

Lady Helen Suppliers

REDMOND FINE FOODS – NAAS, CO. KILDARE

GAME DISHES - WILD IRISH GAME

BUTTER – CUINNEOG, BALLA, CASTLEBAR, MAYO

HERBS/SALADS - MOUNT JULIET ESTATE GARDENS  
MAINTAINED BY PADDY DALY & LARA VAN BERGEN

VEGETABLES - CONDRENS VEGETABLES, DUBLIN MARKET

SEAFOOD - DUNCANNON SEAFOOD, NEW ROSS, WEXFORD

SPECIALTY PRODUCTS - ARTISAN FOODS & LA ROUSSE FOODS

AWARD WINNING ARTISAN CHEESE - KNOCKDRINNA CHEESE,  
STONEFYORD, KILKENNY

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THE LADY HELEN

*Table D'hôte Menu*



*Signature Tasting Menu*

*Opening Times*

*Open for Dinner Monday and Wednesday to Saturday*

*6.30pm - 9.30pm.*

*Closed Sunday & Tuesday*

*Cormac Rowe*  
EXECUTIVE HEAD CHEF  
MOUNT JULIET ESTATE

*Agnieszka Kubinska*  
BAR & RESTAURANT  
MANAGER  
MOUNT JULIET HOUSE

*Ken Barker*  
HEAD CHEF  
LADY HELEN

# Lady Helen Signature Tasting Menu

*Thursday Night Special*

CHEF'S CHOICE TASTING MENU € 65 PP  
WINE PAIRING € 29 PP

*Monday, Wednesday, Friday*

*& Saturday*

CHEF'S CHOICE TASTING MENU € 75 PP  
WINE PAIRING € 35 PP

AVAILABLE CHEF'S SIGNATURE SURPRISE 10 COURSE TASTING MENU € 95 PP  
WINE PAIRING € 45 PP

LAST ORDER FOR ANY TASTING MENU IS AT 8:45PM  
ALL GUESTS AT THE TABLE MUST CHOOSE THE TASTING MENU



## AMUSE BOUCHE

### SCALLOPS

CELERIAC AND APPLE WITH IBERICO AND DASHI

NEIL ELLIS, SAUVIGNON BLANC, JONKERSHOEK VALLEY, STELLENBOSCH, SOUTH AFRICA

## MIDDLE COURSE

### COD

CAULIFLOWER, GIROLLES, LIME AND BROWN BUTTER

MACON-LUGNY, SAINT PIERRE, BOUCHARD, BURGUNDY, FRANCE

### DUCK

BULGUR WHEAT, RAS EL HANOUT, RHUBARB, TURNIP AND YOGHURT

CHATEAU LA CHOUPPE TAILLEFER, MINERVOIS, FRANCE

## PRE-DESSERT

### STRAWBERRIES

VANILLA POACHED MERINGUE FRESH STRAWBERRIES,  
MACERATED AND WILD CANDIED PISTACHIO'S PISTACHIO CRISPS WILD  
STRAWBERRY SORBET

