



ESTABLISHED EXCELLENCE

Helen's Restaurant

Elevated Nigerian Cuisine • 2026 Menu Refresh

The Starters

Appetizers & Traditional
Delicacies

STARTERS MENU

Item Description	Price
Beef Suya (Classic Spice)	£10.00
Spicy Garnished Snail	£7.00
Fried Yam / Fried Plantain	£7.00 - £13.00
Nkwobi (Spiced Cow Foot)	£13.00
Garnished Meats (Chicken, Beef, Pork, Turkey, Lamb)	£13.00
Assorted Meat Peppersoup	£15.00
Catfish Peppersoup (Full)	£18.00

The Grill

Fresh Catch & Expert Char

SIGNATURE GRILLS

Croaker / Tilapia: £30.00 | £40.00 (Size Dependent)

Slow-grilled to retain moisture while achieving a crispy, flavorful skin.



Main Courses

Rice Specialties

RICE & MAINS SELECTION

Dish Composition	Price
Jollof Rice with Fried Fish	£14.00
Jollof Rice / Plantain / Choice of Meat (Chicken/Beef/Assorted)	£14.00
White Rice & Stew Sauce with Protein (Beef/Chicken/Fish)	£14.00
White Rice with Ayamase & Choice of Protein	£14.00
Signature Soups (Egusi, Okro, Afang, Ndole, etc.)	£14.00

Soups

Hearty Soups

SOUP SELECTION

Dish Composition	Price
Egusi Soup	£14.00
Okoro Soup	£14.00
Onugbu / Bitterleaf Soup	£14.00
Edikangikong Soup	£14.00
Afang / Eru Soup	£14.00
Eforiro Soup	£14.00
Ndole Soup	£14.00
Oha Soup	£14.00


THANK YOU

Bookings

We invite you to experience the updated menu at our Woolwich location.

Helen's Restaurant

 Woolwich High Street, London, SE18

 Open Daily for Authentic Flavours