



Lunch MENU

SERVED MONDAY - SATURDAY 12-4PM

Helena's

FAVOURITES

HOMEMADE SOUP £5.95

Homemade Soup served with an Oven Baked Crusty Roll(GF*) **ADD A SANDWICH FOR £4!**

GARLIC SOURDOUGH £6.95

Toasted Sourdough with Garlic Mushrooms and Cheddar Cheese, drizzled with Balsamic (GF*,V)

CAESAR SALAD £7.50

Chicken, Crispy Bacon and Baby Gem Lettuce tossed in a Caesar Dressing, with Croutons (GF*)

SALTED CHILLI CHICKEN £7.50

Strips of Salted Chilli Chicken on a bed of Leaves, served with Chilli Mayo

BAKED POTATO £7.95

Choose 3 fillings; Tuna, Chicken, Bacon, Beans, Cheese, Onion, Coleslaw, Sweetcorn, Lettuce, Peppers, Stuffing and Sauce (GF*,VE*,V*)

ROAST SPECIAL

Please ask your server for details (GF*)

HOT DRINKS

OAT, SOYA, ALMOND & COCONUT MILK AVAILABLE +0.50

AMERICANO/£2.90

CAPPUCCINO/£3.10

LATTE/£3.10

MOCHA/£3.10

FLAT WHITE/£3.30

DOUBLE ESPRESSO/£2.90

TEA/£2.60

ICED LATTE/£3.25

LUXURY HOT CHOC/£3.30

SYRUP/£0.80

A RANGE OF FRESH TRAYBAKES CAN BE VIEWED AT OUR COUNTER

FRESH SCONES

FRUIT/£3.15

PLAIN/£3.05

CHERRY/£3.15

WHITE CHOCOLATE & RASPBERRY/£3.30

* - ALTERATIONS MADE FOR DISH TO SUIT
GF - GLUTEN FREE VE - VEGAN V - VEGETARIAN
PLEASE ALWAYS SPECIFY IF YOU HAVE AN ALLERGY/INTOLERANCE





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MAIN COURSES

BEEF LASAGNE £11.95
Homemade Lasagne served with Coleslaw and a Side of Choice

6oz STEAK SANDWICH £12.50
6oz Steak served on Ciabatta with Pepper Sauce, Mushrooms, Onions and a Side(GF*)

JACKS BURGER £10.45
Topped with French Fried Onions, Bacon and Cheese, served with a Side of Choice

BANGERS AND MASH £9.95
Traditional Pork Sausages served on a bed of creamy mash potato with Onion Gravy

CHICKEN CURRY £11.45
Traditional Chicken Curry served with a Side of Choice and a Poppadom

CAJUN CHICKEN BURGER £10.95
Cajun Spiced Grilled Chicken Breast with Avocado, Mayonnaise and Tomato Salsa and a choice of Side

FISH AND CHIPS £11.95
Local Sustainable Fish in Homemade Batter served with a Wedge of Lemon, Peas, Tartar Sauce and Chips

CHICKEN GOUJONS £10.95
Strips of Breaded Chicken, served with a Choice of Dip and Side

SIDES AND SAUCE

GARLIC CUBES | CHAMP | CHIPS
SWEET POTATO FRIES | MASH |
FFO | SKINNY FRIES | SALAD |
SALTED CHILLI WEDGES | RICE |
VEGETABLES£4.00

GRAVY | PEPPER | BUSHMILLS |
BACON AND MUSHROOM ..£3.50

SANDWICH/TOASTIE PANINI

HAM & CHEESE(GF*)
BRIE & CRANBERRY(GF*,V)
CHICKEN & STUFFING
£7.50

DESSERTS

CHEESECAKE | APPLE PIE |
PAVLOVA(GF) | CHOCOLATE FUDGE |
TRIO OF ICE-CREAM | STICKY TOFFEE
PUDDING | WAFFLES & ICE-CREAM
.....£6.95

Helena's SHAKES N' SMOOTHIES

-STRAWBERRY & BANANA SMOOTHIE.....£4.25
-PASSIONFRUIT, MANGO, PINEAPPLE SMOOTHIE.....£4.25
-BROCCOLI, SPINACH, PINEAPPLE, CUCUMBER,
BANANA & MANGO SMOOTHIE.....£4.25
-VANILLA / STRAWBERRY / CHOCOLATE MILKSHAKE.....£3.80