


HELIO  S

# OMELETTES Y HUEVOS

## OMELETTES AND EGGS

### HUEVOS FRITOS O HERVIDOS

FRIED OR BOILED EGGS

### OMELETTE O HUEVOS REVUELTOS AL GUSTO

TOMATE, CEBOLLA, ESPINACA, JAMÓN, TOCINO, QUESO Y CHAMPIÑONES

### OMELETTE OR SCRAMBLED EGGS TO ORDER

TOMATO, ONION, SPINACH, HAM, BACON, CHEESE AND MUSHROOMS

### HUEVOS RANCHEROS

SOBRE TORTILLA DE MAÍZ FRITA, BAÑADOS EN SALSAS ROJAS Y SERVIDOS CON FRIJOLES REFritos

### RANCHERO EGGS

ON A FRIED CORN TORTILLA AND SMOTHERED IN RED SAUCE AND SERVED WITH A SIDE OF REFRIED BEANS

### HUEVOS BENEDICTINOS

POCHADOS SOBRE PAN BRIOCHE, JAMÓN AHUMADO Y SALSAS HOLANDESA

### EGGS BENEDICT

POACHED ON BRIOCHE, WITH SMOKED HAM AND HOLLANDAISE SAUCE

### AMERICANO

FRITOS Y ACOMPAÑADOS CON TOCINO O JAMÓN AHUMADO Y HOT CAKES

### AMERICAN

FRIED AND WITH BACON OR SMOKED HAM AND HOT CAKES

### FLORENTINOS

### FLORENTINE EGGS



PLATILLO LIBRE DE GLUTEN GLUTEN FREE DISH



PLATILLO VEGETARIANO VEGETARIAN DISH



ALIMENTO CRUDO RAW FOOD

# SELECCIÓN DOMINICANA

## DOMINICAN SELECTION

PLÁTANO MADURO CON QUESO FRITO  
RIPENED BANANA WITH FRIED CHEESE

YUCA CON CEBOLLA CONFITADA Y SALAMI FRITO  
YUGCA WITH CARAMELIZED ONION AND FRIED SALAMI

MANGÚ CON CEBOLLA Y HUEVOS FRITOS  
MANGÚ WITH ONION AND FRIED EGGS



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ALIMENTO CRUDO RAW FOOD

# BAGELS

## NORUEGO

SALMÓN AHUMADO, LECHUGA, TOMATE Y QUESO CREMA

## NORWEGIAN

SMOKED SALMON, LETTUCE, TOMATO, CREAM CHEESE

## VEGGIE

PEPINO, LECHUGA, TOMATE Y AGUACATE

## VEGGIE

CUCUMBER, LETTUCE, TOMATO AND AVOCADO

## AMERICANO

ROAST BEEF EN SU JUGO Y QUESO EMMENTAL

## AMERICAN

ROAST BEEF AU JUS AND EMMENTAL CHEESE

## PAN A SU ELECCIÓN:

NATURAL, INTEGRAL Y SEMILLAS CON QUESO PARMESANO

## YOUR BREAD OF CHOICE:

PLAIN, WHOLE GRAIN, AND SEEDED WITH PARMESAN CHEESE



PLATILLO LIBRE DE GLUTEN GLUTEN FREE DISH



PLATILLO VEGETARIANO VEGETARIAN DISH



ALIMENTO CRUDO RAW FOOD

# SANDWICHES

## SANDWICHES

### TAB SANDWICH

JAMÓN DE PAVO, AGUACATE, LECHUGA Y JITOMATE

### TAB SANDWICH

TURKEY BREAST, AVOCADO, LETTUCE AND RIPENED TOMATO

### TUNA MELT

ENSALADA DE ATÚN Y QUESO PARMESANO

### TUNA MELT

TUNA SALAD WITH PARMESAN CHEESE

### SÁNDWICH DE JAMÓN Y QUESO GRATINADO

HAM AND SHREDDED CHEESE SANDWICH

### PAN A SU ELECCIÓN:

NATURAL, INTEGRAL Y SEMILLAS CON QUESO PARMESANO

### YOUR BREAD OF CHOICE:

PLAIN, WHOLE GRAIN, AND SEEDED WITH PARMESAN CHEESE



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# EXTRA EXTRA

AVENA OAT  
ARROZ BLANCO WHITE RICE  
TOCINO BACON  
SALCHICHA SAUSAGE  
SALCHICHA BLANCA WHITE SAUSAGE  
JAMÓN AHUMADO SMOKED HAM  
CHISTORRA CHISTORRA SAUSAGE  
PAPA LEONESA LYONNAISE POTATOES  
PAPA HASH BROWN HASH BROWNS



