

helena<sup>®</sup>  
adentro







## TO “LA CASA ROSADA”

*10 years ago this project started in the farm Santa Helena, a coffee farm located in Santa Rosa de Cabal where we shared a coffee project between Colombia and New Zealand. In the spare time we cultivated vegetables and fruits and in the weekends harvested what we had and travelled to Helena Adentro, Filandia to cook.*

*In the begininng we only opened Helena over the weekends, monday mornings we returned to the farm to dedicate to the coffee. However the restaurant started to consume more and more time, we started to get frequent clients and we had to start cooking from wednesday to be ready in the kitchen for the weekends.*



*A lot has happened over the last few years, Helena was located in Conrad's Museum House a block away from here. Conrad is a local from this town who we admire and have so much to thank for. From the start he helped us with the construction, painting the walls and getting ready to open the doors, he was always looking out for us and he even welcomed our clients into the door of the restaurant.*

*Today, after a global pandemic and a lot of ups and downs we have found this new space, that enables us to grow and basically start from 0 adding all of the details that Helena is renowned for, elementing our purpose "EVERYTHING'S INSIDE". Today we are more firm than ever with our conviction that Colombia is full of amazing people and land.*

*The way we run Helena has not changed, the way we prepare our food is still the same. We have a strong network of local producers of fruit and veggie who we work directly with, we use 100% natural ingredients and our processes are very artisanal that take a long time to produce, We think that makes a difference in the taste of our food.*

*Here in the "Pink House" we want the same as we dreamed 10 years ago, that you share and enjoy your time in Helena with friends, with a loved one or with family, that you can delight your taste buds trying different dishes, that you discover a fun, creative menu that celebrates the unique flavours and ingredients of Colombia.*

*We hope you can disconnect, relax and enjoy the view with a cocktail designed by our bar team (or a few) an artisanal beer, a cafe or dessert and let the Helena family share the Helena experience with you.*

*Thanks for joining us over these last 10 years.*

**WELCOME TO YOUR HELENA ADENTRO AND TO FILANDIA, ONE OF THE MOST BEAUTIFUL TOWNS OF COLOMBIA WHERE "EVERYTHING'S INSIDE"**

helena  
adentro



TU  
ERES  
HOT



HOT  
HOT!





**"All our dishes are designed to share and enjoy the different flavors of our menu "**

## **SHARE PLATES**

### **HOMEMADE MEAT EMPANADAS**

*\*Contains*

**16<sup>900</sup>**



*accompanied with lime and "pico de gallo" (chopped tomato, onion, coriander and lime juice)*

### **CHORIPAN WITH HELENA'S CHORIZO**



**27<sup>900</sup>**

*Handmade and smoked chorizo by Helena, artisanal bread, caramelized onions, chimichurri (garlic and parsley oil) and lime*

### **RABBIT SANDWICH**



**45<sup>900</sup>**

*slow cooked rabbit served in artisanal bread with cheddar cheese, bacon, tree tomato chutney, homemade mayonnaise and Helena's hand cut chips*

### **VEGAN NACHOS**

**31<sup>900</sup>**

*Refried green beans, slightly spicy pickled pumpkin, pickled red onion & beetroot, guacamole, crunchy artisanal corn chips*

## FILANDIA'S AREPAS

*\*Contains*



DAIRY



TRACES OF GLUTEN

15,900

*with Colombian slow cooked tomato and onion sauce and homemade sour cream*

## NACHOS WITH CACIOTTA CHEESE



DAIRY



GLUTEN

41,900

*crunchy hand made corn chips with pulled pork belly cooked in orange and achiote, black beans with slow cooked tomato sauce, caciotta cheese sauce (semi mature cheese produced locally) topped with chopped tomato, onion and lime and accompanied with chilli oil on the side*

## HELENA'S SLOW COOKED PORK BELLY SALAD



TRACES OF GLUTEN

29,900

*Pork belly cooked in sea salt by helena, chopped and mixed with orange slices, red onion, cherry tomatoes from La Traviesa, lime and served with 2 crunchy arepas*

## SMOKED HUMMUS



NUTS



GLUTEN

33,900

*accompanied with rice, quinoa, almonds and Helena's selection of weekly harvested vegetables served with homemade bread*

## EGGPLANTS FROM THE FARM



DAIRY



GLUTEN

24,900

*eggplants, caramelized onions on top of artisanal bread, goat's cheese from Capribel and achiote oil*

