



ST. HELEN'S

OUR COMMITMENT TO SUSTAINABILITY

We are proud to work with trusted Irish suppliers who share our dedication to responsible, sustainable food practices — supporting local producers and reducing our environmental footprint with every dish we serve. All of our suppliers are Bord Bia certified and Origin Green members.

STARTERS

GAMBAS PIRI PIRI	18
<i>Grilled Tiger Prawn Piri Piri Emulsion ,Zesty Gremolata</i>	
(1,2,3, 6,7,13)	
HEIRLOOM TOMATO & BURRATA	16
<i>Sambal, Pesto, Crispy Kale, Crispy Tuile</i>	
(2,7,13)	
ST. HELENS FRIED CHICKEN WINGS	14
<i>Spicy Glenhaven Chicken Wings, Cucumber Summer Salad,Spicy House Sauce</i>	
(1,2,7,13,14)	
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,</i>	
<i>Shaved Aged Parmesan, Toasted Croutons, Creamy Caesar Dressing</i>	
(2,4,5,7,9,14)	
Add Grilled Chicken 5 King Prawns 8 (3)	
SOUP OF THE DAY	12
<i>Served with St. Helens Baked Breads</i>	
(1 2,7,14)	
BBQ PORK RIBS	16
<i>Slow Cooked Pork Ribs, House BBQ Glaze, Grilled Corn On The Cob,</i>	
<i>Coleslaw Mayo Salad</i>	
(4,7,13)	

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

100Z GRILLED IRISH RIBEYE	46
<i>Grilled Asparagus, Confit Tomato, Skinny Fries, Peppercorn Sauce or Garlic Butter</i>	
(1,2,7,14)	
Add Grilled Prawns 8 (3)	
SALMON A LA BEURRE BLANC	28
<i>Crisp Potato Croquettes , Sambal, Cucumber Salad & Herb Oil.</i>	
(1,2,5,7,13,14)	
IRISH CAJUN CRUNCH CHICKEN	27
<i>Panko-Crusted Chicken Breast, Creamy Cajun Emulsion, Pommes Frites</i>	
(1,2,7,14)	
TAGLIATELLE A LA TOMATO VODKA SAUCE	21
<i>Stracciatella, Tomato Vodka Sauce, Calabrian Chill Onion Crisps.</i>	
(1,2,4,7)	
Add Grilled Chicken 5 King Prawns 8 (3)	
JAKARTA NASI GORENG	20
<i>Fried Rice, Egg, Vegetables, Pickled Acar</i>	
(1,2,4,13)	
Add Grilled Chicken 5 King Prawns 8 (3)	
ST. HELEN'S BURGER (Beef or Chicken)	23
<i>Brioche Bun, Cheese, Tomato, Lettuce, Red Onion Marmalade, Burger Sauce, Skinny Fries</i>	
(2,4,7,9,13,14)	
Add Bacon 3 Fried Egg 3 (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 6 Add King Prawns 8 (3)	



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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)	
THE COASTAL PRAWN & CRAB CROISSANTS	17
<i>Prawn & Crab, Butter Croissants, Marie Rose, Lettuce, Lemon</i>	
(2,3,4,7,8,9,14)	

DESSERTS 12.5

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

LEMON POSSET
(7)

STHELEN'S
FRUIT SALAD
with Vanilla Ice Cream
(4,7)

SALTED CARAMEL TART
(2,4,7,14)

SIDES 7.5

SKINNY FRIES **(2)**

STEAMED BASMATI RICE

GARDEN SALAD **(14)**

CREAMY MASH POTATO **(7,14)**



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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 Treviso, Italy	14. ⁰⁰	55. ⁰⁰
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CHAMPAGNE

MOET & CHANDON Champagne, France	27. ⁰⁰	140. ⁰⁰
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