



COOPMANHUIJS

★★★★★
Helena's
RESTAURANT

Dinner Menu

TO START

Soup and bread of the day R125

Chicken liver pâté, Chenin Blanc jelly R125
Pistachio nuts, homemade black olive jam, toasted brioche

Winter salad, roasted pear, poached quince, baby beets R135
Marinated red onion, Danish feta, walnuts, lemony vinaigrette

Twice baked gem squash & biltong soufflé R145
Creamed corn sauce

Homemade potato gnocchi, garlic prawns R145
Garden peas, roasted cherry tomatoes, red pepper aioli

Avocado Ritz R165
Prawns, avocado, cucumber ribbons, chives

Springbuck carpaccio, wild rocket, red onion R175
Parmesan shavings, balsamic reduction

MAINS

Prawn Linguine R195
Tomato, garlic, chilli, white wine creamy lemon sauce, Parmesan

Risotto with fresh wild mushrooms from the Hemel-en-Aarde Valley R235
Shimeji, shiitake, king oyster mushrooms, Grana Padano, white truffle oil

Vegan aubergine tower R245
Grilled vegetables, spicy chickpeas, Napolitano sauce

Seafood bisque, lightly toasted ciabatta R265
Line fish, prawns, light curry, ginger, lemongrass, coconut cream

Slow cooked Swartland lamb shank R265
Creamed spinach, sweet & sour beetroot, polenta, guava compote

Grilled linefish of the day R285
Potato croquettes, vegetable trio, pickled zucchini, red pepper sauce

Slow cooked beef short rib R285
Spinach, parmentier potatoes, creamy wild mushroom & brandy ragù

Swartland roasted rack of lamb, lamb jus R295
Boulangère potatoes, roasted garlic raita, grilled courgettes, baby carrots

Ostrich fillet, red wine jus, date chutney R295
Creamy herbed polenta, orange glazed baby carrots, fine beans

Grilled prime beef fillet, shallots braised in Boplaas Cape Tawny R345
Pommes Dauphine, smashed peas, creamed beets, Béarnaise Sauce

~Where the familiar is made spectacular~