



Welcome to Helai

À la carte

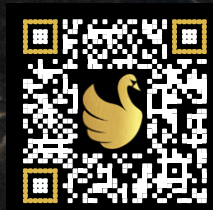
We would like to introduce you to the Afghan cuisine using a wide range of traditional delicacies. So you can choose from delicious kebabs, kurma dishes and vegetarian dishes.

Sampling

Do you find it difficult to choose? For the most complete introduction to our Afghan dishes, we recommend the Sampling Table. In authentic Afghan fashion, you will experience a feast with a table full of different dishes, colours and fragrances. With this menu, you get an appetizer and a combination of different main and side dishes. Second helpings of everything at no extra charge. And a delicious dessert to top it off.

Are you already following us on social media?

Don't miss any more updates. Follow us on social media for the tastiest Afghan dishes.



Scan the code!



@restaurant_helai



Food allergies and dietary

Do you have a food allergy or special dietary needs? We are happy to find a solution with you. All dishes on our menu are marked with icons if allergens apply. They also show whether the dish is vegetarian, or if it has chicken, beef or lamb. We do ask that you communicate allergens to our serving staff in advance, just to make sure that we are aware. For some dishes, we can serve a modified version without the relevant allergens.

Allergens



Fish



Peanut



Egg



Milk/lactose



Sesame



Crustaceans



Gluten



Lupine



Celery



Soy



Mustard



Sulphite



Molluscs



Nuts

Additional Information



Vegetarian



Vegan



Beef



Chicken



Lamb



Win a free Sampling table for 2!

Leave a review at **Google** and win a
free Sampling table take away!

Scan the code!



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Sampling table

46.00 per person,
65.95 p.p. in combination with Kebab Platter
Order the sampling table with the whole group.

★★★★★
**MOST
POPULAR**
★★★★★★★



Appetizer



Grill dish



Dessert



Vega option

The sampling table is also available fully vegetarian and vegan.

Dessert

Shir Yakh: Artisan traditional Afghan ice cream with pistachio and cardamom.

Choose a different dessert for just 2,50 euros extra.

Info

This menu can only be ordered if everyone at the table orders it. Second helpings of anything on the sampling table are free of charge and **unlimited**.

After refilling, it is not possible to take leftover food with you.



Unlimited kebab platter

58.00 per person,
or 65.95 p.p. in combination with the sampling table.
Order the unlimited kebab platter with the whole group.



Appetizer



Dessert



Ordering a sampling table or kebab platter?
Complete your sampling feast with the Grand
Dessert after your meal for just 8.50 p.p.



Contents

Appetizer: Meza

Main Course: chicken kebab, shami kebab (minced meat), lamb skewers, lamb chops and prawns.

Additional dishes: chalaw rice, kabuli rice, fries, bread, grilled tomato and pepper and three kinds of sauce.

Dessert

Shir Yakh: Artisanal traditional Afghan ice cream with pistachio and cardamom.

Choose a different dessert for just 2,50 euros extra.

Info

This menu can only be ordered if everyone at the table orders it. Second helpings are free of charge and **unlimited**.

Topping up lamb chops costs 3 euros each.

After refilling, it is not possible to take leftover food with you.

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Experience more Helai?



Lunch

You can also have lunch with us and enjoy Afghan lunch dishes or classic lunch dishes with an Afghan twist.

<https://www.helai.nl/aanbod/dinner-lunch>



Terrace

A dinner or lunch on the terrace with an amazing view over the Maas.

<https://www.helai.nl/aanbod/terras>



Gift voucher

Give a dinner or lunch at Helai as a gift! Order online!

<https://www.helai.nl/aanbod/cadeaubon>



Functions and

Rent a beautiful hall for a wedding, corporate event or any other occasion.

<https://www.helai.nl/aanbod/feesten-bruiloften>

<https://www.helai.nl/aanbod/zaalverhuur-bedrijven>



Catering

Delicious Afghan dishes served at your home or on location.

<https://www.helai.nl/aanbod/catering>



Take away

Fancy our authentic dishes, but no time to eat out? Order online!

<https://www.helai.nl/aanbod/afhalen-bezorgen>



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Starters






Sambosa €9.95   
Richly filled pies with chicken and vegetables.

Also available vegetarian with potato and vegetables (€9.50).



Crispy chicken €9.95 
Tender chicken breast in a crispy jacket. Served with a sweet sauce.



Bolani €9.95   
Artisan pancake stuffed with leeks or potatoes.