PLATILLO LIBRE DE GLUTEN GLUTEN FREE DISH



PLATILLO VEGETARIANO VEGETARIAN DISH



ALIMENTO CRUDO RAW FOOD

# HOT CAKES, WAFFLES Y CREPES

## HOT CAKES, WAFFLES AND CREPES

### FRUTA A TU ELECCIÓN

PLÁTANO, FRESAS, PIÑA Y PAPAYA

### THE FRUIT OF YOUR CHOICE

BANANA, STRAWBERRIES, PINEAPPLE AND PAPAYA

### SALSAS

DULCE DE LECHE, NUTELLA, SIROPE DE MAPLE, CREMA DE CACAHUETE,  
LECHE CONDENSADA Y MIEL

### SAUCES

DULCE DE LECHE, NUTELLA, MAPLE SYRUP, PEANUT BUTTER,  
CONDENSED MILK AND HONEY



PLATILLO LIBRE DE GLUTEN GLUTEN FREE DISH



PLATILLO VEGETARIANO VEGETARIAN DISH



ALIMENTO CRUDO RAW FOOD







# ENTRADAS Y ENSALADAS

## STARTERS AND SALADS

COCTEL DE CAMARÓN 🐟  
SHRIMP COCKTAIL

CEVICHE DE PESCADO CON LECHE DE TIGRE 🐟  
FISH CEVICHE WITH TIGER'S MILK

ATÚN ROJO CON MERMELADA DE LIMÓN Y AGUACATE 🐟  
RED TUNA WITH LEMON MARMALADE AND AVOCADO

SUSHI TEMPURIZADO DE CANGREJO, AGUACATE, QUESO CREMA Y CAMARÓN 🐟  
TEMPURA SUSHI WITH CRAB, AVOCADO, CREAM CHEESE AND SHRIMP

CALIFORNIA ROLL DE SALMÓN, PEPINO, MAYONESA DE WASABI, QUESO CREMA, CEBOLLINO Y AGUACATE 🐟  
SUSHI CEVICHE WITH TILAPIA, AVOCADO, TOBIKO AND TIGER'S MILK

SWEET SUSHI ROLL DE FRESAS, QUESO BRIE, TOCINO, PAPRIKA Y MIEL 🐟  
SWEET SUSHI ROLL WITH STRAWBERRIES, BRIE, BACON, PAPRIKA, AND HONEY

MOZZARELLA FRESCA CON HIGOS, NUECES, RÚCULA Y GLASEADO BALSÁMICO 🌱  
FRESH MOZZARELLA WITH FIGS, WALNUTS, ARUGULA AND BALSAMIC GLAZE

ENSALADA DE QUINOA CON PEPINO MENTA Y LIMA  
QUINOA SALAD WITH CUCUMBER, MINT AND LIME

ENSALADA VERDE  
GREEN SALAD

TRIO DE DIPS: HUMMUS, ESPINACA Y GUACAMOLE. CON NACHOS Y PAN PITA  
DIP TRIO: HUMMUS, SPINACH DIP AND GUACAMOLE. WITH NACHOS AND PITA BREAD

🌱 PLATILLO LIBRE DE GLUTEN  
GLUTEN FREE DISH

🌱 PLATILLO VEGETARIANO  
VEGETARIAN DISH

🐟 ALIMENTO CRUDO  
RAW FOOD

# HAMBURGUESAS Y SÁNDWICHES

## BURGERS AND SANDWICHES

### BEEF BURGER

CARNE DE RES CON QUESO CHEDDAR, CEBOLLA MORADA,  
TOMATE, LECHUGA, Y MERMELADA DE TOCINO  
BEEF BURGER CHEDDAR CHEESE, RED ONION, T  
OMATO, LETTUCE, AND BACON JAM ON BEEF

### SURF & TURF BURGER

CARNE DE RES CON CAMARONES AL AJILLO, AGUACATE Y CEBOLLA SALTEADA  
BEEF WITH GARLIC-SAUTÉED SHRIMP, AVOCADO AND SAUTÉED ONION,  
SERVED ON COUNTRY-STYLE BREAD

