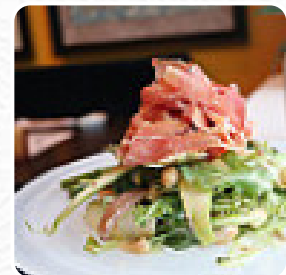




Helena Menu

<https://menuweb.menu>

438 McGill, Montreal, Quebec H2Y 2G1, Canada, Montréal
+15148781555 - <http://www.restauranthelena.com>



On this webpage, you will find the **complete [menu](#) of Helena** from Montréal. Currently, there are **71** meals and drinks available. The Helena restaurant warmly welcomes guests to a colorful and modern atmosphere, inviting them to savor the delights of Portuguese cuisine and wines with friends, family, for a romantic evening, or business meeting. Experience a unforgettable dining experience sharing petiscos (tapas) and exploring a variety of delicious flavors in a friendly setting. Helena restaurant offers more than just a meal - it's a feast to be enjoyed at the table!.

Helena Menu



Sandwiches

HAM AND CHEESE

Fish Dishes

FISH OF THE DAY

Carne

LOMBO DE VACA GRELHADO

Starters

PRATO DE PRESUNTO SERRANO

Tapas

VIEIRAS SALTEADAS

Sobremesas

CREAM OF THE SKY

Table D'hote

ENTRÉE AU CHOIX

French

FOIE GRAS

Petiscos

PASTEIS DE BACALHAU (4)

Menu du Chef

CHOICE OF MAIN DISH

Salada

SALADA HELENA

Peixes e Mariscos

POLVO GRELHADO

Sides

SWEET POTATO

Table d' hôte du midi

DESSERT DU JOUR (EXTRA 10\$)

Restaurant Category

DESSERT

Latin American Food

PAELLA

Soups 500ML

GREEN BROTH

Tapas Frias

GASPACHO ALENTEJANO

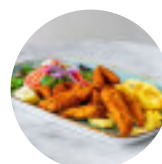
BIFE DE FILÉ MIGNON COM MOLHO DE SARDINHAS

Tapas Quentes

CAMARÃO GRELHADO, LULAS MOLHO PIRI-PIRI

FILETES DE SARDINHAS ASSADAS

Seafood



CALAMARI

GRILLED OCTOPUS

OCTOPUS AND ORZO

Helena Menu



Carnes

NACO DE CARNE COM OSSO PARA 2
PESS. TOMAHAWK

ALCATRA DE VITELA

SELA DE BORREGO

Dessert

SORBET

CREPES

COOKIES

SALADA DE ESPARGOS

Peixe & Mariscos

PRATO DO PESCADOR PARA 2

PEIXE DA LOTA RECHEADO

ARRIVAGES DU JOUR CATCH OF THE
DAY

CALÇADA DE BACALHAU

Sobremesas / Desserts

LES TRADITIONNELS PASTEIS DE NATA

FARTURAS COM CHOCOLATE PORTO

SORVETES SABORES DE ESTAÇÃO

LES SALÉS FRANCELA DE QUEIJOS

CHOCOLATES HELENA (4MCX)

DISCO DE CHOCOLATE

MIGNARDISES (4 MCX)

These Types Of Dishes Are Being Served

LOBSTER



MUSSELS

SALAD

MEAT

APPETIZER

LAMB

PASTA

FISH

SOUP

TUNA STEAK

OYSTERS

DESSERTS

BREAD

Ingredients Used



BEEF

RED SNAPPER

BUTTER

VEGETABLES

RASPBERRY

HAM

CHOCOLATE

CHEESE

SCALLOPS

CHORIZO

SCALLOP

SHRIMP

FRUIT

SHRIMPS

SEAFOOD

GARLIC

Helena Menu



Helena

438 McGill, Montreal, Quebec
H2Y 2G1, Canada, Montréal

Opening Hours:
Monday 00:-11:30 00:-05:30

Made with [Menu](#)

