



# HELIOS



## COLD STARTERS

BEETROOT SALAD (D/N)	75	
Beetroot   Herb Goat Cheese   Rocca Leaves   Cucumber   Caramelized Walnuts		
NICOISE SALAD (S/E)	85	
Seared Tuna   Baby Gem   French Beans   Baby Potato   Heirloom Tomatoes Black Olives		
WAGYU BEEF CARPACCIO (D)	105	
Lemon and Pepper Crusted Tenderloin   Arugula   Truffle Oil   Parmesan		HB 50
BURRATA (V/D)	95	
Balsamic   Heirloom Tomato   Basil Pesto   Figs   Mixed Lettuce		
PRAWN TROPICAL ISLAND SALAD (S/G)	85	
Poached Prawns   Mango   Avocado   Cucumber   Coconut Dressing		
*FRESH OYSTERS 6 pieces (S)	150	
Chopped Shallots   Red Wine Vinegar		

## HOT STARTERS

CRISPY FETA (N/D/G/V)	85	
Filo Pastry   Feta Cheese   Walnut Tapenade   Honey   Caramelized Figs		
FRIED CALAMARI (S/D/G)	85	
Tartar Sauce		
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

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## SOUPS

FASOLADA SOUP (D/G/V)	55
White Bean   Tomato   Thyme   Onions   Apple   Olives   Feta Cheese   Rye Bread	
SEAFOOD SOUP WITH COUSCOUS (S/G/D)	65
Mixed Seafood   Saffron   Tomato   Couscous   Zucchini	

## PIZZA

MARGHERITA (G/D/V)	85	SEAFOOD(D/G/S)	120
Fresh Mozzarella Cheese   Tomato Sauce		Shrimp   Calamari   Salmon Black Mussels	
SOUVLAKI (G/D/N)	95	MUSHROOM (V/G/D)	110
Crispy Chicken   Bell Peppers   Onions Kalamata Olives   Dill Pesto		Mushroom   Truffle Oil   Mozzarella	
PEPPERONI & BURATA (G/D)	115		
Pepperoni   Burata   Tomatoes Chili Flakes			

## PASTA AND RISOTTO

LEMON CHICKEN RISOTTO (D)	110	
Chicken   Lemon   Garlic   Parsley   Parmesan Cheese		
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 (G/S)	110	
Fresh Clams   Tomato   Basil		
GIOUVETSI (D/G)	115	
Orzo   Tomato   Braised Beef   Tomato Sauce   Mushroom   Onions   Pecorino		
SPAGHETTI CACIO, PEPE E GAMBERI (D/G/S)	125	
Traditional Roman Pecorino Cheese   Black Pepper Sauce   Prawns		
SEAFOOD LINGUINI (S/D/G)	145	
Fresh Seafood   Cherry Tomato   Cream		

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## VEGETARIAN

TZATZIKI (D/G/V)	45
Greek Yogurt   Dill   Cucumber   Garlic   Lemon Juice   Pita Bread	
GREEK SALAD (D/V)	80
Cucumber   Tomato   Onions   Feta   Kalamata Olives	
DOLMADES (D/G/E)	80
Vine Leaves Stuffed with Rice   Dill   Parsley   Spring Onion   Olive Oil   Garlic Lemon Greek Yogurt	
RIGATONI ALLO SCARPARELLO (G/D/V)	85
Cherry Tomato   Basil   Fresh Parmesan	

## VEGAN

QUINOA ISLAND SALAD (VG)	65
Avocado   Orange   Strawberry   Peach   Lemon Dressing   Dried Cranberry	
PENNE ALLA NORMA (G/VG)	85
Eggplant   Peeled Tomato   Fresh Basil   Vegan Sausage	
VEGAN MUSHROOM RISOTTO (VG)	95
Sautéed Mushrooms   Risotto   Garlic   Parsley   Onion   Olive Oil	



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# FROM THE SEA

SALMON MEDITERRANEAN (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   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		

## \*HELIOS SIGNATURE SEAFOOD

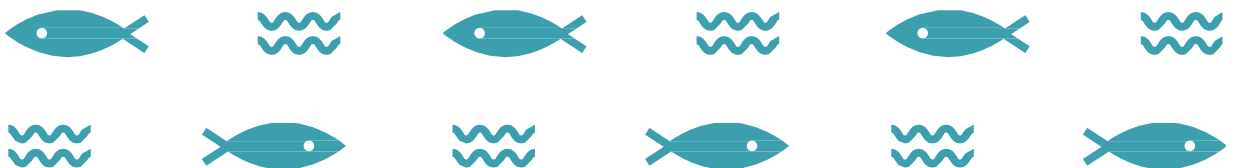
LOBSTER, SEABASS, SCALLOPS, KING PRAWNS, CRISPY CALAMARI, MUSSELS (S/D) 950  
Selection of 3 Sides | Condiments and Sauces

Choose your sauce: Peppercorn Jus | Mushroom Sauce | Chimichurri | Lemon Butter

Side Dishes:

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

Extra side dish 25dhs if ordered separately



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 Locally sourced ingredient

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## FROM THE LAND

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CHICKEN SOUVLAKI (G/D)	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/E)	130
Breaded Chicken   Lemon   Rucola Salad   Parmesan   Marinara Sauce	
GREEK STEW (D/G)	120
Minced Beef   Onions   Garlic   White Bean Ragout   Tomato Sauce Herb Yogurt	
LAMB PILAF (D/G)	145
Braised Lamb   Pilaf Rice   Garlic   Parmesan Cheese   Onion   Tomato	

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## GRILL

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*All items are served with 1 sauce and 2 side orders*

WAGYU STRIPLOIN (D)	280 / HB 100
*WAGYU TENDERLOIN (200GR) (D)	360
*FRESH CANADIAN LOBSTER (D)	625
AUSTRALIAN LAMB CHOPS (D)	190 / HB 60
TIGER PRAWNS (D)	240 / HB 80

Choose your sauce: Peppercorn Jus | Mushroom Sauce | Chimichurri | Lemon Butter

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

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ICE CREAM (2 scoops) (D) Strawberry   Mango   Coconut   Vanilla Chocolate   Raspberry	40
COCONUT CRÈME BRULEE (D/E) Coconut flakes	50
MEDITERRANEAN FRUIT SALAD (D/V/N) Greek Yogurt   Almond Flakes   Citrus Dressing	55
VALRHONA 70% CHOCOLATE LAVA PUDDING (N/G/D) Dark Chocolate   Ice Cream	60
TIRAMISU (D/G/E) Lady Finger Biscuits   Mascarpone Cream Espresso Infusion	55
GALAKTOBOUREKO HAZELNUTS (N/G/D) Filo Pastry Stuffed with Hazelnut   Custard   Ice Cream	60
EKMEK (G/D/N) Kataifi   Vanilla Pudding   Cinnamon Whipped Cream   Mixed Nuts	55



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