### CHICKEN SANDWICH

POLLO, MAYONESA, TOMATES SECOS, ALBAHACA Y QUESO MANCHEGO  
GRILLED OR FRIED WITH MAYO, SUN-DRIED TOMATOES,  
BASIL AND MANCHEGO CHEESE

### PHILLY CHEESE STEAK

SÁNDWICH CON CARNE DE RES, QUESO CHEDDAR Y PROVOLONE  
QUALITY BEEF SANDWICH, PEPPERS, CHEDDAR AND PROVOLONE CHEESE

-  PLATILLO LIBRE DE GLUTEN  
GLUTEN FREE DISH
-  PLATILLO VEGETARIANO  
VEGETARIAN DISH
-  ALIMENTO CRUDO  
RAW FOOD



# CARNES Y PESCADOS

## MEAT AND FISH

WOK DE POLLO CON NOODLES Y VEGETALES  
STIR-FRIED CHICKEN WITH NOODLES AND VEGETABLES

COWBOY CON CHIMICHURRI Y PURÉ DE PATATA AL ROMERO  
CHIMICHURRI COWBOY AND ROSEMARY MASHED POTATOES

COSTILLAS BBQ CON PAPA WEDGE  
BBQ RIBS WITH POTATO WEDGES

SALMÓN CON CEBOLLA CRUJIENTE SALSA DE ARÁNDANOS Y NARANJA  
SALMON IN BLUEBERRY AND ORANGE SAUCE WITH CRISPY ONION

FILETE DE CHILLO CON SALSA MEUNIÈRE Y RISOTTO DE VEGETALES  
RED SNAPPER FILLET WITH MEUNIÈRE SAUCE AND VEGGIE RISOTTO

PLATILLO LIBRE DE GLUTEN   
GLUTEN FREE DISH

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VEGETARIAN DISH

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RAW FOOD

## PASTA

ESPAGUETI EN SALSA AURORA CON LANGOSTA Y SALVIA  
SPAGHETTI IN AURORA SAUCE WITH LOBSTER AND SAGE

RAVIOLI RELLENO DE MOZZARELLA Y JAMÓN PROSCIUTTO  
PROSCIUTTO AND MOZZARELLA RAVIOLI

PENNE AL PESTO CON CHAMPIÑONES Y QUESO FRESCO   
PESTO PENNE WITH MUSHROOMS AND FRESH CHEESE

FETTUCINE CARBONARA  
FETTUCINE IN CARBONARA SAUCE

## ARROCES RICES

RISOTTO A LA MARINERA  
RISOTTO A LA MARINERA

ARROZ MELOSO CON HONGOS PORCINI Y JAMÓN IBÉRICO  
CREAMY RICE WITH PORCINI MUSHROOMS AND IBERIAN HAM

 PLATILLO LIBRE DE GLUTEN  
GLUTEN FREE DISH

 PLATILLO VEGETARIANO  
VEGETARIAN DISH

 ALIMENTO CRUDO  
RAW FOOD

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## POSTRES DESSERTS

SELVA NEGRA  
BLACK FOREST

TARTA DE MANZANA  
APPLE PIE

TIRAMISÚ  
TIRAMISU

SELECCIÓN DE HELADOS  
A SELECTION OF ICE CREAM

NEW YORK CHEESECAKE

PLATILLO LIBRE DE GLUTEN   
GLUTEN FREE DISH

PLATILLO VEGETARIANO   
VEGETARIAN DISH

ALIMENTO CRUDO   
RAW FOOD

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# ENTRANTES

## STARTERS

TEMPURA DE VEGETALES DE TEMPORADA CON SALSA AGRIDULCE   
SEASONAL TEMPURA VEGETABLES WITH SWEET AND SOUR SAUCE

SAQUITOS DE PASTA FILO CON ESPINACAS Y QUESO FETA   
PASTA FILO, STUFFED WITH SPINACH AND FETA CHEESE

TARTAR DE ATÚN CON AGUACATE    
TUNA TARTAR WITH AVOCADO

TIRADITO DE SALMÓN    
SALMON 'TIRADITO'

