




























## Kick Start your Day....

|   |       |
|---|-------|
| Freshly Baked Fruit Scone Served with Fruit Preserve & Fresh Cream (contains :    )                  | €3.00 |
| Your Choice of Whole Wheat or White Bread Toast Served with Fruit Preserves (contains :   )   | €3.00 |
| Choice of Croissant, Pain Au Chocolate or Danish of the Day Served with Fresh Cream (contains :    ) | €3.00 |
| Muffin Served with Fresh Cream (contains :    )  | €3.50 |
| Seasonal Fresh Fruit Salad  | €6.90 |
| Toasted Bagel Served with Cream Cheese (contains :   )<br>{Add: Smoked Salmon €4}   | €7.00 |

## Hot Beverages









|                              |                            |
|------------------------------|----------------------------|
| Pot of Freshly Brewed Tea    | Reg. - €4.00 Large - €6.90 |
| Pot of Freshly Brewed Coffee | Reg. - €4.50 Large - €7.50 |
| Cappuccino                   | €4.00                      |
| Café Latte                   | €4.00                      |
| Café Mocha                   | €4.00                      |
| Americano                    | €3.50                      |
| Espresso                     | €3.00                      |
| Double Espresso              | €4.30                      |
| Hot Chocolate                | €4.50                      |

Served Daily from 7am

|  |   |   |
|--|---|---|
|  Wheat    |  Soya        |  Celery    |
|  Milk     |  Egg         |  Sulphites |
|  Mustard  |  Sesame      |  Peanuts   |
|  Nuts     |  Crustaceans |  Fish      |
|  Molluscs |  Lupin       |   |








## Afternoon Tea

Lady Gough, wife of Field Marshal Hugh Gough, a British Army officer during the French Revolutionary Wars, moved to the St. Helen's State with her husband & their five children in 1851. She is responsible for bringing the Afternoon Tea tradition to St. Helen's from England where it still remains. It is in her honour that we serve 'Lady Gough's Afternoon Tea'

**Lady Gough's Afternoon Tea** (contains :         )

**€29.90 per person**

*Assorted Sandwiches, Selection of Homemade Cakes, Homemade Fruit Scones served with Irish Butter, Dairy cream & Preserves*

**Champagne Afternoon Tea** (contains :        )

**€42.00 per person**

*Enjoy all that Lady Gough's Afternoon Tea has to offer with a delicious glass of chilled Laurent Perrier Champagne*


*Tea by Ronnefeldt*

*Served From 2pm to 6pm daily in the Ballroom Lounge*


Join Our Live Classical Pianist Every Sunday from 2-5pm

 Wheat

 Milk


 Mustard


 Nuts

 Molluscs

 Soya


 Egg


 Sesame

 Crustaceans

 Lupin







 Celery

 Sulphites


 Peanuts

 Fish

## Soups

**Homemade Seafood Chowder** (contains:      ) €9.90

*Served with Homemade Guinness Bread*

**Homemade Soup of the Day** (contains: ) €7.70





*Served with Oven Baked Bread*



*Ask your Server for Todays Offer*

## Light Bites

**Grilled King Prawns** (contains:     ) €13.50

*Grilled Prawns Marinated in Chilli and Lemongrass served with Garlic Bread and Saffron Aioli*




**White Crab Meat and Avocado** (contains:    ) €11.90  
*Served on Toasted Ciabatta* (Served as main Course - €22.50)

**Irish Oak Smoked Salmon Plate** (contains:  ) €11.90

*Irish Smoked Salmon served with Salad Leaves, Capers, Shallot, Brown Soda Bread & a Wedge of Lemon*


**Pheasant Terrine** (contains:    ) €11.50

*with Cranberry and Fig Chutney, Grilled Sourdough Bread and Winter Leaves*


**Beetroot and Goats Cheese Salad** (contains:   ) €11.00

*Beetroot Textures with Goats Cheese Pearls Frisee Salad, White Balsamic Vinaigrette and Extra Virgin Olive Oil.*


Served Daily from 12pm

 Wheat

 Milk


 Mustard


 Nuts

 Molluscs

 Soya


 Egg


 Sesame

 Crustaceans

 Lupin

 Celery

 Sulphites

 Peanuts

 Fish

## Main Courses

**Orangerie Surf 'n' Turf** (contains:    ) **€37.00**

*Grilled Beef Fillet and Tiger Prawns served with Baby Roast Potatoes and Lobster Bisque Sauce*

