

WELCOME TO HELGASFOLLY KITCHEN

As all of our dishes are cooked and prepared especially for you, selecting your meal as early as possible allows us to marinate the food you choose and ensure the availability of your choice.

THE MENU

SOUP - BREAD ROLLS - BUTTER - VEGETABLES - SALAD - PUDDING - COFFEE
(STRONG ARABIC/MEDIUM
CONTINENTAL) OR TEA (REGULAR - CARDAMON - GINGER - MINT OR GREEN).

MULLED WINE ON THE HOUSE.

THE PRICE INCLUDES SERVICE CHARGE & GOVERNMENT TAX.

MONDAY

1. RICE COOKED IN COCONUT MILK & SERVED WITH AN ASSORTMENT OF CURRIES
2. CHICKEN ABIGAIL (TOMATOES, MUSHROOMS, RED ONIONS, CHEESE & COCONUT MILK)
3. JAMIE'S KEDGEREE (SMOKED TUNA, RICE, GARLIC, BUTTER, FRESH CORIANDER, LIME & A TOUCH OF CURRY POWDER)

TUESDAY

4. PITTU (RICE FLOUR & COCONUT STEAMED IN BAMBOO) & SERVED WITH ASSORTED VEGETABLE PICKLES & OUR SALAD
5. MUSTARD CHICKEN (COCONUT CREAM, CAPSICUM, CABBAGE, MUSTARD & NEW POTATOES) SERVED WITH RICE
6. RAJ FISH CAKES (TUNA, POTATOES, FENNEL, FRESH CORIANDER, MINT & CHILLY) SERVED WITH A SHARP LIMY SAUCE

WEDNESDAY

7. PASTA (ROAST TOMATOES, GARLIC, BASIL OR FRESH CORIANDER & MILD RED CHILLIES). OR (OLIVE OIL, GARLIC, CHILLY & FRESH CORIANDER)
8. CHICKEN IN RUM (COCONUT CREAM, RUM, MUSHROOMS, RUM & LIME)
9. FISH IN MUSTARD (TUNA, CAPSICUM, COCONUT CREAM, MUSTARD, BABY POTATOES, CABBAGE)

THURSDAY

10. LEMON RICE (LEMON, GREEN CHILLI, SAFFRON, FRESH CORIANDER, COCONUT, MUSTARD SEEDS, GARLIC, POTATOES, PEANUTS) SERVED WITH CURRIES
11. CHICKEN IN COCONUT CREAM WITH POTATOES.. SERVED WITH TAMARIND RICE.
12. FISH IN A SPICY CRUMBLE AND FRIED SERVED WITH A SPICY LIMY MAYONNAISE

FRIDAY

13. TAMARIND RICE (TAMARIND, MUSTARD SEEDS, GARLIC, GINGER, FRESH CORIANDER, SESAME OIL, A TOUCH OF HONEY, SAFFRON) SERVED WITH VARIOUS CURRIES, PICKLES AND SALAD
14. CHICKEN ARABELLA (COCONUT CREAM, MADEIRA, LIME) SERVED WITH BUTTER, RICE AND SALAD
15. FISH POACHED IN TEA (LIME, SOYA SAUCE & HONEY) SERVED WITH LEMON RICE AND SALAD

SATURDAY

16. LEMON RICE (LEMON, GREEN CHILLI, SAFFRON, FRESH CORIANDER, COCONUT, MUSTARD SEEDS, GARLIC, POTATOES, PEANUTS) SERVED WITH CURRIES
17. JAMIE'S GREEN CHICKEN CURRY (GREEN CHILLI, FRESH CORIANDER, GARLIC, LIME & LEMON GRASS) SERVED WITH TAMARIND RICE.
18. MADJURES FISH POACHED IN TAMARIND SERVED WITH VEGETABLE RICE & POTATOES, CABBAGE, SALAD WITH PEANUT DRESSING

SUNDAY

19. CHICKEN BIRIYANI (RICE COOKED IN STOCK WITH GINGER, GARLIC, SESAME OIL, ASAFOETIDA, ROSE WATER, GREEN CHILLI, CARDAMOM, CINNAMON AND VARIOUS SPICES) SERVED WITH PICKLES AND SALAD
20. JAMIE'S RED CHICKEN CURRY (VERY HOT) SERVED WITH TAMARIND RICE & AN ASSORTMENT OF CURRIES
21. FISH PIE (TUNA, CARROTS, LEEKS, FENNEL, CHEESE SAUCE)
22. PEPPERED SEARED TUNA WITH AN AUBERGINE SALAD WITH A HINT OF CURRY.
PLEASE REMEMBER THE TUNA IS ALMOST RAW.

PLEASE LET US KNOW OF YOU ARE ALLERGIC TO ANY OF THE INGREDIENTS AND IF YOU PREFER LESS CHILL

IF THERE IS SOMETHING ELSE THAT YOU WOULD LIKE, OUR CHEF WILL BE HAPPY TO PREPARE IT, JUST PLEASE LET US KNOW IN ADVANCE. PLEASE SHARE SOME OF YOUR FAVOURITE RECIPES WITH US, WE ARE ALWAYS EAGER TO LEARN AND INCLUDE NEW DISHES ON OUR MENU.