



**Welcome To The Glen Helen Inn**

**Starter Selection**

***Chefs Homemade Soup of the Day***

*Homemade Soup with a Hot Crusty Roll £4.50*

***King Prawns in a Chilli Sauce***

*Served on rice £5.95*

***Manx Scallops***

*Sauté with garlic butter and smoked bacon served with White Wine & Cream  
£5.95*

***Carpachio Salad***

*Sliced rare beef, peppered & served on mixed salad £5.95*

***Chicken Liver Pate with Port***

*Served with toast and salad £4.50*

***Garlic Mushrooms V***

*With a garlic & cream Sauce £4.50*

***Breaded Goats Cheese V***

*Deep fried & served with salad & red wine & cinnamon reduction £5.50*

**Children's Menu is available please ask**

**Please ask the staff for today's specials**

**House Main from the Chargrills**

***Gammon Steak***

*Caramelised gammon steak with fresh pineapple £13.95*

***Traditional Rib Eye Steak***

*8oz Rib-eye steak cooked to your liking £14.50*

***Sirloin Steak***

*8oz Sirloin cooked to your liking £16.50*

***Fillet Mignon***

*8oz of the tenderest of cuts cooked to your liking £17.50*

***Mixed Grill £18.50***

*All of the above dishes are served with grilled tomato, straw chips & Rocket  
& a side order of your choice.*

*Add a pepper sauce £2.00*

**House Mixed Selection**

***Traditional Homemade Steak Pie***

*Chef's homemade recipe with a side order of your choice £10.95*

***Homemade Lasagne***

*Served with a side order of your choice £10.95*

***Paupettes of Sea bass***

*Served with a side order of your choice £14.50*

***Pasta of the Day £10.95***

*Served with garlic bread*

**All our dishes are made fresh to order, if you are in a hurry please  
let a member of staff know so we can advise you on your choice**

**House Mixed Selection**

**Cannon of Lamb**

*A fillet of Lamb served on dauphinoise potatoes with a Port Jus £19.95*

**Stuffed Chicken Breast**

*Stuffed with Smoked Cheese, wrapped in Parma ham & served with a sage jus lie £15.50*

**Breast of Barbary Duck**

*Pan fried duck breast served on dauphinoise potatoes with an orange & blackcurrant sauce £16.50*

**Poached Halibut Steak**

*Grilled & served on cream potatoes with a white wine & prawn sauce £15.50*

**Steak Diane £16.50**

*Pan Fried Steak cooked in a wine & shallot served in a mushroom sauce finished with cream*

*All the above dishes include a side order of your choice*

**Side Orders**

*Pimento Rice £2.00*

*The Glen Helens Hand made chips £2.95*

*Sauté Potato / garlic £2.50*

*Salad £2.00*

*Garlic Bread £2.00*

*Mushrooms £1.50*

*Jacket Potato £2.00*

*House vegetable selection £2.00*

**Vegetarian Options**

**Wild Mushroom Risotto £10.50**

*In a white wine & cream sauce with sugar snap peas & parmesan flakes*

**Vegetable Stir Fry £10.50**

*Oriental style with water chestnuts & bamboo shoot with noodles*

**Spinach & Ricotta Cannelloni £10.50**

*Fresh Pasta on a napoli sauce*

**Cauliflower & Broccoli Bake £10.50**

*Served on tomato & basil topped with a creamy cheese sauce*

**Mushroom Stroganoff £10.50**

*Button mushrooms in a red wine & roast pepper sauce*

**Thai Green Vegetable Curry £10.50**

*Vegetables & Lentils with rice & naan bread*

**Roast Pepper & Cous Cous £10.50**

*Stuffed Peppers on a tomato & basil sauce*

**Tagliatelli £10.50**

*With Tomato & black olives*

*All the above dishes include a side order of your choice*

**Desserts**

*Our choice of desserts changes Daily*

*All desserts are £4.25 unless stated*