



## MENU

### Sopas & Saladas

#### Caldo verde

Portuguese soup, potatoes,  
chouriço, kale & olive oil

8.

#### Gaspacho à Alentejana

Tomatoes, garlic,  
cucumbers & peppers

8.

#### Salada de espargos

Asparagus salad, roasted & almond purée  
Serrano ham & São Jorge cheese

18.

#### Salada verde com sardinhas

Green salad, chouriço cubes  
& sardines

16.

### Tapas Frias

#### Prato de Presunto Serrano

Serrano ham

17.

### Tapas Quentes

#### Pasteis de bacalhau (4)

Cod fritters, potato, eggs  
& spicy pepper sauce

12.

#### Lulas & camarão grelhado

Tagliatelle of calamari  
& grilled shrimps

20.

#### Octopus carpaccio

Octopus carpaccio,  
olive oil & citrus sauce

20.

#### Polvo grelhado

Grilled octopus

20.

#### Vieiras & figado de pato

Pan seared scallops, foie gras  
& creme of artichoke

22.



## Peixe & Mariscos

### **Arroz de marisco**

Seafood rice, mussels, scallops,  
calamari & shrimps

40.

Extra lobster : market price

### **Bacalhau à Zé do Pipo**

Salted cod, olive oil, onions,  
potato purée, roasted peppers  
& aioli

38.

### **Parrilhada para 2 pessoas**

Grilled seafood for 2 people:  
Octopus, calamari, scallops & shrimps

90.

Extra lobster : market price

## **Chef's vegetarian or vegan option**

**MP**

## **Fresh arrivals from Portugal & daily catch**

**MP**

## Carnes

### **Bife à Portuguesa**

Grilled sirloin steak, charcutière sauce,  
potato fondante & egg confit

38.

### **Ensopado de borrego à pastora**

Lamb shank, vegetables of the moment,  
cherry tomatoes & red wine sauce

40.

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## Extras

### **OSTRAS**

Oysters

**MP**

### **LEGUMES GRELHADOS 15.**

Grilled vegetables

### **ESPARGOS GRELHADOS 16.**

Grilled asparagus

### **BATATA ASSADA NO FORNO 8.**

Grelot potatoes with fine herbs

### **PRATO DE CHOURIÇOS MISTOS 16.**

Mixed chouriço plate

### **LAGOSTA GRELHADA**

Grilled lobster tail infused in a butter & garlic sauce

**MP**

It is with great pleasure that I welcome you to  
Restaurant Helena.

I hand selected the best products Québec has to offer  
for this menu, which honours both passionate local  
artisans and Portuguese wineries.

Sometimes a trip, a chance meeting, discovering a new  
ingredient or rediscovering a forgotten one can be the  
first step on an endless journey of exploring textures  
and flavours.

A tasting menu invites you to embark on a culinary  
adventure and experience the unexpected.

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### Signature Tasting Menu

\*\* Entrée \*\*

\*\* Helena Salad \*\*

\*\* Divine flavour \*\*

\*\* Trip to Portugal \*\*

\*\* Just grilled \*\*

\*\* The break \*\*

\*\* Fish plate \*\*

\*\* Meat plate \*\*

\*\* Sweet kisses \*\*

\*\*\* 8 services \*\*\*

90. per person

Wine pairing - 50. per person

Prestige wine pairing – 90. per person

## Sobremesas

### Traditional

#### Pasteis de nata

Portuguese tarts

10.

#### Farturas com chocolate & Porto

Churros, Porto & chocolate sauce

12.

#### Natas do céu

Maria cookies, eggs, cream & sugar

12.

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### Sweet

#### Sorvetes – Sabores de estação

Soberts - Seasonal flavours

12.

#### Gratinado de frutas frescas

Fresh fruit gratin & Porto

14.

#### Mousse de chocolate & framboesas

Chocolate mousse & raspberry

15.

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### Salty

#### Francela de queijos

Cheese platter

15. / PP

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### Gourmet coffees

