

Glen Helen Inn

A MODERN APPROACH TO A TRADITIONAL SETTING

Welcome To The Glen Helen Inn

Starter Selection

- Chefs Homemade Soup of the day with hot crusty roll £4.50*
Manx Scallops with Bacon £5.95
Thai Fish Cakes with stir-fry vegetables £5.75
Deep Fried Goats Cheese £5.50
King tiger prawns tossed with Garlic Butter £5.95
Bacon Caesar Salad £4.50

Salads

- Chicken Caesar Salad £6.95*
House salad £6.00
Extra toppings for £1.15

Choose from Tuna, goats cheese, prawn marie rose, or Cajun chicken

Main Course selection

- MM Vegetable Stir Fry with Noodles £7.50*
MM Homemade Lasagne with Garlic Bread £7.95
Spinach & Ricotta Cannelloni with Garlic Bread £7.95
Minute Steak served with Chips & Vegetables £7.95
MM Homemade Steak & Guinness Pie with Chips & Vegetables £7.95
*Gammon Steak served with pineapple & served with
Chips & Vegetables £8.50*
Large Cod steak served in a Beer Batter & Chips £10.95
Small Cod steak served in a Beer Batter & Chips £7.50
Cajun Chicken Breast with Chips & Vegetables £8.50
MM Chicken Korma & rice £7.95

MM— Not a big appetite then the Mini Meals are perfect for you
All mini meals are £5.95

Side Orders:

- House Salad £2.00*
Hand Made Chips £2.95
Sauté Potatoes £2.50
Garlic Sauté Potatoes £2.50
House vegetables £2.50

Daily specials also available please see board

Jacket Potatoes

- your choice of fillings:*
Tuna Mayo £5.50
Steak & Onion £6.75
Prawn Marie Rose with lettuce £6.75
Cheese £5.00
Cheese & Beans £5.50
Salad £4.50
Cajun or grilled Chicken £6.75
Bacon & Cheese £5.95

Ciabattas

Served with tortilla chips & Salsa & your choice of fillings:

- Tuna Mayo £5.50*
Steak & Onion £6.75
Prawn Marie Rose with lettuce £6.75
Cheese served melted or grated £5.00
Cajun or grilled Chicken with mayo & lettuce £6.75
Bacon & Melted Cheese £5.75

Available as a Mini Meal for £3.75

Burgers

- Chicken Burger & Chips £7.50*
Beef Burger & Chips £6.95
Vegetable Burger & Chips £6.95
All served with a side garnish
Extra toppings Cheese or Bacon 50p

For Desserts please ask