## CHULETA DE POLLO



46'900

*apanada con pan de yuca, pasta de tomate agridulce, queso doble crema gratinado, papas de helena con mayonesa casera, acompañada de un encurtido de pepino y zanahoria*

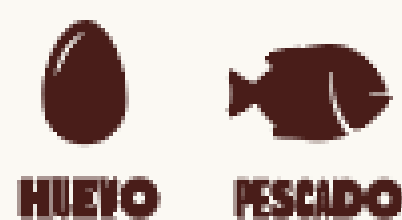
## TOSTONES DE CAMARÓN



29'900

*camarón triturado, jengibre y tomate, montado en tostones de plátano verde de Doña Yaneth, guacamole y crema agria de helena*

## TRUCHA DE HELENA



43'900

*filete de trucha local de Mistrató, Risaralda arroz de coco, mayonesa cremosa de pimentón rojo, ralladura de plátano verde crocante y mix de hojas verdes cultivados en Filandia, tomate cherry, cebolla morada y vinagreta casera*

## CROQUETAS DE YUCA



24'900

*apanadas con pan de yuca y rellenas de queso doble crema con dos salsas, pimentón dulce y crema agria*

## DESGRANADO AL ESTILO HELENA



44'900

*maíz desgranado, salteado con mantequilla, sal, pimienta y un toque de limón, sobre una cama de lechuga batavia, carne de res desmechada con reducción de sus jugos, mayonesa casera, queso fresco local y cilantro*

## ADICIONES

<b>Ensalada de hojas verdes</b> <i>ensalada de hojas verdes, queso de cabra local, almendras, vinagreta casera</i>	<i>*Contiene</i>  LÁCTEOS  NUECES	<b>20'900</b>
<b>Porción pan artesanal</b>	 GLUTEN	<b>5'900</b>
<b>Porción de queso campesino (90 g)</b>	 LÁCTEOS	<b>4'900</b>
<b>Porción arroz blanco</b>		<b>5'900</b>
<b>Porción arroz de coco</b>		<b>11'900</b>
<b>Porción arroz de quinoa y nueces</b>	 NUECES	<b>11'900</b>
<b>Patacones de helena (4)</b>	 LÁCTEOS	<b>8'900</b>
<b>Porción papa de helena</b>		<b>15'900</b>
<b>Porción chorizo artesanal de helena</b>		<b>15'900</b>

**\*TODOS NUESTROS PRECIOS INCLUYEN EL IMPUESTO AL CONSUMO**

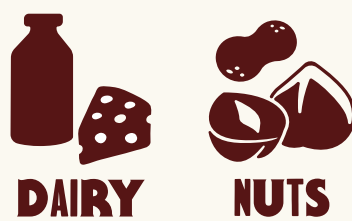


## ADDITIONS

### Green leaf salad

*Organic greens from Filandia with local goats cheese, almonds, and a vinaigrette*

*\*Contains*



**20'900**

### Portion of handmade bread



**5'900**

### Portion of fresh cheese (90 g)



**4'900**

### Portion of white rice

**5'900**

### Portion of coconut rice

**11'900**

### Portion of rice with quinoa & nuts



**11'900**

### Helena's patacones (4)



**8'900**

### Portion of hand cut french fries

**15'900**

### Portion of handmade chorizo (und)

**15'900**

**\*ALL OF OUR PRICES ARE INCLUSIVE OF THE CONSUMPTION TAX**





TODO  
LO  
LINDO  
BR





## HELENA'S NON-ALCOHOLIC DRINKS

	GLASS	JUG
<b>RED FRUITS &amp; AÇAÍ SYRUP WITH LIME IN SODA</b>	<b>8<sup>500</sup></b>	<b>32<sup>900</sup></b>
<b>WATERMELON SYRUP WITH LIME IN SODA</b>	<b>8<sup>500</sup></b>	<b>32<sup>900</sup></b>
<b>COCONUT SYRUP WITH LIME IN SODA</b>	<b>8<sup>500</sup></b>	<b>32<sup>900</sup></b>
<b>MANDARIN, ORANGE, MINT AND PINEAPPLE WITH LIME IN SODA</b>	<b>8<sup>500</sup></b>	<b>32<sup>900</sup></b>
<b>JAMAICA FLOWER WATER</b>	<b>8<sup>500</sup></b>	<b>32<sup>900</sup></b>
<b>LOCAL BLACKBERRY JUICE</b>		
<b>IN WATER</b>	<b>6<sup>900</sup></b>	<b>25<sup>900</sup></b>
<b>IN MILK</b> <i>*Contains</i> 	<b>7<sup>500</sup></b>	<b>32<sup>900</sup></b>
<b>HELENA'S LEMONADE</b>	<b>8<sup>500</sup></b>	<b>32<sup>900</sup></b>
<i>Add a touch of pink to your meal with helena's lemonade, purple basil syrup and tahiti lemon juice.</i>		
<i>*Contains</i> 		
<b>COCONUT LEMONADE</b>	<b>9<sup>900</sup></b>	<b>37<sup>900</sup></b>
<i>a creamy but refreshing drink made with our house made coconut syrup, lime mandarin juice and milk</i>		
<b>LULADA</b>	<b>9<sup>900</sup></b>	<b>34<sup>900</sup></b>
<i>lulo syrup, fresh lulo, tahiti lime, sugar</i>		



