



BOOK IN ADVANCE BY CALLING
RECEPTION (+33 1 45 26 11 06) OR BY
SENDING AN EMAIL
TO: CONTACT@HELZEAR.COM

CLUBS SANDWICHES

- SALMON CLUB 15,00€
*WHOLEMEAL TOAST, SMOKED
SALMON, CREAM CHEESE, AVOCADO,
SALAD, POTATO SALAD*
- TUKEY CLUB 14,00€
*WHOLEMEAL TOAST, TURKEY, TOMATO,
MAYONNAISE, AVOCADO, SALAD,
POTATO SALAD*

BAGELS

- NORWEGIAN BAGEL 11,50€
*SMOKED SALMON, CREAM CHEESE,
AVOCADO, SALAD, POTATO SALAD*
- CALIFORNIAN BAGEL 9,90€
*MAYONNAISE CHICKEN, TOMATO,
AVOCADO, SALAD AND POTATO SALAD*

GOURMET SALADS

- CRISPY QUINOA 14,00€
*SPINACH, SALAD, ORGANIC QUINOA,
CHICKEN STRIPS, AVOCADO, CRISPY
ONIONS, HONEY SAUCE*
- SMOKED SALMON DETOX 15,00€
*QUINOA, SMOKED SALMON, SALAD,
SOYA BEANS, JULIENNED CARROTS
AND COURGETTES, CRANBERRIES,
OMEGA SEEDS, OLIVE OIL SAUCE,
LEMON*

NEW AVOCADO TOASTS

- EGG AVOCADO 12,00€
*TOASTED POILANE BREAD, AVOCADO
PUREE, POACHED EGG,
POMEGRANATE, RADISH, ALFALFA,
SPINACH AND POTATO SALAD*

DESSERTS

- CHOCOLATE MELTING CAKE,
CUSTARD SAUCE 5,50€
- LIGHT YOGHURT, RED FRUIT
COULIS 5,50€



Helzear
PARIS