



St Helena

WELCOME TO St Helena

This 'single use' menu is for your to take home if you wish.

*We hope the changes we have had to make due to
COVID-19 do not affect your evening.*

*Please respect social distancing at all
times whilst dining with us.*

*If you require information regarding food allergens
in our dishes please ask a member of the team*

*An extensive laminated wine list
is available on request.*

WINES BY THE GLASS

SPARKLING

House White Champagne

Glass **£8.50**

Prosecco

Glass **£7.50**

Light and Refreshing Sparkling Wine

WHITE

Pinot Grigio

175ml **£6.50**

Italian, Crisp Dry Finish

Chardonnay

175ml **£7.00**

Cape Heights South Africa - Crisp Dry

Sau/Blanc

175ml **£7.00**

Cape Heights South Africa - Dry and Fruity

Riesling

175ml **£7.50**

Kalstein - Fresh Delicate, Medium

ROSE

Pinot Grigio Rose

175ml **£7.75**

Light and Thirst Quenching

RED

Montepulciano D'Abruzzo

175ml **£7.00**

Light and Medium

Merlot

175ml **£7.50**

Grand Cape South Africa - Fruity and Smooth

Shiraz

175ml **£7.00**

Cape Heights South Africa - Dark Rich Fruit

Cune Crianza

175ml **£8.25**

Firm, Fruity and Smooth

Pinot Noir

175ml **£7.95**

Sierra Grande Chilean - Soft and Smooth

APPETIZER

A Seasonal Appetizer from the Chefs

STARTERS

Smoked Duck Breast

*Puy Lentil Salad, Wasabi Dressing, Parmesan Shavings,
Radish, Truffle Oil*

Salad of King Scallops

*Crispy Bacon, Mushrooms, Quails Eggs, Tarragon Dressing
(Supplement £2.50)*

Pan Fried Tiger Prawns

*With Garlic and Chilli, Pan Seared Polenta,
Pea Puree, Citronette Dressing, Micro Herbs*

Haggis and Corned Beef Hash

*With Potato Galette, Fried Duck Egg, Black Pudding
Crumb, English Mustard, Tomato Chutney*

Wild Mushroom, Spinach and Goats Cheese Tart

Balsamic, Cannellini Beans, Wild Rocket (V)

Crab Salad

*Grapefruit, Orange, Avocado Salad, Crab Vinaigrette
Garden Herbs, Squid Ink Tuille*

Butternut Squash and Sage Risotto

*Diced Squash, Pistachio Crumbled Mascarpone
Single Estate Sicilian Extra Virgin Olive Oil*

Seasonal Soup

Normally Vegetarian

MAIN COURSES

Seared Fillet of Cod

Spicy Fish and Shellfish Broth 'Zuppa Forte', Toasted Ciabatta

Loin of Scottish Lamb

*Rolled with Dukkah, Smoked Aubergine Puree,
Sea Salt and Rosemary Parmentier Potatoes,
Tenderstem Broccoli, Pomegranate Jus*

Posh Fish and Chips

Lobster and Prawn Thermidor, Pea Puree, Thick Cut Chips, Lemon Aioli
1/2 Lobster £2.50 Supplement (Approx. 250g)
Whole Lobster £7.50 Supplement (Approx. 500g)

Buttermilk and Tamarind Chicken Breast

White and Black Rice, Carrot Slaw, Lemon Grass and Chilli Dressing

Artichoke and Brie Parcel

Spiced Creamy Lentils, Parmentier Potatoes, Micro Watercress

Jacobs Ladder Short Rib of Beef

*Slow Cooked and Boned, Mustard Carrot Puree,
Nduja Roast Potatoes, Horseradish Cream, Savoy Cabbage*

Fillet of Sea Bass

*Café De Paris Butter, Dill and Avocado Puree, Samphire,
Potato and Fennel Gratin*

21 Day Dry Aged Aberdeen Angus Fillet Steak

Caramelised Shallots, Mushrooms, Truffle Fries
And a choice of Bone Marrow or Dolcelatte Sauce
(Supplement £3.50)

*Our Main Courses are Designed to be Complete but the
following sides are available should you wish*

SIDES £3.50

Nduja Roast Potatoes, Tenderstem Broccoli, Truffle Fries

DESSERTS

Date, Stem Ginger and Treacle Pudding

Butterscotch and Pecan Sauce, Clotted Cream Ice-Cream

Chocolate and Baileys Cheesecake

Chocolate Sauce, Toasted Cocoa Nibs, Baileys Chantilly Cream

Tiramisu

Marsala Sabayon Sauce, Coffee Brittle

Torta Caprese

(Almond and Dark Chocolate Cake)

Pistachio Ice-Cream, Pineapple Carpaccio (G/F)

‘Seasonal Berries’

Soft Italian Meringue, Mascarpone Cream,

Micro Mint (G/F)

Raspberry and White Chocolate Tart

Textures of Raspberries, Coconut Sorbet, Lemon Balm

Poached Pear

Poached in Dessert Wine, Lemon Sponge,

Honey Brioche Ice-Cream

Selection of Cheeses

Biscuits, Celery, Grapes, Local Honey

Ice Creams

Vanilla, Ferrero Rocher, Pistachio, Amaretto, Clotted Cream

Sorbets

Lemon, Coconut, Mango

Dinner £47.50

*Which includes home made bread, chef's appetiser, dessert
and filtered coffee with petit fours*

Espresso, Cappuccino and Latte £1.95

Prices include VAT -

A 10% service charge will be added to your total bill

Dress:

People often ask if we have a dress code.

*All we ask is people make an effort and dress smartly,
casually elegant is fine.*

St Helena

High Street, Elstow, Bedfordshire MK42 9XP

Telephone: 01234-344848

www.sthelenarestaurant.co.uk