



Salads

**Served with special dressings,
mayonnaise sauce & Garlic Bread*

- ◆ Fresh Garden Salad 185
- ◆ Greek Salad 225
- ◆ Waldorf Salad 245
- ◆ Salade Nicoise 280

Soups

**Served with garlic bread*

- ◆ Tomato Soup 165
- ◆ French Onion Soup 165
- ◆ Spinach Soup 180
- ◆ Pumpkin Soup 180
- ◆ Chicken Mushroom Soup 240

Vegetarian

- ◆ Eggplant Lasagne 355
**With fresh veg salad & garlic bread*
- ◆ Vegetable Moussaka 355
**With fresh veg salad & garlic bread*
- ◆ Cauliflower Cheese Sauce 325
**With fresh veg salad & garlic bread*
- ◆ Spinach Quiche 315
**With garlic bread & salad*
- ◆ Mushroom Quiche 330
**With garlic bread & salad*
- ◆ Baked Potato 225
**Cream & cheese topping*
- ◆ Vegetable Stroganoff 315
**With baked potato & rice*
- ◆ Vegetable Fried Rice 195
- ◆ Vegetable Sizzler 360
**With baked potato, pasta & vegetables*
- ◆ Mashed Potato 265
- ◆ Boiled Vegetable Butter 215

Sandwiches

**Served with chips & salad*

- ◆ Vegetable Sandwich 255
- ◆ Tuna Sandwich 325
- ◆ Ham & Cheese Sandwich 295
- ◆ Cheese & Tomato Sandwich 265
- ◆ Helena's Sandwich 340

Burgers

**Served with chips & salad*

- ◆ Vegetable Burger 280
- ◆ Hamburger 295
- ◆ Cheeseburger *Veg/Meat base* 340
- ◆ Steak Burger 375
- ◆ Chicken Burger 350

Spaghetti / Pasta

- ◆ Spaghetti Kasireno 340
**Cheese and tomato sauce*
- ◆ Spaghetti Bolognese 355
**Best known & lovely dish of Italy*
- ◆ Pasta Napolitana 315
- ◆ Pasta Bolognese 335

Pizza (Pan Pizza)

- ◆ Cheese Pizza 325
- ◆ Napolitana Pizza 345
- ◆ Salami Pizza 370
- ◆ Bolognese 390
- ◆ Mixed Pizza 425
- ◆ Mushroom Pizza 385



Steaks

** Are sizzlers. Served with boiled veg,
french fries & garlic bread.*

- ◆ **Pepper /Garlic Steak** 430
- ◆ **Minute Steak** 475
- ◆ **Diane Steak** 445
** With mushroom sauce*
- ◆ **Wiener Schnitzel** 415
- ◆ **Hawaii Steak** 495
** Juicy fillet steak with pineapple & flamby.*
- ◆ **Helena's Swiss Steak** 490
** Topped with grilled cheese ,tomato & onion.*
- ◆ **Mixed Grilled** 495
- ◆ **Fillet Stroganoff** 415
** Served with butter ice*

Chicken

- ◆ **Chicken Kiev** 455
** Stuffed with mouth watering garlic butter &
mushrooms served with rice, chips & vegetables.*
- ◆ **Chicken Cordon Bleu** 425
** Stuffed with ham & cheese*
- ◆ **Chicken Maryland** 410
** This American dish is fabulous, golden coated
chicken, fried bananas, pineapple & apple.*
- ◆ **Chicken Stroganoff** 395
** Succulent strips of chicken with butter rice.*
- ◆ **Chicken Chasseur** 395
** Juicy & white wine with fungi in sizzler*
- ◆ **Grilled Chicken** 390
** Helenas famous dish in sizzler served
With Veg. & chips*
- ◆ **Chicken Prince** 410
** Hot & Spicy Sauce on top.*

Fish

- ◆ **Grilled Fish Fillet** 445
** Served with hollandaise sauce grilled
potato & Veg.*
- ◆ **Fish & Chips** 445
** With tartar sauce ,fries & fresh salad.*

Pork

- ◆ **Pork Chops** 415
** With pineapple, mushroom
& red wine sauce.*
- ◆ **Pork Stroganoff** 415
** Succulent strips of pork
with butter rice.*

Sizzlers

*Are served with homemade pasta, (baked potato)
Boiled vegetables & Garlic bread*

- ◆ **Veg. Sizzlers** 360
- ◆ **Chicken Sizzlers** 415
- ◆ **Steak Sizzlers** 445

Chinese Specials

- ◆ **Fried Rice**
- ◆ **Veg. Fried Rice** 195
- ◆ **Chicken Fried Rice** 275
- ◆ **Mixed Fried Rice** 295

Chowmein

- ◆ **Veg. Chowmein** 195
- ◆ **Chicken Chowmein** 275
- ◆ **Mixed Chowmein** 295



Indian Specials

Tandoori

* Prepared in a traditional charcoal clay oven(Tandoor)

- ◆ Tandoori Chicken (half/full) 345/620

* Served with salad & slices of Naan.