TABLA DE EMBUTIDOS IBÉRICOS  
SPANISH CURE MEAT TABLE SELECTION

CAMARONES AL AJILLO  
GARLIC SHRIMPS

 PLATILLO LIBRE DE GLUTEN  
GLUTEN FREE DISH

 PLATILLO VEGETARIANO

 ALIMENTO CRUDO  
RAW FOOD

# ENSALADAS

## SALADS

ENSALADA CESAR CON POLLO  
CHICKEN CAESAR SALAD

ENSALADA GRIEGA 🌱 🥚  
GREEK SALAD

ENSALADA DE TOMATE, ANCHOAS Y HUEVO  
DE CODORNIZO 🥚  
TOMATO SALAD WITH ANCHOVIES AND QUAIL EGG

PLATILLO LIBRE DE GLUTEN 🌱  
GLUTEN FREE DISH

PLATILLO VEGETARIANO 🌱  
VEGETARIAN DISH

ALIMENTO CRUDO 🐟  
RAW FOOD





## SOUPS

### SOUPS

SOPA DEL CHEF  
(PREGUNTE A SU CAMARERO POR LA SELECCIÓN DE HOY)

CHEF'S SPECIAL SOUP  
(ASK YOUR SERVER FOR TODAY SELECTION)

## PASTA

PENNE ALLA VODKA 

LINGUINI NAPOLITANA, RELLENO DE BURRATA   
LINGUINE NAPOLITANA WITH BURRATA CHEESE

 PLATILLO LIBRE DE GLUTEN  
GLUTEN FREE DISH

 PLATILLO VEGETARIANO  
VEGETARIAN DISH

 ALIMENTO CRUDO  
RAW FOOD

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# PESCADOS

## FISH

MERO CABRILLA ENTERO CON CALABACÍN Y TOMATE CHERRY   
GROUPER FISH WITH ZUCCHINI AND CHERRY TOMATO

FILETE DE DORADO AL PESTO CON VEGETALES AL GRILL   
MAHI MAHI WITH PESTO AND GRILLED VEGETABLES

FILETE DE ATÚN ROJO CON VERDURAS GLASEADAS   
BLUEFIN TUNA WITH GLAZED VEGETABLES

LANGOSTA A LA PARRILLA CON ESPÁRRAGOS Y COLES DE BRUSELAS AL GRILL   
FIRED LOBSTER WITH ASPARAGUS AND GRILLED BRUSSELS SPROUTS

CAMARONES SCAMPI SOBRE FETUCCINI DE ESPINACAS  
SHRIMP SCAMPI WITH SPINACH FETUCCINI

PLATILLO LIBRE DE GLUTEN   
GLUTEN FREE DISH

PLATILLO VEGETARIANO   
VEGETARIAN DISH

ALIMENTO CRUDO   
RAW FOOD





## CARNES

### MEAT

MAR Y TIERRA **SURF & TURF** 

SOLOMILLO DE TERNERA Y CAMARONES   
**FILET AND SHRIMP**

BISTECCA FIORENTINA   
**BEEF STEAK FIORENTINA**

COSTILLA DE TERNERA EN SU JUGO  
**SHORT RIB IN IT'S OWN JUICE**

PECHUGA DE POLLO A LA CAPRESE  
**CAPRESE CHICKEN BREAST**

MEDALLONES DE CORDERO   
**LAMB TENDERLOINS**

## GUARNICIONES **GARNISHES**

PURÉ DE PATATA, PATATA AL HORNO O VEGETALES AL GRILL  
**MASHED POTATO, BAKED POTATO OR GRILLED VEGETABLES**

 PLATILLO LIBRE DE GLUTEN  
**GLUTEN FREE DISH**

 PLATILLO VEGETARIANO  
**VEGETARIAN DISH**

 ALIMENTO CRUDO  
**RAW FOOD**

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# POSTRES

## DESSERTS

PRALINÉ DE AVELLANAS EN GALLETA DE CHOCOLATE  
HAZELNUT PRALINE OVER CHOCOLATE BISCUIT

COULANT DE CHOCOLATE CON HELADO DE VAINILLA  
LAVA CHOCOLATE CAKE WITH VANILLA ICE CREAM

OREO CHEESE CAKE

CRUMBLE DE MANZANA  
APPLE CRUMBLE PIE

PLATILLO LIBRE DE GLUTEN   
GLUTEN FREE DISH

PLATILLO VEGETARIANO   
VEGETARIAN DISH

ALIMENTO CRUDO   
RAW FOOD