**Seared Fillet Of Hake** (contains:   ) **€21.50**

*Served with Sweet Potato Mash, Prosecco & Saffron Veloute*

**Roasted Duck Legs** (contains:   ) **€19.50**




*Roast Confit Legs of Duck with Lyonnaise Potatoes, Orange and Cumin Gravy*

**Wild Boar Sausages** (contains:   ) **€19.50**

*Served with Champ Mash Potato, Onion Marmalade and Rosemary Gravy*

**Fish Platter 3 Ways** (contains:       ) **€18.50**

*Tempura King Prawns, Tian of Dressed Crab Meat & Chilled Oak Smoked Salmon, Simple Salad & Marie Rose Sauce*






**Rosemary and Lemon Chicken** (contains:   ) **€17.90**

*Roasted half chicken served with Creamed Potatoes, Grilled Cherry Tomatoes & Pan-Roasting Gravy*

**The 'O' Burger / Grilled Chicken Fillet** (contains:     ) **€17.50**





*Grilled 8oz Prime Irish Ground Beef Burger or Grilled Chicken Fillet, Brioche Bun with Emmental Cheese, Cos Lettuce, Caramelised Onions & Black Pepper Aioli with Skinny Fries*






*(Add Grilled Streaky Bacon - €1.50/Double up your burger for €5.00)*



**Squid Ink Spaghetti Bolognese** (contains:     ) **€17.50**

*Classic Beef Bolognese Sauce with Squid Ink Pasta served with Aged Parmesan Cheese and Rocket Leaves*



**Malaysian Style Curry** (contains :     ) €16.90  
*Colourful Grilled Vegetables, Tomato and Coconut Curry infused with Lime Leaves and served with Coconut Rice and Poppadum*  
(Add Chicken - €4.00) (Add Prawns - €6.00)

**Orangerie Classic Club Sandwich** (contains :      ) €13.90  
*Toasted White or Brown Bread with Chicken, Tomato, Baby Gem Lettuce, Egg Mayonnaise & Smoked Streaky Bacon*


**Orangerie Vegan Club Sandwich** (contains :   ) €13.90  
*Toasted White or Brown Bread with Avocado, Hummus, Tomato, Baby Gem Lettuce, Grilled Aubergines & Smokey Tomato Jam*

## Salads


**Superfood Salad** (contains :    ) €13.00  
*Sweet Potato, Broccoli, Pomegranate, Beetroot Green Beans, Quinoa, Nuts & Seeds*  
(Add Chicken/Smoked Salmon - €4.00)  
(Add Prawns - €6.00)

**St. Helen's Caesar Salad** (contains :      ) €13.00  
*Baby Gem Lettuce, Shaved Parmesan, Crispy Bacon Lardons & Creamy Garlic Dressing*  
(Add Chicken / Smoked Salmon - €4.00)  
(Add Prawns - €6.00)


### Served Daily from 12pm

 Wheat

 Milk


 Mustard


 Nuts

 Molluscs


 Soya


 Egg


 Sesame

 Crustaceans

 Lupin

 Celery

 Sulphites

 Peanuts

 Fish

## Side dishes



|  |       |
|--|-------|
| Green Salad  | €4.50 |
| Steamed Vegetables (contains :  )     | €4.50 |
| Creamy Mashed Potatoes (contains :  ) | €4.50 |
| Skinny Fries   | €4.50 |
| Basmati Rice   | €4.50 |
| Roast Sweet Potatoes   | €5.50 |

## Sweet Tooth















Please ask your Server for Dessert Choice of the Day €6.90

Our tasty collection of desserts are prepared by our Pastry Chefs daily.


## Sparkling Wines & Champagnes


|  |                       |
|--|-----------------------|
| Prosecco Cavalieri, Italy (contains :  )  | (g) €11.00 (b) €46.00 |
| Laurent Perrier NV, France (contains :  ) | (g) €18.85 (b) €95.00 |


Served Daily from 12pm


|  |   |   |
|--|---|---|
|  Wheat    |  Soya        |  Celery    |
|  Milk     |  Egg         |  Sulphites |
|  Mustard  |  Sesame      |  Peanuts   |
|  Nuts     |  Crustaceans |  Fish      |
|  Molluscs |  Lupin       |   |


## Orangerie White Wines

**El Caminador Sauvignon Blanc** (contains :  ) **(g) €7.30 (b) €28.50**  
*Central Valley, Chile 2017*  
*Classic, zesty citrus aromas with light, juicy fruits and satisfying, long dry finish.*


**Twin Rivers, Chardonnay** (contains :  ) **(g) €7.30 (b) €28.50**  
*South Australia 2017*  
*A lively floral aroma, lovely apple and ripe pear flavours. Subtle oak taste adds a rich finish*