	<b>GLASS</b>	<b>JUG</b>
<b>MOJITO VÍRGEN DE MORA</b> <i>blackberry, mint, tahiti lime and sugar macerated</i>	<b>9<sup>900</sup></b>	<b>37<sup>900</sup></b>
<b>FRIDA VIRGEN</b> <i>Helena's most famous cocktail without liquor, mandarin juice, fresh passion fruit, reduction of blackberry</i>	<b>9<sup>900</sup></b>	<b>37<sup>900</sup></b>

## **SOFT DRINKS & ARTISANAL BEER**

<b>COCA COLA 350 MLS</b>	<b>7<sup>500</sup></b>
<b>SPRITE <sup>GLASS</sup> <sup>JUG</sup> 350 MLS</b>	<b>7<sup>500</sup></b>
<b>COCA COLA ZERO 350 MLS</b>	<b>7<sup>500</sup></b>
<b>AGUA HATSU 500 MLS</b>	<b>7<sup>500</sup></b>
<b>TONIC WATER</b>	<b>11<sup>900</sup></b>
<b>JUNIPER DRY OR ELDERFLOWER</b>	
<b>GLASS OF SODA* 380 MLS</b>	<b>5<sup>900</sup></b>
<b>BBC GLASS 330 MLS</b>	<b>10<sup>900</sup></b>
<b>BBC PINT 500 MLS</b>	<b>16<sup>900</sup></b>
<b>BBC JUG 1.5 LITRES</b>	<b>40<sup>900</sup></b>

**\*WE WANT TO CONSERVE THE ENVIRONMENT THAT IS WHY WE DON'T SELL PLASTIC BOTTLES OF WATER. OUR WATER IS FILTERED AND FREE FOR OUR CLIENTS, PLEASE ASK ONE OF THE HELENA TEAM FOR A GLASS OF WATER.**





**PAL  
CENTRO  
Y PA'  
DENTRO**



## COCKTAILS

### **BOSQUE PICOSO** 27<sup>900</sup>

*selva gin infused with pipilongo, rosemary syrup, coca leaf flour mixed with lime peel and pepper.*

### **NEGRONI DE LA CASA** 38<sup>900</sup>

*this recipe is based on the classic negroni with an Helena twist results in a slightly smoky and spiced version. Housemade caciotta mature cheese bitters, 400 Conejos Mezcal, artisanal Red Vermouth and Campari*

### **SANGRÍA BLANCA DE LA CASA** GLASS 29<sup>900</sup> JUG 106<sup>900</sup>

*cool down with our white sangria, white wine, green apple, cinnamon sticks, fresh lychees and a touch of brandy.*

### **PIÑA COLADA DE HELENA** \*Contains 31<sup>900</sup>

*feel like your near the beach, a classic caribbean cocktail. Havana Club 3yo Rum, artisanal coconut syrup, fresh cream, fresh pineapple, frappe and served cold.*

### **FRIDA** GLASS 24<sup>900</sup> JUG 119<sup>900</sup>

*helena's house cocktail, created 10 years ago by JP it's tropical and will have you feeling very happy. Absolut Vodka, Triple Sec, mandarin juice, passion fruit, blackberry reduction, soda & lime*

### **TINTO DE VERANO** GLASS 27<sup>900</sup> JUG 99<sup>900</sup>

*our version of tinto de verano, red wine, Havana Club 3yo Rum, mandarin, orange, pineapple and mint syrup, tahiti lime juice, cinnamon and chamomile bitters. Order it hot on a cold filandia's day*



## **MARGARITA DE CHONTADURO 32<sup>900</sup>**

*If you like margaritas and chontaduro with salt and honey, this cocktail is for you. Made with an infusion of Viche and chontaduro, Tequila Gran Centenario Reposado 100% agave, mandarin lime and michelado with helena's salt rim*

