lettuce, Egg Mayonnaise, Toasted White or Brown, Potato Crisps</i>	
(2,4,7,9,13,14)	
OPEN TUNA MELT	17
<i>Grilled Sourdough, Tuna, Melted Cheddar, Crispy Onions</i>	
(2,4,5,7,14)	

DESSERTS 12.5

**DOUBLE
CHOCOLATE BROWNIE**
(2,4,7,13)

MANGO MOUSSE
with Raspberry Sorbet
(2,4,7,14)

DARK COCO BEAN
with Chocolate Ice Cream
(2,4,7)

**ST HELEN'S
FRUIT SALAD**
with Vanilla Ice Cream
(4,7)

**VEGAN RASPBERRY
FRANGIPANE**
(10,13)

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

SIDES 7.5

<i>Skinny Fries (2)</i>	<i>Steamed Basmati Rice</i>
<i>Tomato, red onion & Basil Salad (14)</i>	<i>Creamy Mash Potato (7,14)</i>



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WHITE WINE

		
EL CAMINADOR 2019/2020 Sauvignon Blanc, Chile	12 ^{.50}	42 ^{.00}
PINOT GRIGIO 2019/2020 Catarratto, Italy	12 ^{.50}	42 ^{.00}
LE CROIX DE VENTS 2019 Chardonnay, France	12 ^{.50}	42 ^{.00}
MARLBOROUGH SAUVIGNON 2019 Sauvignon Blanc, New Zealand	13 ^{.00}	50 ^{.00}
CHABLIS AC 2017 Willian Fevre, Burgundy, France		68 ^{.50}

RED WINE

EL CAMINADOR 2019/2020 Cabernet Sauvignon, Chile	12 ^{.50}	42 ^{.00}
IL BUCCO 2018 Montepulciano D'Abruzzo, Italy	12 ^{.50}	42 ^{.00}
LE CROIX DE VENTS 2019 Merlot, France	12 ^{.50}	42 ^{.00}
ALTOS IBERICOS 2016 Rioja, Spain	13 ^{.50}	52 ^{.00}
MALBEC MENDOZA 2018 Malbec, Argentina		52 ^{.00}

ROSÉ WINE

MARUS PEZOL 2020 Cote du Provence, France	13 ^{.00}	50 ^{.00}
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PROSECCO

PROSECCO MASCHIO Frizzante Prosecco, Italy	14 ^{.00}	55 ^{.00}
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CHAMPAGNE

MOET & CHANDON NV Champagne, France	27 ^{.00}	110 ^{.00}
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