Mantu €9.95



Steamed pasta bundles filled with seasoned minced meat and topped with yoghurt sauce.

Ashaak €9.50



Steamed pasta bundles stuffed with leeks, topped with yoghurt sauce.



Ash €8.50



Grandma's Afghan vegetable soup with noodles, beans and yoghurt sauce.



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Specialties



Mantu 23.50



Richly filled pasta bundles with seasoned minced meat and yoghurt sauce. Served with Afghan rice.

Ashaak 22.50



Pasta bundles stuffed with leeks and covered with yoghurt sauce. Served with Afghan.



Mahicha 33,50



Slow braised lamb shank on a bed of onion and carrot. Served with Afghan rice and naan bread.



Kofta Kurma 23.95



Oriental spiced meatball curry. Served with Afghan rice and naan bread.

Kabuli chicken kurma 24.50

Delicious chicken curry served with Afghan rice and naan bread.



Lamb kurma 24.50



Slow braised lamb served with Afghan rice cooked in lamb broth and fresh artisan bread.





Kebab dishes



Tekka kebab 28.95
Generous lamb skewers
from the charcoal bar-
becue.



Shami kebab 26.95
Traditional spiced meat
kebab from the charcoal
barbecue.



Chicken kebab 25.95
Tender chicken skewers
from the charcoal bar-
becue.





Mixed Grill 34.95

Shami kebab, Tekka kebab and chicken kebab. With 2 chicken wings from the BBQ.



→ *Most popular*



Generous lamb chops 32.50

From the charcoal barbecue.



→ *Our best lamb dish*

Make kebab dish even more delicious?
Check out the extras page for side dishes.



Vegetarian & fish



Gamba Kebab 26.95
Garlic-marinated gamba skewers from the charcoal barbecue.



Salmon kebab 28.95
Tender Norwegian salmon from the charcoal barbecue.





Vegetarian? V

Create your own menu 21.95

Are you a vegetarian? Then we recommend choosing the vegetarian sampling table. Or create your own menu from a selection of the dishes below. These dishes are also all vegan.

This is how

Choose 2 of the vegetarian dishes below.

Potato kurma



Okra



Cauliflower



Brown beans



Lentils



Aubergine



Spinach



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Extras

Extras can only be ordered if everyone at the table orders a main course.



Potato- or cauliflower Curry ✓

Aubergine 🍷

Spinach ✓

Okra ✓

Lentils ✓

Kidney beans ✓

6.50

Bread 🍷 🍷

2.45



Challow rice 6.50 ✓

Kabuli rice 6.50

Salad 5.50 ✓

Chips 4.95 ✓



Lamb kurma 9.50 🍷

Chicken kurma 8.50 🍷

Kofta 8.95 🍷

Chicken or shami skewer 7.95

Lamb skewer 7.95

Gamba skewer 7.95



Children's menu

(for guests up to age 10)

Frikandel sausage or chicken nuggets
with fries and a children's ice cream
13.50.



Desserts

Grand Dessert 17.95 p.p.

A combination of different desserts decorated with dry ice.



Ordering a sampling table or kebab platter? Complete your sampling feast with the Grand Dessert after your meal for just 8.50 p.p.

This menu can only be ordered if everyone at the table orders it. Second helpings are free of charge and unlimited.

A spectacular effect!



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Desserts



Cheesecake 9.95



Fresh lemon flavour combined with creamy cottage cheese and crispy base.

Firni 8.95



Creamy oriental pistachio pudding.



Sorbet ice cream 8.95



Three balls of artisanal ice cream of choice.

Cream roll 8.95

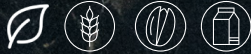


Puff pastry filled with cream served with a scoop of artisanal vanilla ice cream.





Baklava 9.95



Traditional delicacy of filo pastry with honey and pistachios. Served with a scoop of artisan vanilla ice cream.



Shir yakh 7.95



Artisanal traditional Afghan ice cream with pistachio and cardamom.

Chocolate Tartlet 9.95



Lava chocolate cake with a scoop of artisan vanilla ice cream.



Mango sorbet with coconut 9.95



Mango sorbet ice cream and a mango parfait.



Dame blanche 9.50



Delicious vanilla ice cream and whipped cream topped with a lava chocolate sauce.





Popular cocktails



Mango Lassi | 8,95

With alcohol | 11,95



Classic Mojito | 8,95

With alcohol | 11,95



Pina Colada | 8,95

With alcohol | 11,95



Strawberry Mojito 8,95

With alcohol | 11,95