

# MENU

## PSOMI - Bread

Mothers Bread – baked in house	4
Eliopsomo – Olive Bread	4.5
Pites – Helios Pita	3.5

## DIPS:

Melitzanosalata – eggplant dip – puree of eggplant, tomato, herbs and spices	6
Pasta Elias – olive paste – blended cashews, olives, herbs and spices	6
Tirokafteri – Creamy fetta and red peppers	6
Skordalia – puree of potatoes, garlic and lemon	6
Tzatziki – strained yoghurt, cucumber, lemon and garlic	6
Taramasalata – cod roe, lemon, olive oil	6
Trio of Dips – Chef's choice of three dips	14

## ZOMOS – Vegetarian

Elias – warmed olives	7.5
Patates – hand cut potato chips, infused with lemon zest and oregano	8
Melitzana Tiganites – Eggplant Chips – hand cut, eggplant, infused with traditional Greek flavours	10
Spanakopita – fetta and spinach mix, wrapped and baked in filo pastry	10
Kolokithikia – zucchini and haloumi fritters	10
Gigantes – oven baked butter beans with herbed tomato salsa	9
Haloumi – pan fried Haloumi cheese	10
Saganaki – pan cooked Kefalograviera cheese	12

# VODINO, ARNI, KINIGI, POULERIKA Beef, Lamb, Game and Chicken

Paidakia ~ marinated grilled lamb cutlets	15
Keftedes ~ seasoned ground beef mince patties flame grilled	9.5
Soutzoukakia ~ seasoned ground mince balls oven baked in a Spicy salsa	10
Loukanika ~ traditional Greek sausages	12
Kotopoulo ~ marinated chicken skewers flame grilled	12
Souvlaki ~ marinated lamb skewers flame grilled	12
Helios Arni ~ Slow baked lamb in a tomato and creamy fetta sauce	16
Sticky lamb ribs ~ lamb ribs basted in a deliciously sticky, mildly spicy oregano sauce	15
Mousaka ~ layered eggplant, Bolognese and potato dish oven baked	14
Pasticio ~ layered pasta and Bolognese sauce topped with becemale	12
Gemista ~ red peppers stuffed with a meat and rice mix	10
Koupes Kiprou ~ traditional Cypriot bulgur wheat parcels ~ stuffed with a beef mince	12

# PSARI, THALASINA

## Fish and Seafood

Marithes – Crispy fried whitebait	9
Chilli Marithes – Crispy fried whitebait coated In a mild chilli, served in a red pepper	10
Garides – grilled prawns in garlic marinade	12
Midia Gemista – mussels stuffed with fresh breadcrumbs and Kefalotiri cheese	12
Midia Gemista Salsa – stuffed mussels served under a rich salsa	14
Calamari – grilled or fried served with a lemon aïoli	12
Octapodi – marinated char grilled octopus	12

# SALATA

## Salads

Dakos – Cretan Rusk salad- fresh tomato, fetta, onion, olive oil, oregano served on top of Cretan barley rusks	12
Eliniki – Greek salad – tomato, cucumber, olives, fetta, onion and olive oil	12
Lahanosalata – Cypriot cabbage and carrot salad	9

# HELIOS BANQUET MENU

Minimum 2 people per banquet

VEGETARIAN: 35p/p

Pita

Mixed Dips

Haloumi

Melitzana Tiganites

Giganates (Baked butter beans)

Eliniki (Greek salad)

Loukoumades

Tea/Coffee

HELIOS  
TASTE BANQUET: 48p/p

Pita

Mixed Dips

Haloumi

Cypriot Koupes

Loukanika (pork sausages)

Kotopoulo (Chicken skewers)

Souvlaki (lamb skewers)

Eliniki (Greek salad)

Loukoumades

Tea/Coffee

# HELIOS

HELLENIC EXPERIENCE: 55p/p

Bread

Mixed Dips

Saganaki

Keftedes (mince patties)

Kolokithikia (zucchini and haloumi fritters)

Kotopolo (chicken skewers)

Souvlaki (lamb skewers)

Pasticio (layered pasta and Bolognese sauce topped with bechamel)

Patates (potatoes)

Eliniki (Greek salad)

Loukoumades

Tea/Coffee

# HELIOS

MIXED BANQUET: 60p/p

Bread

Mixed Dips

Saganaki

Marithes (whitebait)

Calamari

Helios Lamb

Kotopoulo (Chicken skewers)

Garides (Grilled prawns)

Souvlaki (lamb skewers)

Eliniki (Greek salad)

Loukoumades

Tea/Coffee