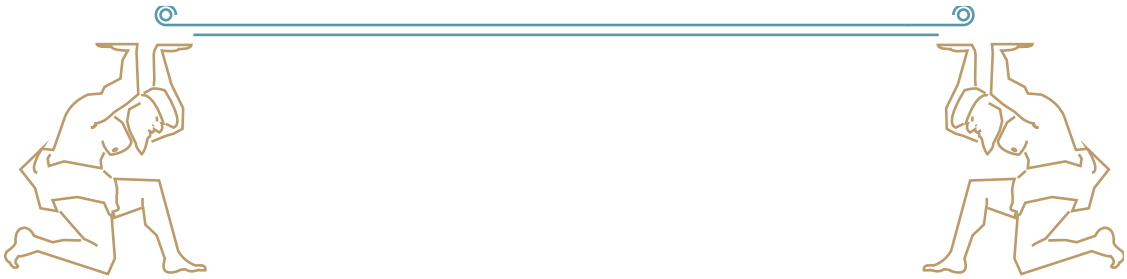
HELIOS



COLD STARTERS

TZATZIKI (D/G) 45
Greek Yogurt | Dill | Cucumber | Garlic | Lemon Juice | Pita Bread

GREEK COLD MEZZEH (D/G/N) 85
Tirokafteri| Fava| Tzatziki

QUINOA ISLAND SALAD (VG) 65
Avocado | Orange | Strawberry | Peach | Lemon Dressing |Dried Cranberries

NICOISE SALAD (S/E) 85
Seared Tuna| Baby Gem| French Beans | Baby Potato | Heirloom Tomatoes
Black Olives

CITRUS TUNA TARTAR (S/G) 90
Orange | Capers | Shallots| Chives | Sea Salt

WAGYU BEEF CARPACCIO (D/N) 125
Lemon and Pepper Crusted Tenderloin | Arugula| Truffle Oil| Parmesan HB 50

GREEK SALAD (V/D) 80
Cucumber | Tomato | Onions | Feta | Kalamata Olives

BURRATA (V/D) 95
Balsamic | Heirloom Tomato | Basil Pesto| Figs | Mixed Lettuce

SANTORINI SALAD (VG) 75
Onion | Green Peppers | Wild Rockets| Capers | Datterino Tomato

PRAWN TROPICAL ISLAND SALAD (S) 85
Poached Prawns | Mango | Avocado| Cucumber| Coconut Dressing

*FRESH OYSTERS **6 pieces** (S) 150
Chopped Shallots | Red Wine Vinegar

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HOT STARTERS

FETA BOUGIOURDI (D/G/V) 75
Baked Feta | Peppers | Onion | Cherry Tomatoes | Oregano | Garlic Bread

FRIED CALAMARI (S/D) 85
Tartar Sauce | Lemon Basil

GRILLED OCTOPUS (S) 115
Mediterranean Octopus | Romesco | Melitzano salata | Potato | Tomato HB 30

HELIOS GAMBAS (S/G/D) 120
Sauteed Prawns| Bisque | Lemon HB 30

SOUPS

GAZPACHO (VG) 55
Bell Peppers | Tomato | Olive Oil
(served chilled)

SEAFOOD SOUP WITH COUSCOUS (S/G) 65
Mixed Seafood | Saffron | Tomato | Couscous | Zucchini

PIZZA

MARGARITA (G/D/V) 85
Fresh Mozzarella Cheese | Tomato Sauce

CHICKEN (G/D/N) 95
Roasted Chicken | Bell Peppers
Red Onion | Rosemary | Basil Pesto

PEPPERONI (G/D/N) 105
Pepperoni | Chili | Salami | Jalapeno

FOUR CHEESE (D/G/V/N) 105
Mozzarella | Parmesan
Ricotta| Gorgonzola

SEAFOOD(D/G/S) 120
Shrimp | Calamari | Salmon
Black Mussels

MUSHROOM (V/G/D) 110
Mushroom | Truffle Oil | Mozzarella

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PASTA AND RISOTTO

RISOTTO AI FUNGHI (D/V) 95
Mushroom | Parmesan | Truffle Oil | Rucola Salad

LOBSTER RISOTTO (S/D) 160
Lobster Bisque| Parmesan | Saffron HB 80

BUCCATINI CARBONARA (D/G/E) 95
Veal Bacon | Cream | Garlic

SPAGHETTI ALLE VONGOLE VERACI (A/G/S) 110
Fresh Clams | Tomato | Basil

TORTELLONI DI BURRATA, POMODORO E POLVERE DI'OLIVE (V/G) 125
House-mad Red Tortellini | Tomato | Black Olive Powder | Pine Seed | Parsley Oil

SPAGHETTI AGLIO E OLIO (V/D) 85
Olive Oil| Red Pepper Flakes| Parmesan | Black Pepper

SPAGHETTI CACIO, PEPE E GAMBERI (D/G/S) 125
Traditional Roman Pecorino Cheese | Black Pepper Sauce | Prawns

