

## Lunch Menu

### Starter Selection

- Chefs Homemade Soup of the Day £4.00*  
*Traditional Prawn Cocktail £5.50*  
*Homemade Fishcakes with stir-fried Vegetables & Noodles £5.75*  
*Deep fried breaded Goats Cheese £5.50*  
*Manx Queenies with Smoked Bacon, Garlic & Cream £6.50*

### Salads

- Chicken Salad £7.15*  
*(Choice of Cajun or Plain Chicken)*  
*Tuna Salad £6.00*  
*Breaded Goats Cheese Salad £7.15*  
*Prawn Marie-Rose Salad £7.15*  
*Salmon Salad £7.15*

### Jacket Potatoes

*All served with mixed dressed salad*

- Tuna Mayonnaise £5.50*  
*Prawn Marie-Rose £6.75*  
*Cheese £5.00*  
*Cheese & Beans £5.50*  
*Bacon & Cheese £5.95*  
*Homemade Beef Chilli £6.95*

### Main Course selection

- Homemade Beef Lasagne served with Garlic Bread £7.95 (MM)*  
*Gammon Steak with Pineapple or Egg, served with Chips £8.50*  
*Spinach & Ricotta Cannelloni served with Garlic Bread £7.95*  
*Vegetable Stir Fry with Noodles £7.50 (MM)*  
*Chicken Stir Fry with Noodles £8.50*  
*Homemade Steak & Guinness Pie served with Chips £7.95 (MM)*  
*Large Cod in a Beer Batter served with Mushy Peas & Chips £10.95*  
*Small Cod in a Beer Batter served with Mushy Peas & Chips £7.50*  
*Plain or Cajun Chicken Breast served with Chips £8.50*  
*Vegetable Lasagne served with Garlic Bread £7.95*  
*Sausage of the Month served on a bed of Mash with an Onion Gravy £7.00 (MM)*  
*Homemade Beef Chilli Con Carne served with Rice £8.50 (MM)*  
*(MM = available as a Mini Meal for only £6.25)*

# Glen Helen Inn

A MODERN APPROACH TO A TRADITIONAL SETTING

## Burgers

*All served with a Salad garnish & Chips with a toasted Bun*

*Chicken Breast £7.50*

*Manx Beef Burger £6.95*

*Vegetable Burger £6.95*

*Extra Toppings 50p*

*Cheese, Bacon, Egg or Pineapple.*

## Ciabattas & Wraps

*All served with a mixed dressed salad & handmade chips*

*Brie, Roast Pepper & Pesto £6.75*

*Tuna Mayonnaise £5.50*

*Prawn Marie-Rose £6.75*

*Peppered Rump with Onion £6.75*

*Chicken £6.75*

*B.L.T. £5.75*

*Cheese & Red Onion or Tomato £5.75*

## Extras:

*House Salad £2.00*

*Handmade Chips £2.95*

*Sauté Potatoes £2.50*

*Garlic Sauté Potatoes £2.50*

*Vegetables & Potatoes £2.50*

*Onion Rings £2.50*

*Garlic Bread £2.00*

**For Desserts –please ask a member of staff**

*For further details please contact us on:*

**Phone: 01624 801294**

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