MUSCAT DE BEAUMES-DE-VENISE, PAUL JABOULET AINE, FRANCE

## TEA/COFFEE & PETIT FOURS

# Table D'hôte Menu

2 COURSE MENU € 55

3 COURSE MENU € 65

## Starters

### SCALLOPS

CELERIAC AND APPLE WITH IBERICO AND DASHI

### BEEF TARTARE

CRISP TONGUE, EGG YOLKS, RADISH

### GOATS CHEESE

PICKLED BEETROOT, GOLDEN RAISIN, APPLE BALSAMIC, GOATS CHEESE BON BON

### LOBSTER

TOMATO, CUCUMBER, RADISH AND LETTUCE

### QUAIL

CROMESQUIS OF CONFIT LEG, RED CHICORY, APPLE, TRUFFLE AIOLI  
AND HAZELNUT VELOUTÉ

### FOIE GRAS

POACHED CHAMPAGNE RHUBARB, SPICED BREAD, CANDIED GINGER  
AND LIQUORICE JUS

## Main Courses

### DUCK

BULGUR WHEAT, RAS EL HANOUT, RHUBARB, TURNIP AND YOGHURT

### RABBIT & LANGOUSTINE

FENNEL PUREE, MARSH SAMPHIRE, PICKLED WATERMELON RADISH  
AND FENNEL POLLEN GNOCCHI

### VEAL

MORELS, ONION PUREE, BROAD BEAN AND ASPARAGUS

### LAMB

SHEPS CHEESE, TOMATO, ANGOLOTTI, SAUCE VERTE

### TURBOT

HERITAGE CARROTS, FOIE GRAS AND BELUGA LENTILS

### COD

CAULIFLOWER, GIROLLES, LIME AND BROWN BUTTER

### (V) RISOTTO

SUMMER TRUFFLE, ROASTED ONION AND PECORINO CHEESE

PLEASE INFORM OUR STAFF OF ANY FOOD ALLERGIES  
OR DIETARY REQUIREMENTS UPON ARRIVAL

FOR THE GUESTS WITH INCLUSIVE DINNER A SUPPLEMENT OF 20€  
WILL BE CHARGED PER PERSON FOR TASTING ME

## Lady Helen Glassware

### CHAMPAGNE GLASS

CHAMPAGNE OR SPARKLING WINES ARE BEST SUITED FOR THIS STYLE OF GLASS AND SHOULD BE FILLED TO THE WAIST WHICH ENCOURAGES THE OXYGENATION DUE TO THE LARGE SURFACE AREA. THE AROMAS ARE PERFECTLY CONCENTRATED AS A RESULT OF THE TAPERED TOP WHILE THE BASE HAS BEEN CAREFULLY ETCHED TO RELEASE FINE BUBBLES. IN ORDER TO APPRECIATE THE FULL FLAVOR, THE DISTINCTIVE SHAPE OF THE GLASS ALLOWS THE WINE TO BE GUIDED TO THE CENTRE OF THE TONGUE. - MIKASA

PRICES :            BOX OF 6 GLASSES            € 45.00

### RED WINE GLASS

DUE TO ITS FAIRLY WIDE BOWL AND TAPERED TOP, THIS GLASS ENHANCES THE QUALITIES OF POWERFUL TANNIC WINES SUCH AS CABERNET OR MERLOT AND PRESERVES THE AROMATIC RICHNESS OF YOUNG WINES. THE SHAPE GUIDES THE WINE TO THE FRONT OF THE TONGUE WHICH BRINGS ATTENTION TO THE ACIDITY AND RIPENESS OF THE TANNINS. - MIKASA

PRICES :            BOX OF 6 GLASSES            € 65.00

### WHITE WINE GLASS

THIS UNIQUE SHAPE OFFERS DIVERSITY AS IT COMPLIMENTS A VARIETY OF WINES, SUCH AS, RED WITH NOT TOO MUCH TANNIN OR ACIDITY, AS WELL AS, WHITE PRODUCED FROM SAUVIGNON. ITS ELONGATED BOWL AND SLIGHTLY-TAPERED RIM ENSURES A PERFECT EQUILIBRIUM AS IT CONCENTRATES AROMAS AND BRINGS THE WINE TO THE MIDDLE OF THE TONGUE. - MIKASA

PRICES :            BOX OF 6 GLASSES            € 55.00

### WATER GLASS

PRICES :            BOX OF 6 GLASSES            € 50.00

### 15% OFF WHEN BUYING FULL SELECTION

SPECIAL OFFER FOR FULL SELECTION OF GLASSES € 180.00  
( 6 CHAMPAGNES, 6 WHITE WINE & 6 RED WINE & 6 WATER )



THE LADY HELEN

## *Dessert Menu*

CORMAC ROWE  
EXECUTIVE HEAD CHEF

KEN HARKER  
HEAD CHEF  
LADY HELEN

AGNIESZKA KUBINSKA  
RESTAURANT MANAGER



## DESSERTS

### STRAWBERRIES

VANILLA POACHED MERINGUE FRESH STRAWBERRIES,  
MACERATED AND WILD CANDIED PISTACHIO'S  
PISTACHIO CRISPS WILD STRAWBERRY SORBET

