



COOPMANHUIJS

★★★★★
Helena's
RESTAURANT

Sunday Lunch

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~