

Helena's

RESTAURANT

LUNCH / DINNER MENU

TO START

Fresh broad bean and chickpea salad	75
Oven-dried tomatoes, marinated red onion, cucumber, tahini dressing	
Chef's seasonally inspired salad with Helena's signature dressing	80
Mezze platter	85
Roasted red peppers, marinated button mushrooms, chèvre and peppadew croquettes, crispy aubergine sticks, lightly toasted baguettes, smoked snoek paté	
Duck liver pâté	90
With pistachio nuts, toasted brioche, black olive jam	
Mushroom risotto with fresh wild mushrooms from the Hemel-en-Aarde Valley	90
Shimeji, shiitake and king oyster mushrooms, Grana Padano, white truffle oil	
Saldanha Bay mussels	90
White wine, cream, lemon zest	
Curried seafood bisque	90
Kingklip, ginger, lemon grass, coconut cream, toasted baguette	

MAIN COURSES

Aubergine cannelloni (vegetarian)	125
Miso-glazed with cannellini bean, coffee-roasted carrots, parsnip purée, baby corn, balsamic tomato jam	
Whole deboned quail with prune and pine nut stuffing	185
Truffle mash, spinach, honey-glazed carrots, fine beans, thyme jus	
Pan-seared salmon trout	195
Rooibos-smoked mash, vine tomatoes, fresh asparagus, charred corn salsa, prawn aioli	
Springbok loin with corn bread	225
Carrot and ginger purée, baby beets, fine beans, baby onion, cherry jus	
Rack of Karoo Lamb (Certified Karoo Meat of Origin)	235
Malay bean ragu, roasted garlic raita, baby marrow fritters, baby carrots, lamb demi-glace	
Chalmar beef fillet with pickled waterblommetjies	235
Tender stem broccolini, potato fondant, pumpkin purée and pink peppercorn jus or béarnaise sauce	
Fragrant seafood tagliatelle	295
Crayfish tail, prawns, kingklip, mussels, cherry tomatoes, curried coconut prawn bisque	

- WHERE THE FAMILIAR IS MADE SPECTACULAR -