



The Helyar Arms

- Newcomer of the Year 2004 - Publican Pub Food Awards • 4* prize - Tourism, Somerset Business of the Year 2004 • Highly Commended, Best British Food 2004 - Publican Pub Food Awards • Young Pub Chef of the Year 2004 - PubChef Awards
- SW regional winner - Best Food Experience, Shine Awards 2004 & 2008 • Best Newcomer 2005 - Morning Advertiser Awards
- Winner - Pub Classics. PubChef Awards 2005 • Winner - Desserts, PubChef Awards 2005 • AA Rosette Award for culinary excellence 2003-2004-2005-2006-2007,2008 • Egon Ronay's Guide 2006 - one star Castro pub • Good Food Guide 2005, 2006, 2007,2008 • Good Pub Guide 2007,2008
- Best Country Pub of the Year 2006, Somerset Life Food & Drink Awards • Taste of the West Silver Award 2006
- Mathieu Eke, Chef Mentor of the Year 2007 - Pub Chef Food Excellence Awards, sea food finalist 2008.

BREAD

- ✓ A warm, crusty Helyar loaf, unsalted farmhouse butter, olive tapenade £2.50
- ✓ A basket of garlic bread (per person) £1.50
- ✓ A bowl of marinated olives £2.25

STARTERS

- ✓ Soup-of-the-day, made from fresh, local, seasonal ingredients, with a white or granary roll £5
- ✓ Sautéed button mushrooms with garden parsley served in a filo pastry basket £6
- ✓ Deep-fried, Capricorn goat's cheese with a sesame crust, red pepper lyonnaise, balsamic reduction £6.50
- Chicken, basil & olive terrine with curried tomato chutney, warm bread £6.50
- ✓ Soused herrings, warm potato salad & sweet dill dressing £6

PUB CLASSICS

- Home-baked honey-glazed ham, free-range fried egg & chips £8.50
- Home-made lasagne, garlic bread & salad £9
- Beer-battered deep-fried Brixham haddock, marrowfat peas, chips, home-made tartare sauce £10
- Three pork sausages, champ mash, marrowfat peas & onion gravy £10
- Salmon fishcake, crushed new potatoes, buttered leeks, braised fennel, beurre blanc £10.50

MAINS & GRILLS

- ✓ Baked pepper stuffed with spinach, tomato compote, herb cous cous served with salad £9.50
- ✓ Thai red vegetable curry, jasmine rice £11.50
- Thai red free-range chicken curry, jasmine rice £12.95
- Chicken breast stuffed with mozzarella & wrapped in bacon served with pesto potatoes, fine beans £13.75
- Roast pork tenderloin, apricot mash, sautéed apples, buttered savoy, seed mustard sauce £16
- Roast duck breast, dauphinoise potato, buttered greens, strawberry and black pepper jus £16

PLEASE SEE OUR BLACKBOARDS FOR OUR CHEFS DAILY SPECIALS.

SIDES: All @ £2.75

- green salad
- buttered leeks
- fine green beans
- honey-glazed carrots
- chips
- mashed potato
- new potatoes
- sauteed garlic potatoes

All prices include VAT. We accept pounds sterling, cheques with a valid supporting card, sterling travellers' cheques. Solo, Electron, Delta, Maestro, Visa and American Express. We are happy to open a tab for you, but may require you to leave your credit/debit card behind the bar if you're just having drinks or eating in the garden. All tabs must be settled before leaving the premises.

STEAKS

Rump steak - 10oz 28-day aged Somerset beef, grilled mushroom & tomato, hand-cut chips	£16.50
Sirloin steak - 8oz 28-day aged Somerset beef, grilled mushroom & tomato, hand-cut chips	£18
<u>Add a sauce</u> - pepper, blue cheese or mushroom sauce	£1.95

If you're feeling hungry, tell us what size sirloin you'd like and we'll butcher & grill it to order

We use a V-bar grill to sear our beef at high temperature for maximum succulence. It is normal for steaks to shrink and toughen the longer they are cooked by this method, so we recommend you order 'medium-rare' for best results.

LIGHTER BITES

	STARTER	MAIN
V The big Helyar salad- tomatoes, red onion, olives, cucumber, fine beans, peppers, cous cous	£6	£10
V Feta, olive, cucumber, red onion salad with crostinis	£6	£10
V Penne pasta, slow-roasted cherry tomatoes, olives, basil, tomato compote	£7	£12
V The Helyar char-grilled pizza - tomato, mozzarella, char-grilled vegetables, pesto		£8
Chicken & bacon salad with toasted pine nuts	£7	£14
Hot beef & blue cheese salad with cherry tomatoes, red onion	£8	£15
(V) Ploughman's board - local cheese, pickles, home-made chutney, mixed breads	£8	£14

SANDWICHES (not available in the evening)

Home-baked honey-glazed ham sandwich, your choice of mustard, on white or granary	£5
V Mature farmhouse cheddar sandwich, red onion marmalade, on white or granary	£5
V Open grilled tomato, mozzarella & pesto on a half ciabatta loaf	£6
'BLT' - char-grilled bacon, lettuce, tomato & mayonnaise on toasted white or granary	£6
The Helyar triple 'Club' - chicken, bacon, lettuce, tomato, mayo, on toasted white or granary	£7
V Char-grilled vegetables, pesto & melted Capricorn goat's cheese on a half ciabatta loaf	£6
Bacon, Somerset brie & cranberry ciabatta	£6
Dry-aged prime sirloin steak sandwich, fried onions, your choice of mustard, in a ciabatta loaf	£8

PUDDINGS & CHEESE - all our puddings & Ice creams are made by us

V Ice creams & fruit sorbets, served in a brandy snap basket (3 scoops)	£5
<i>Ice creams;; Vanilla, chocolate, strawberry jam, rum & raisin or prune & Armagnac</i>	
<i>Sorbets: lemon, raspberry or passion fruit & mango</i>	
V Iced raspberry parfait with mango sorbet	£5.50
V Sticky toffee pudding with butterscotch sauce & vanilla ice cream	£6
V The Helyar Arms trifle with crushed amaretti biscuits	£6
V Hazelnut liqueur cheesecake with praline & baileys ice cream	£6
V Orange chocolate tart served with cointreau caramelised oranges	£6
A board of three West Country cheeses, biscuits, grapes, pickled walnut, apple, celery	£8

COFFEES, TEAS & HOT CHOCOLATE - served with home-made petits fours

Cafetiere coffee (per person) - medium roast Kenyan or dark roast Continental	£2.75
A pot of tea (per person) - English Breakfast, Earl Grey, camomile, fresh peppermint	£2.50
A jug of hot chocolate (per person)	£2.50
Liqueur coffees - Irish whiskey, brandy, dark rum, Tia Maria, Bailey's, Amaretto	from £4.75

V = vegetarian Please let us know if you have any food allergies or special dietary requirements

Live To Eat Limited T/* The Helyar Arms T: 01935 862332 www.helyar-arms.co.uk