**Trulli, Pinot Grigio** (contains :  ) **(g) €7.30 (b) €28.50**  
*Toscana IGT 2017*  
*Expressive fruit flavours and typical spicy aromas. Dry and fresh on the palate, with a juicy finish*


**Gruner Veltiner 2016** (contains :  ) **(b) €45.00**  
*Spicy, herbal nose with grapefruit and lemon. Green apple on the palate with a crisp and refreshing finish.*

**Sancerre 2014** (contains :  ) **(b) €55.00**  
*The Silex in the name refers to the make-up of the soil, which gives a flinty minerality to this wine. Deliciously crisp with lovely precision of fruit and elegant finish.*


Glass (g) Bottle (b)

 Sulphites


## Orangerie White Wines

**Stoneleigh, Sauvignon Blanc** (contains :  ) (g) €8.70 (b) €36.00  
*New Zealand 2017*


*This vibrant and lively Stoneleigh Marlborough Sauvignon Blanc is light straw in colour with subtle green highlights*

**Pierre & Remy Gauthier, Chardonnay** (contains :  ) (g) €7.80 (b) €31.50  
*France 2016*


*A Languedoc wine, full of fruit, peach, apricot, grapefruit and flowers. It has a crisp dry finish and is ideal with fish or poultry in cream sauce*

**Chablis AC, Willian Fevre, Burgundy 2015** (contains :  ) (b) €60.00  
*Pale gold with hints of green; refined bouquet of citrus and white flowers entwined with a light mineral touch. Fresh, rich mouth balanced by good freshness.*

### Rosé Wines


**Château Sainte-Croix Magnolia 2017** (contains :  ) (g) €10.50 (b) €42.00  
*Simple yet elegant green pepper and apple which add subtle Sauvignon tones to the more tropical Chenin Blanc*

Glass (g) Bottle (b)

 Sulphites



## Orangerie Red Wines

**El Caminador Cabernet Sauvignon** (contains: ) **(g) €7.30 (b) €28.50**

*Central Valley, Chile 2017*

*Intense red/violet colour. Aromas of fresh red fruits with hints of pepper and jam. Soft, round mouth with sweet, ripe tannins.*

**Twin Rivers, Shiraz** (contains: ) **(g) €7.30 (b) €28.50**


*South Australia 2017*

*A benchmark style from Australia, this wine shows distinctive redcurrant and peppery spice flavours with ripe tannins and a seductive softness*

**Trulli, Sangiovese** (contains: ) **(g) €7.30 (b) €28.50**

*Toscana, IGT 2014*

*Lovely, velvety soft wine is full bodied, rich and spicy in aroma and flavour with a lingering, smooth and fruity finish*

**Pierre & Remy, Gauthier Merlot** (contains: ) **(g) €7.80 (b) €31.50**

*France 2015*


*Deep garnet in colour, this is a silky generous wine with powerful notes of blackberries and forest strawberries*

*Glass (g) Bottle (b)*





Sulphites

## Orangerie Red Wines


**Stoneleigh, Pinot Noir, Marlborough** (contains :  ) (g) €8.70 (b) €36.00  
*New Zealand 2017*

*This wine has a deep, ruby red hue and a fragrant bouquet of strawberry, blackberry and dark cherry overlaid with integrated oak spice.*

**Montepulciano d'Abruzzo, IGT 2016** (contains :  ) (g) €9.00 (b) €36.00  
*Fresh cherries with hints of strawberries and red berries are well balanced with mouth-watering acidity and fine tannins.*

**Montebunea Rioja Crianza 2014** (contains :  ) (g) €10.00 (b) €40.00  
*Aromas of wild fruits typical of young Tempranillo, with floral notes and slight nuttiness.*

**Château Fayau 2015** (contains :  ) (g) €10.50 (b) €42.00  
*Supple palate, soft mouthfeel and polished tannins showcasing focused, dense fruit.*




**Manfredi Barolo 2013**(contains :  ) (b) €64.00  
*Classic leather, spice, tobacco and dried fruits on the nose, with a soft, velvety texture.*


Glass (g) Bottle (b)



Sulphites

## Nibbles.....

|  |       |
|--|-------|
| Warm Breads Served in Olive Oil and Hummus (contains :  ) | €3.50 |
| A Selection of Marinated Olives  | €3.00 |
| Smoked Paprika Almonds (contains :  )                     | €3.00 |
| Keoghs Sour Cream and Shamrock Crisps (contains :  )      | €2.50 |


 Wheat


 Soya


 Celery


 Milk

 Egg


 Sulphites


 Mustard


 Sesame


 Peanuts

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 Fish

 Molluscs

 Lupin

*Please note that some of our dishes contain allergens or additives.*

*Please ask a member of the team and we'll be happy to explain.*