SEAFOOD LINGUINI (S/D/G/A) 145
Fresh Seafood| White Wine | Cherry Tomato | Cream

PAPPARDELLE PRIMAVERA (V/N/D) 95
Zucchini | Pine Nuts | Cherry Tomatoes | Corn | Fresh Basil

*HELIOS SIGNATURE SEAFOOD

LOBSTER, SEABASS, SCALLOPS, KING PRAWNS, CRISPY CALAMARI, MUSSELS (S/D) 950
Selection of 3 Sides | Condiments and Sauces

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FROM THE SEA

SALMON MEDITTERANEAN (D/S/N) 155
Warm Orzo Salad| Feta | Sundried Tomato | Baby Spinach | Romesco

FISH AND CHIPS (S/G/D) 165
Deep Fried Cod | Tartar Sauce | Home-Cut Chips

WHOLE SEABASS (S/D) 210
Sweet Capers Cream Sauce | Crunch Potato | Smoked Eggplant HB 60

OVEN-BAKED COD (S/D/G) 140
Tomato Ragout| Capers | Black Olives | Crispy Garlic Bread

PEPPER CRUSTED TUNA (S/D) 165
Black Pepper | Lemon Caper Sauce | Baby Roasted Potato

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Locally sourced ingredient
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FROM THE LAND

CHICKEN SOUVLAKI (G/D/E) 110
Grilled Marinated Chicken | Tzatziki | Pita Bread

HELIOS BURGER (G/D) 145
Wagyu Beef | Tomato | Provolone Cheese | Onion Jam | French Fries | Beef Bacon

POLLO ALLA MILANESE (D/G/N/E) 130
Breaded Chicken| Lemon | Rucola Salad | Parmesan | Marinara Sauce

GRILL

All items are served with 1 sauce and 2 side orders

NEW ZEALAND RIB EYE STEAK (200GR) (D) 260/ HB 100

*WAGYU TENDERLOIN (200GR) (D) 360

*T-BONE STEAK (350GR) (D) 465

LAMB CHOPS 185/ HB 50

Choose your sauce: Peppercorn Jus | Mushroom Sauce | Chimichurri

Side Dishes:
Mixed Salad | French Fries | Roasted Vegetables | Asparagus
Rice Pilaf | Mashed Potato

Extra side dish 25dhs if ordered separately

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DESSERT

ICE CREAM (2 scoops) (D) 40
Strawberry | Mango | Coconut | Vanilla | Chocolate
Raspberry | Pistachio | Date

COCONUT CRÈME BRULEE (D/E) 50
Coconut flakes

MEDITERRANEAN FRUIT SALAD (D/V/N) 55
Greek Yogurt| Almond Flakes | Citrus Dressing

TIRAMISU (D/G/E) 55
Lady Finger Biscuits | Mascarpone Cream
Espresso Infusion

VALRHONA 70% CHOCOLATE LAVA PUDDING (N/G/D) 60
Dark Chocolate | Vanilla Bean Ice Cream

LEMON CREAM PAVLOVA (E/D/N) 60
Berries | Pistachio | Mint

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BEVERAGE MENU

FRESH JUICE

Orange	35
Watermelon	35
Pineapple	35
Lemon Mint	35
Fresh Coconut	60

MILK SHAKES

Chocolate/Vanilla/Strawberry	35

SOFT DRINKS

Pepsi	28
Diet Pepsi	28
7Up	28
Diet 7Up	28
Mirinda	28
Jarritos Mexican Soda *Mandarin/Pineapple/Strawberry*	28
Red Bull	55

MOCKTAILS

ISLAND FRUIT PUNCH passion fruit, watermelon, mango, soda	40
BANANA COLADA banana, coconut milk, pineapple juice	40
SUNBURST orange juice, lychee, grenadine, soda	40
ROYAL REFRESHER cucumber, lychee, lime, ginger ale	40

STILL WATER

Zagori Greek Water (L)	42
Acqua Panna (S/L)	28 / 42

SPARKLING WATER

Zagori Greek Water (L)	42
San Pellegrino (S/L)	28 / 42

SPARKLING NON-ALCOHOLIC WINE

"Vintense Cuvee Prestige", Blanc de Blancs 300

Coffee Selection

Americano	30
Espresso	28
Double Espresso	32
Cappuccino	32
Latte	32
Macchiato	32

Tea Selection

English Breakfast	32
Earl Grey	32
Jasmine Green	32
Chamomile	32
Peppermint	32

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NOT SO INNOCENT DRINKS

COCKTAILS

Island Skyline 78
tequila, st. germain, blue curacao, lime, passion fruit, ginger ale

