



STARTERS

PERUVIAN CEVICHE | king fish, lime & orange (H) | 9

ENGLISH ASPARAGUS | poached egg & parma ham | 8

SMOKED SALMON | caramelised lemon, cream cheese (H) | 8

GOAT CHEESE LOLLIPOPS | lemon curd (V) | 7

SUMMER GARDEN SALAD | baby vegetable, tartar sauce & whole grain mustard (V) | 7

PRAWN COCKTAIL | avocado & marie rose sauce | 9

USDA MEAT BALLS | bone marrow sauce | 8

GRILLED OCTOPUS | lemon sauce, chilli oil & crispy veg | 9

CORNISH CRAB | chilli, avocado & basil | 9

SOUP OF THE DAY | 8

COLD MEZZE SELECTION | 19

HOUMOUS
chickpeas puree (VG)

MOUTABAL
aubergine puree (VG)

TABBOULEH
tomato with crushed wheat (VG)

INDIVIDUAL DISHES | 7

FATOUSH traditional lebanese salad with pitta bread (V) | 7

HOT MEZZE SELECTION | 21

BATATA HARRAH
cubed potatoes (VG)

FALAFEL
chickpeas and broad beans (VG)

SAMBUSEK
filo filled with cheese (V)

INDIVIDUAL DISHES | 7.5



Madame Claire Heliot feeding her lions with raw beef in the arena of the Hippodrome, London, 19th December 1901.

Our restaurant is named after the flirtatious and alluring Claire Heliot, one of the early performers at The Hippodrome in the early 1900's. She was famous worldwide for feeding raw meat to lions on stage.

Showing no fear for any of her fourteen lions, the New York Times noted 'She pats them on the back like ponies, hugs them like kittens and romps about with them'.

They described it as 'One of the most thrilling animal acts ever seen'.

Madame Heliot always entered the stage to the daredevil music of 'Carmen' but she refused to believe that any of the lions would hurt her and she said that she tamed them with sentimentality; from Auguste (the largest one) to Sacha, the lion that she used to carry off stage on her shoulders every night and who weighed 175 kg.

Here at Heliot Steak House we only serve USDA Prime grade steak for any of the cuts listed above however in exceptional circumstances when USDA Prime isn't available from any of our suppliers or anywhere in London, we may replace with USDA Choice graded steak which is the next grade of USDA available. Please speak with your server or the Restaurant Manager should you require further information.

PRIVATE DINING ROOMS

We have two for 11-32 people. Ask for details. We can also do private parties & events for up to 250 people.

MAINS

LAMB STEAK | crispy shallots, red wine & rosemary (H) | 18

HELIOT BURGER | USDA beef, caramelised onions & truffle mayo | 13

HALLOUMI BURGER | roast field mushroom & red pepper relish (V) | 11

MADAME HELIOT BURGER | USDA beef, crispy lobster tail & truffle mayo | 20

SURF & TURF | USDA fillet, scallops & prawn | 22

STICKY SHORTRIB & SPICY WINGS | red cabbage & spring onion slaw | 15

GUINNESS CHICKEN | peas, asparagus & porcini mushrooms (H) | 15

DUCK BREAST | roast chicory & asian glaze | 16

SEASONAL VEGETABLE PIE | crispy puff pastry & broccoli (V) | 14

FROM THE SEA

PAN FRIED SALMON | curly kale & lime dressing (H) | 15

PRAWN LINGUINI | spring onion & chilli | 13

GRILLED SWORDFISH | samphire salad & garlic sauce (H) | 17

DOVER SOLE | spring onions & lime sauce | 25

LOBSTER RAVIOLI | bisque & chives | 16

GRILLED LOBSTER SKEWERS | lemon & garlic | 19

GRILLED WHOLE FRESH LOBSTER | green thai curry | 25

EXECUTIVE CHEF: IOANNIS GRAMMENOS

(H) DENOTES COVERED UNDER HALAL STANDARDS | (V) DENOTES VEGETARIAN | (VG) DENOTES VEGAN
GUESTS WITH ALLERGIES AND INTOLERANCES SHOULD MAKE A MEMBER OF THE TEAM AWARE, BEFORE PLACING AN
ORDER FOR FOOD OR BEVERAGES. ALLERGEN INFORMATION IS AVAILABLE ON REQUEST FROM YOUR SERVER
A DISCRETIONARY SERVICE CHARGE OF 12.5% WILL BE ADDED TO YOUR BILL. ALL PRICES SHOWN IN GBP.

AWARD WINNING 28 DAY AGED USDA PRIME STEAK

SMALL

RUMP - 200g • 7oz | 15

NY STRIP - 200g • 7oz | 17

FILLET - 200g • 7oz | 21

MEDIUM

FILLET - 250g • 8oz | 25

SIRLOIN - 300g • 10.5oz | 20

RIB EYE - 350g • 12oz | 22

LARGE

SIRLOIN - 500g • 18oz | 27

RIB EYE - 500g • 18oz | 29

T BONE - 650g • 23oz | 30

Medium Rare | Brown-seared crust with a warm red centre.

Medium | Brown-seared crust with a hot pink centre.

Medium Well | Outside well done, inside with a thin line of pink.

Well | Outside dark brown, centre cooked thoroughly.

(Please allow additional time for steaks cooked medium well or well)

All our steaks are USDA Prime 3 year old grain fed beef of the highest quality. Less than two percent of all beef from the US receives the Prime designation. After starting with the best beef, we age our steaks for a minimum of four-six weeks for tenderness and flavour, then we trim and season them to be flame-grilled and cooked to your liking.

TOPPINGS

ROAST BONE MARROW | 3

FRIED DUCK EGG | 3

WILD MUSHROOMS | 3

CHARGILLED KING PRAWN | 4

LOBSTER TAIL | 10

STREAKY BACON | 3

BUTTERS & SAUCES | 2 EACH

PEPPER SAUCE

RED WINE SAUCE

CHIMICHURRI

PORCINI SAUCE

BÉARNAISE SAUCE

SPICY PEANUT BUTTER SAUCE

GARLIC BUTTER

BLUE CHEESE BUTTER

ARABIC MAINS SELECTION | 21

LAHEM MESHWI

cubes of marinated lamb (H)

SHISH TAOUK

marinated chicken(H)

KOFTAH MESHWIEH

minced lamb with spices(H)

JAWANEH MESHWIYEH

wings with garlic, lemon and herbs (H)

INDIVIDUAL DISHES | 7.5

FARROUJ MOUSSAHAB | spatchcock baby chicken grilled & garlic sauce (H) | 15

SAMKE HARA | seabass with spices, tahini & Arabic rice (H) | 15

SIDES | 4 EACH

MAC & CHEESE

GREEN BEANS

GLAZED CHANTENAY CARROTS

SAUTÉED FIELD MUSHROOMS

PEAS & SHALLOTS

HEIRLOOM TOMATO SALAD

CREAMY MASH POTATO & SEASONAL HERBS

FRENCH FRIES & OREGANO SALT

SWEET POTATO FRIES

TRIPLE COOKED CHIPS

MILLIONAIRE'S MAC & CHEESE | 7

poached duck egg & black truffle