*MUSCAT DE BEAUMES-DE-VENISE, PAUL JABOULET AINE. FRANCE 2011, €8.00*

### CHOCOLATE

BITTER CHOCOLATE, PASSION FRUIT & CHOCOLATE SORBET

*DOW'S NIRVANA PORT, PORTUGAL...€7.60*

### COCONUT PARFAIT

CARAMELISED PINEAPPLE, MUSCAVADO SUGAR SPONGE  
& LIME PASTILLE

*CYPRES DE CLIMENS BARSAC, BORDEAUX. FRANCE 2009 €11.25*

### BAKED LEMON CREAM

GOATS CURD PARFAIT, RASPBERRY SORBET AND YUZU GEL

*DE STEFANI, PROSECCO BRUT, ITALY €9.25*

### HAZELNUT SOUFLE

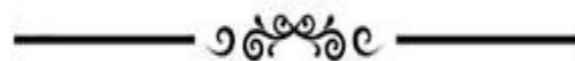
MILK SORBET  
PLEASE ALLOW 15 MINS FOR COOKING

*PHILLIPE D'ALBECOURT, BRUT N.V. FRANCE €14.50*

### AWARD WINNING ARTISAN CHEESE PLATE FROM "STONEYFORD"

PLEASE ASK A WAITER FOR THE SELECTION  
SERVED WITH A PICKLED PEAR, FIGS AND APPLE CHUTNEY,  
& LINSEED CRACKERS

*OFFLEY PORT, RUBY PORT, NV PORTUGAL €6.20*



TEA OR COFFEE  
&  
PETIT FOURS

## AFTER DINNER COCKTAILS

€10.50

### CLASSIC AFTER DINNER COCKTAIL

TRIPLE SEC, APRICOT LIQUEUR WITH A SPLASH OF LIME JUICE

### AFTER DINNER MINT

CRÈME DE MENTHE, SOUTHERN COMFORT, STOLICHNAYA VODKA  
FINISHED WITH HOT CHOCOLATE

### MINT MARTINI

GIN, WHITE CRÈME DE MENTHE GARNISHED WITH SOME MINT LEAVES

### CHOCOLATE COVERED STRAWBERRY

STRAWBERRY LIQUEUR, WHITE CRÈME DE CACAO FINISHED WITH POURING CREAM

## TEA SELECTION

OUR TEAS ARE MADE BY OUR TEA HERBALISTS, JÖRG MÜLLER AND KARIN WIELAND OF SOLARIS BOTANICALS BASED IN CO GALWAY. THEY USE THE FINEST CERTIFIED ORGANIC WHOLE-LEAF TEAS WHICH ARE HAND-PICKED AND ALSO CHOOSE SPRING FLUSH (FIRST SEASON HARVEST) TEAS WHERE APPLICABLE

### BLACK/WHITE TEAS

EARL GREY  
IRISH/ ENGLISH  
BREAKFAST  
ORGANIC DARJEELING  
WHITE TEA (PAI MU TAN)

### HERBAL/FRUIT INFUSIONS

DIGEST/MINT TEA  
JASMINE GREEN TEA  
RELAX/CHAMOMILE TEA

## COFFEE SELECTION

OUR COFFEE IS 100% ARABICA COFFEE OF FAIRTRADE COFFEE BEANS FROM THE FARMING CO-OPS IN CENTRAL & SOUTH AMERICA. IT'S A LIVELY ESPRESSO BEAN WITH A HINT OF SPICES & ORANGE CHOCOLATE.

### COFFEE SELECTION

LATTE  
AMERICANO  
CAPPUCCINO  
HOT CHOCOLATE

### LIQUOR COFFEE SELECTION

€7.00 EACH  
IRISH COFFEE, FRENCH  
COFFEE,  
ITALIAN COFFEE, BAILEYS  
COFFEE,  
CALYPSO COFFEE,