

Hot and Cold Starters



(V) Helios Garden Salad

Slow-cooked baby root vegetables with celeriac, black truffle and crispy sweet potato chips



(V) Helios Salad

Tomato, cucumber, avocado with mixed leaves and fresh herbs
(Choice of dressings: blue cheese, mustard, hazelnut, balsamic or olive oil-lemon)

Pan-fried Scallops

With marinated tomatoes aged balsamic and fresh basil from our garden

King Crab Salad

Rolled in its own gelée with lemon coulis, avocado and Oscietra caviar

Marinated Goose Liver Terrine

With rhubarb compote, vanilla and sweet wine



(V) Poached Asparagus

With a soft poached egg, crushed herbs, aged parmesan and black truffle

Marinated Tuna "2 ways"

With bell peppers and Niçoise dressing

Roasted Lobster and Scallop Ravioli

With tomato and fennel

Pan-Fried Foie Gras

Spiced black cherries and local organic honey

Soup

Mediterranean Bouillabaisse

With garlic and saffron



(V) Chilled Gazpachio Essence

Feta cheese toast and extra virgin olive oil

Vegetarian

(V) Wild Mushroom Risotto

With peas and asparagus and black truffle



(V) Homemade Potato Gnocchi

With slow cooked cherry tomatoes, basil and aged Parmesan



(V) Homemade Tagliatelle

With slow cooked tomato sauce, basil and aged Parmesan



(V) Mediterranean Tomato Tart

Fine slices of marinated heirloom tomatoes with olives, confit artichokes and fresh basil

Fish

Brittany Shellfish Risotto

With spring onions and Mascarpone



Mediterranean Red Mullet

Gently pan-fried with saffron, garlic and tomato



Oven Baked Seabass

In a shellfish broth with Provençal herbs, confit lemon and local virgin olive oil

Poached Marinated Salmon

With Oscietra caviar, cucumber, romaine lettuce and crushed herbs

Meat

Grilled Fillet of USDA Beef

Gratinated potatoes infused with horseradish, red wine and wild mushroom jus

Roasted Rack of Irish Lamb

With mustard, rosemary, confit tomatoes and aubergine

Magret Duck Breast

With caramelised endive, crispy potatoes and glazed baby beetroot

Free Range Chicken

Slow-cooked breast with black truffles, roasted confit leg and pan-fried goose liver

Desserts

Warm Valrhona Bitter Chocolate Tart

With raspberry sorbet

Passion Fruit 'Ganache'

With coconut and tropical fruit

Bitter Caramel

Hazelnut fudge, milk chocolate and sea salt



Poached Pineapple Carpaccio

With lychee and pepper sorbet

Iced Lemon Parfait

With spiced cherries and honey biscuits

Warm Fine Apple Tart

With crystallised almonds and caramel ice cream

Cheese Selection

With dried fruit and condiments



Healthy and low calorie cuisine.

(V) Indicates dishes suitable for vegetarians.

If you cannot find your favourite dish our chef will be delighted to propose an alternative.