



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

PLATES

TASTY E 17,00€

6 SALMON MAKIS, 6 CALIFORNIA
SALMON AVOCADO, 6 SALMON ROLL
AVOCADO, 6 CRISPY SALMON
AVOCADO

TASTY H 17,00€

6 SALMON ROLL CHEESE, 6 BENGOSHI
SALMON, 6 CRISPY SALMON AVOCADO

TASTY L 17,00€

4 SALMON SASHIMIS, 6 CALIFORNIA
SALMON AVOCADO, 2 SALMON SUSHIS,
2 SALMON AVOCADO SUSHIS, 6
SALMON MAKIS

SASHIMIS

SALMON 12,50€

12 SLICES

TUNA, SALMON, SEA BASS 13,50€

12 SLICES

SALMON, TUNA 13,50€

12 SLICES

HOT DISHES

SKEWERS PLATE 13,00€

2 CHICKEN SKEWERS, 2 CHICKEN
BALLS SKEWERS, 1 CHEESE BEEF
SKEWER

FRIED NOODLES 9,00€

VEGETABLE FRIED NOODLES WITH
CHICKEN OR SALMON

CALIFORNIA

SALMON AVOCADO 5,20€

6 PIECES

CHICKEN AVOCADO 5,50€

6 PIECES

SUSHIS

SALMON 3,90€

2 PIECES

SHRIMP 4,20€

2 PIECES

SIDE DISHES

STEAMED WHITE RICE 3,00€

CABBAGE SALAD 3,10€

MISO SOUP 3,00€

HELZEAR

PARIS

