

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

I selected, with care, the best products from Quebec for the composition of this menu that I want to dedicate to passionate artisans here in harmony with Portuguese wine producers.

Sometimes, a trip, an encounter, a new unknown or forgotten product can open the door to endless explorations of textures and flavors.

This tasting menu is a great way to go on an adventure and let yourself be surprised. This menu is available in several services, depending on your appetite.

Tapas menu \$ 60
(with wines \$ 100)

Tapas + fish menu \$ 70
(with wines \$ 120)

Tapas + meat menu 80 \$
(with wines \$ 130)

Tapas + fish & meat menu 90 \$
(with wines \$ 140)

I wish you an unforgettable moment with my team.

Chef owner Helena Loureiro



Extras

OSTRAS PM.

Oysters

LEGUMES GRELHADOS 15.

Grilled vegetables

ESPARAGOS GRELHADOS 13.

Grilled asparagus

COGUMELOS SALTEADOS 12.

Mushrooms sauteed

ARROZ VEGETARIANO 25.

Vegetarian rice with vegetables

BATATAS ASSADAS NO FORNO 8.

Small potatoes with herbs

SALADA DE TOMATE & QUEIJO DE CABRA 12.

Tomato salad & goat cheese

LAGOSTA GRELHADA 35.

Grilled lobster tail and garlic butter infusion

CAMARÃO TIGRE GRELHADO

15./unité

Grilled giant shrimp

From Lisbon to Montreal, passing through the Iles-de-la-Madeleine, I invite you to a gourmet journey tracing out my roots those where I come from, those where I am ... By the land, by the sea, for the love of gastronomy