Kebabs

* Kebabs are served with salad & slices of naan.

- ◆ Chicken Tikka 420
* Boneless diced chicken marinated in light tikka spices.
- ◆ Fish Tikka 415
* Fish marinated in light tikka spices
- ◆ Malai Tikka 410
- ◆ Reshami Kebab 445
- ◆ Paneer Tikka 415
- ◆ Chicken Sheekh Kebab 410
* Minced chicken kebab
- ◆ Mutton Sheekh Kebab 485
* Minced mutton kebab

Vegetable Curries

* Served with rices or slices of Naan

- ◆ Sabji Baharka 325
* seasonal Veg. curry
- ◆ Shahi Paneer 395
* cottage cheese with cashew nut in White gravy.
- ◆ Palak Paneer 325
* Cottage cheese with spinach
- ◆ Paneer Butter Masala 395
* Cottage cheese with cashew nut red gravy
- ◆ Paneer Tikka Masala 375
- ◆ Malai Kofta 395
* stuffed potato in white gravy
- ◆ Dal Makhani 255
* special Indian lentil
- ◆ Dal Tarka 245
* yellow lentil

Meat Curries

* Served with rice or slices of Naan

- ◆ Chicken Butter Masala 415
* Boneless chicken in red gravy.
- ◆ Chicken Tikka Masala 415
- ◆ Fish Tikka Masala 415
- ◆ Chicken Curry 385
* chicken in yellow gravy
- ◆ Chicken Shahi Korma 460
* Deep fried chicken in white gravy.
- ◆ Chicken Saag 415
* Chicken with Spinach
- ◆ Mutton Saag 465
* Mutton with Spinach

Biryani

- ◆ Vegetable Biryani 275
- ◆ Chicken Biryani 385
- ◆ Hydrabadi Biryani 415
* Naan / Roti (Indian Flat)
- ◆ Naan Plain 65
- ◆ Butter /Garlic 75
- ◆ Kashmir / Cheese 115
- ◆ Roti 60
- ◆ Aloo Paratha 105
- ◆ Kima Paratha 135
- ◆ Plain Rice 85

Katti Rolls

- ◆ Veg Roll 150
- ◆ Chicken Roll 225

B.B.Q (Only available on select days)

- ◆ Chicken B.B.Q 350
- ◆ Fish B.B.Q 450

■ Nepali Dal-Bhat

- ◆ VEGETERIAN 395
Dal (Lentil), Rice, Seasonal Vegetable Curry, Sauteed Green Vegetable, Pickle, Papadam, Salad and Yogurt (Curd)
- ◆ NON - VEGETARIAN 455
Dal (Lentil), Rice, Chicken Curry, Sauteed Green Vegetable, Pickle, Papadam, Salad and Yogurt(curd)

Nepali Specials

■ Momo

- ◆ Chicken Momo 195
- ◆ Buff Momo 175
- ◆ Veg. Momo 150



Snacks

♦ Peanuts Masala	145
♦ Onion Rings	145
♦ French Fries	135
♦ Fish Chilli	340
♦ Chicken Chilli	290
♦ Chips & Chilli	190
♦ Pork Chilli	350
♦ Paneer Pakoda	275
♦ Chicken Sadheko	290
♦ Aloo Sadheko	175
♦ Chicken Basket	325
♦ Veg . Tempora	175
♦ Chicken Wings	290
♦ Hariyali Kebab	225

Drinks

♦ Freshly squeezed seasonal juice	140
♦ Pepsi, Mirinda, 7-Up, Lemon Soda	60
♦ Soda Water	60

Lassi

♦ Plain/Banana/M. Fruit	120
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Milk Shake

♦ Plain/Banana/M. Fruit	120
♦ Mineral water	60
♦ Fresh Lemon	70
♦ Cold Coffee	125
♦ Iced Tea	80

Icecream

♦ Strawberry, Vanilla, Chocolate & many more Flavours. (2 scoops)	135
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Hot Drinks