Malibu Bay Breeze 78
rum, lime, pineapple juice, cranberry juice

Momosa 78
dark & white rum, orange juice, lime, passion fruit, vanilla

Royal Spritz 85
vodka, prosecco, ginger ale, cucumber, mint, lime

Aperol Spritz 78
aperol, prosecco, soda

Mojito 72
rum, lime, mint, soda

Caipirinha 72
cachaca, lime

Cosmopolitan 72
vodka, triple sec, cranberry juice

Negroni 72
gin, red vermouth, campari

Mai Tai 72
white & dark rum, triple sec, orange juice

Pina Colada 72
rum, pineapple juice, coconut milk

BEER

Corona Draft (HP/P)	40/65
Mythos/Sol	40
Heineken/Corona	45

GIN

Bombay Sapphire	50
Tanqueray	50
Tanqueray No.10	60
Hendricks	60

VODKA

Stolichnaya	50
Belvedere	65
Grey Goose	65
Beluga Noble	70

RUM

Bacardi Superior	50
Havana 7	55
Zacapa	115

TEQUILA

Jose Cuervo Bianco	50
Patron Coffee XO	50
Patron Silver	60
Don Julio Reposado	110

WHISKY

Johnnie Walker Red	50
Jameson	50
Johnnie Walker Black	55
Chivas 12yrs/18yrs	65/95
Jack Daniel	55
Glenlivet 25yrs	450
Makers Mark	55
Monkey Shoulder	55

Signature Drink

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Wine List

Wine by the glass

Prosecco Valdo Edizione Oro, Italy 85

Castello Di Gabbiano "Cavaliere D'Oro Pinot Grigio, Italy 65

Los Vascos, Chardonnay, Chile 70

Kapuka Estate, "Sauvignon Blanc“, New Zealand 80

D'Arenberg Estate, The Footbolt Shiraz, Australia 90

Paul Jaboulet Aîné Côtes du Rhône Parallèle 45, France 90

Chateau Minuty Rosé, France 75

Champagne

Armand de Brignac Ace of Spades, France 6500

Dom Pérignon, France 4650

Billecart-Salmon, France 1325

Veuve Clicquot Brut " Yellow Label", France 1295

Moët & Chandon Ice Impérial, France 1295

Taittinger Brut " Reserve", France 895

Laurent-Perrier Brut "La Cuvée", Half Bottle, France 550

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Sparkling Wine and Rosé

Prosecco Valdo Edizione Oro, Italy 400

Chateau d'Esclans, Whispering Angel, France 610

Cotes De Provence Minuty Rosé, France 400

White Wine

Cloudy Bay, "Te Koko Sauvignon Blanc", New Zealand 1345

Chateau Mont-Redon, Famille Abeille-Fabre, Chateauneuf-du-Pape, France 1295

Stags Leap Cellars, "Karia Chardonnay", Napa Valley, USA 1050

Domaine Trimbach, "Gewurztraminer", France 820

Schloss Vollrads, Kabinett Riesling, Germany 560

Terrazas De Los Andes, "Chardonnay", Argentina 475

Golan Heights, Gamla Chardonnay Kosher Certified, Israel 470

Argiolas, Costamolino, "Vermentino Di Sardegna" DOC, Italy 395

Torres Pazo Das Bruxas, "Albariño", Spain 395

Kapuka Estate, "Sauvignon Blanc", New Zealand 375

Los Vascos, Chardonnay, Chile 330

Castello Di Gabbiano "Cavaliere D'Oro Pinot Grigio", Italy 310

Bodega Navajas, "Rioja Blanco", Spain 300

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Red Wine

Bibi Graetz, "Testamatta" IGT, Tuscany, Italy 3450

Gaja, Brunello Di Montalcino, "Pieve Santa Restituta“, Tuscany, Italy 1650

La Spinetta, Vigneto Bordini, Barbaresco, Piemonte, Italy 1450

Nicolas Rossignol, Pommard Grand Cru, Burgundy, France 1195

Henschke, "Henry's Seven", Shiraz/Grenache/Viognier, Australia 990

Gratavinum, "2ΠR Tempranillo“, Spain 830

Boekenhoutskloof, "The Chocolate Block“, South Africa 780

Bodega Roda, "Sela“, Rioja, Spain 750

Michel Rooland, "Clos De Los Siete“, Argentina 720

Achaval Ferrer, "Quimera Malbec/ Petit Verdot“, Argentina 670

Craggy Range, "Te Kahu Red Blend“, New Zealand 610

Montes, "Alpha Merlot“, Chile 545

Ernie Els, "Big Easy Red Blend“, South Africa 515

Barone Ricasoli, "Chianti Classico Barone" DOCG, Tuscany, Italy 510

Miguel Torres, Gran Coronas Cabernet Sauvignon, Spain 495

Marques De Casa Concha, "Cabernet Sauvignon“, Chile 450

Paul Jaboulet Aîné Côtes du Rhône Parallèle 45, France 395

D'Arenberg Estate, The Footbolt Shiraz, Australia 390

Tyrrell's, "Old Winery Pinot Noir“, South Australia 350

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