♦ Hot Lemon	75
♦ Hot Milk	75
♦ Nepali Tea	60
♦ Tea Milk/ Black	60
♦ Mint/Jasmine Tea	60
♦ Hot Chocolate	130
♦ Coffee Milk / Black	90
♦ Espresso	130
♦ Cappuccino	140
♦ Machaccino	140
♦ Coffee Latte	120

♦ All Helena's Famous Cakes & Pies

• Helena's Chocolate Cake	110
• Chocolate Brownie	110
• Helena's Apple Pie	110
• Banana Cake	110
• Carrot Cake	110
• Lemon Cheese Pie	110
• Cinnamon Roll	90



Helena's Restaurant

Family Owned and Operated

22 years of experience
serving you in Thamel

: Please ask the waiter for our fresh bakery
just out from the oven

◆ Set Breakfast

140

*Two eggs as you like,
Toast Jam/ butter/ honey
Grilled Banana, Grilled tomato
Sauté potato
Tea or Coffee*

◆ Croissant Breakfast

325

*Two fresh and hot croissants
Butter/ Jam/ Honey served
with ham, two eggs your choice,
Sauté potato, Swiss tomato,
Tea or Coffee*

◆ Helena's breakfast

355

*Famous Helena's bean sauce on
the bed of homemade corn bread served
with Sauté potato, two fried eggs topped
with cheese
Tea or Coffee*

◆ Sausage Breakfast

295

*Tasty good quality sausages and
two eggs of your choice served with
Sauté potato
Toasts Jam/ Butter/ Honey
Tea or Coffee*

◆ Bacon Breakfast

295

*Grilled Bacon, Grilled tomato,
Sauté potato, two eggs of your choice
Toasts jam/ Butter/ Honey
Tea or Coffee*

◆ Steak Breakfast

345

*Juicy Grilled fillet steak, served with
two eggs of your choice, grilled
tomato, Sauté potato
Toasts Jam/ Butter/ Honey
Tea or Coffee*

◆ Indian Breakfast

160

*Two Puri with a choice of Egg Paratha,
Aalu Paratha, Gobi Paratha. Served with
Curry. Butter or Yogurt
Tea or Coffee*

◆ Toasts Brown/ White

Toasts jam/ butter/ honey/ plain

60

Garlic toasts

65

Grilled cheese toasts

155

French toasts

125

Baked beans on toast

110

Fruit Curd

165

Muesli Curd

165

Muesli Fruit Curd

185

Milk Porridge

140

Banana Porridge

145

Honey Pancake

145

Banana Pancake

155

Waffle with Apple Sauce

155

Waffle with Honey

145

Sauté potato

125

Fried Bacon or Sausage

175

◆Eggs

Two eggs your style

60

Cheese, tomato, onion, omelets
on toast

165

Eggs on toast

110

Eggs on Rosti

165

Farmer's scrambled eggs
on toast

205

Cheese, mushrooms, spinach, onion
capsicum & herbs scrambled with two
eggs)

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just out from the oven

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Family Owned and Operated
22 years of experience
serving you in Thamel



♦ **Fresh Helena's Homemade Croissant**

Plain croissant one piece	45
Two croissant jam/ butter/ honey	90
Two croissant with egg & cheese	195
Two croissant with bacon & cheese	225
Two croissant with ham & cheese	225

♦ **Drinks**

Freshly squeezed seasonal juice	140
Pepsi, Mirinda, 7-Up, Lemon Soda	60
Soda Water	60
Lassi plain/ banana/ mixed fruit	120
Milk Shake plain/ banana/ mixed fruit	120
Mineral Water	60
Cold Coffee	125
Fresh Lemon	70
Iced Tea	80

♦ **Hot Drinks**

Hot Lemon	75
Hot Milk	75
Nepali Tea	60
Tea Milk/ Black	60
Mint/ Jasmine Tea	60
Hot chocolate	130
Coffee Milk/ Black	90
Espresso	130
Cappuccino	140
Mochaccino	140

♦ **All Helena's Famous Cakes & Pies**

Helena's Chocolate Cake	111
Chocolate Brownie	111
Helena's Apple Pie	111
Banana Cake	111
Carrot Cake	111
Lemon Cheese Pie	111
Cinnamon Roll	90



Helena's Restaurant
Family Owned and Operated
contact: 4266979, 4224200
Open 7 days



Helena's Bar

Cocktails

Cosmopolitan <i>(Vodka, Cointreau, Cranberry Juice, Lemon Juice)</i>	300
Sex on the Beach <i>(Vodka, Peach Schnapps, Orange Juice, Cranberry Juice)</i>	300
Blue Lagoon <i>(Vodka, Blue Curacao, Lemon Juice, Lemonade)</i>	300
Black Russian <i>(Kahlua, Vodka and Coke)</i>	300
Pink Lady <i>(Gin, Cointreau, Lemon Juice, Grendine Syrup)</i>	300
Bronx <i>(Gin, Sweet Vermouth, Dry Vermouth, Orange Juice)</i>	300
Martini <i>(Gin, Dry Vermont, Olives)</i>	300
Mojito <i>(White Rum, Mint, Lemon Chunks, Sugar Syrup, Soda)</i>	350
Pina Colada <i>(White Rum, Coconut Cream, Vanilla Ice Cream and Pine Apple juice)</i>	350
Mai Tai <i>(White Rum, Dark Rum, Orange Juice, Pine Apple juice)</i>	350
Cuba Libre <i>(White Rum, Lemon Juice, Coke)</i>	350
Whiskey Sour <i>(Whiskey, Sweet and Sour)</i>	350
Old Fashion <i>(Whiskey, Lemon Juice, Sugar Syrup, Soda)</i>	350
Margarita <i>(Tequila, Cointreau, Lemon Juice)</i>	325
Tequila Sunrise <i>(Tequila, Orange Juice, Grendine Syrup)</i>	325

Shooters

Rock Chick <i>(Vodka, Peach Schnapps, Lime Juice)</i>	250
B52 <i>(Kahlua, Baileys, Cointreau)</i>	250
Brave Bull <i>(Kahlua, Tequila)</i>	250
Kamikaze <i>(Vodka, Cointreau, Lime Juice)</i>	250

Iced Tea

Long Island Iced Tea <i>(Rum, Gin, Vodka, Tequila, Cointreau, Sweet and Sour, Coke)</i>	375
Bone Crackling Iced Tea <i>(Tequila, Whiskey, Brandy, Cointreau, Sweet and Sour, Lemonade)</i>	375

Mocktails

Safe Sex on the Beach (SSOB) <i>(Orange Juice, Cranberry Juice, Sweet and Sour)</i>	200
Virgin Colada <i>(Pineapple Juice, Coconut Cream, Vanilla Ice Cream)</i>	200
Mickey Mouse <i>(Orange Juice, Pineapple Juice, Vanilla Ice Cream, Grendine Syrup)</i>	200
Blue Angel <i>(Blue Curacao, Lemon Juice, Sprite)</i>	200
Cinderella <i>(Orange Juice, Lemon Juice, Pineapple Juice, Grendine Syrup, Soda)</i>	200

Hot Cocktails

Helena's Coffee	300
<i>Rum, Brandy, Sugar Syrup and Coffee</i>	
Hot Rum Punch	300
<i>Rum, Honey Cinnamon & Lemon juice</i>	
Mount Everest Coffee	300
<i>Everest Whiskey, Coffee, Sugar Syrup & Cream.</i>	
Irish Coffee	400
<i>Tullamore Dew, Honey Coffee & Cream.</i>	

Imported Spirits

Vodka	30 ml	225
<i>(Smirnoff, Absolut, Solichnaya)</i>		
Gin	30 ml	225
<i>(Beefeater, Gordon's)</i>		
Rum	30 ml	225
<i>(Bacardi, Captain Morgan, Malibu)</i>		
Whiskey	30 ml	225
<i>(Red Label, Vat 69)</i>		
Whiskey Premium	30 ml	250
<i>(Black Label, Chivas Regal)</i>		
Bourbon Whiskey	30 ml	225
<i>(Jim Beam)</i>		
Brandy	30ml	250
<i>(Hennessey Cognac)</i>		
Tequila	30 ml	250
<i>(Tequila Silver)</i>		
Apertiff	30 ml	200
<i>(Campari, Dry Martini, Rosso Martini)</i>		
Liqueur	30 ml	225
<i>(Kahlua, Baileys, Cointreau)</i>		

Domestic Spirits 60ml

Royal Stag	175
Rum	175
Vodka	175
Gin	175
Brandy	175

Soft Drinks

Coke/Sprite/Fanta/Soda	60
Fresh Lemon Soda	80
Mineral Water	60
Tonic Water (Imported Can)	150
Red Bull	150
Diet coke (Imported)	160

Beers

San Miguel / Tuborg	325
Carlsberg Beer	335
Everest	300

Wine (Red or White)

Per glass	300
Per bottle	1500

Ice cubes are very safe



Helena's
Bhairav Bar