## **LA MIJITA**

**GLASS 29<sup>900</sup> JUG 119<sup>900</sup>**

*the classic mojito with a twist. Havana Club 3yo Rum, tahiti lime juice and mint macerated with sugar, a touch of mil976 ginger and lime tonic water*

## **GINEBRA Y TÓNICA DE HELENA**

**32<sup>900</sup>**

*the classic gin and tonic in helena is made with Gordons Gin, Mil976 tonic water, poleo and rosemary bitter. Although if you would like to try something new we have several top shelf gins. By choosing one, our bar will prepare a unique G&T by enhancing the flavour by adding our house made bitters*

### **Ginebra y tónica al gusto**

*choose your drink of Gin to taste, Malfy Gin Rosa, Bulldog or Selva and add your tonic, we add the bitters to enhance its flavor*

**Mil976 Indi Tonic**

**11<sup>900</sup>**

**Juniper Dry or Elderflower Tonic**

**11<sup>900</sup>**

## **LULADA EVENENÁ**

**29<sup>900</sup>**

*Lulo syrup, chopped lulo, lime juice, Absolut Vodka*

**“WE HAVE ALL THE CLASSIC COCKTAILS, IF YOU WANT ANY OF THEM TALK TO US AND WE'LL BE HAPPY TO MAKE THEM FOR YOU.”**



**“THIS NEW COCKTAIL MENU IS DESIGNED AROUND THE PARTIES, FAIRS AND FESTIVALS OF COLOMBIA CELEBRATING THE CULTURE AND THE DIVERSITY OF THESE EVENTS IN DIFFERENT REGIONS OF COLOMBIA. A FUN, COLOURFUL AND FLAVOURFUL COLLECTION, A TRIBUTE TO COLOMBIA AND ALL THE BEAUTIFUL THINGS IT HAS.”**

## **PRIMAVERA**

**31'900**

*a fresh and herbal cocktail with delicate floral notes that takes us on a trip to the city of eternal Spring and to the Festival of Flowers in Medellín. Gordons Gin, absinthe bitter, elderflower bitter. tahiti lemon, mil976 indian tonic water*

## **DIABLITO**

**31'900**

*remembering the devil of the Río Sucio Carnival, this cocktail is intense, smoky and a bit spicy. Chipotle and jamaica flower syrup, homemade red vermouth, Tequila Gran Centenario Reposado 100% agave*

## **JOSELITO**

**31'900**

*a refreshing and colourful cocktail that reminds us of the variety and fun at the Barranquilla Carnival. Gooseberry macerated with pineapple and ginger with Havana Club 3yo Rum*

## **PAISANO**

**31'900**

*take a trip and discover the flavours of the coffee region of Colombia Coffee cherry syrup, mandarin lime, House Whisky, elderflower bitter*

## **PETRONIO**

**31'900**

*up close with the flavours of our Afro culture, housemade white vermouth, infusion of viche Mano de Buey with eucalyptus, artisanal bitters of lemongrass and chamomile results in a bold and pronounced cocktail*

## **LUNA VERDE**

**31'900**

*this cocktail represents the colours of the Green Moon Festival in San Andres & Providencia and with its flavours a mixture of cultures in this region. Green apple, lemongrass, tahiti lime, Absolut Vodka, poleo and walnut bitter*



**TEQUILA  
CENTENARIO.**

**GORDON'S**



## RED WINES

<b>DADA 1</b> <i>Bonarda / Malbec, Argentina</i>	<b>GLASS</b> <b>19900</b>	<b>BOTTLE</b> <b>94900</b>
<b>DADA 2</b> <i>100% Merlot, Argentina</i>	<b>GLASS</b> <b>19900</b>	<b>BOTTLE</b> <b>94900</b>
<b>DADA 3</b> <i>Cabernet Sauvignon/syrah, Argentina</i>	<b>GLASS</b> <b>19900</b>	<b>BOTTLE</b> <b>94900</b>
<b>LA CELIA</b> <i>Reserva Malbec, Argentina</i>		<b>BOTTLE</b> <b>129900</b>
<b>ENATE</b> <i>Crianza Tempranillo, Spain.</i>		<b>BOTTLE</b> <b>143900</b>

## WHITE WINES

<b>LAS MORAS ORGÁNICO</b> <i>Chardonnay. Argentina</i>	<b>GLASS</b> <b>19900</b>	<b>BOTTLE</b> <b>97900</b>
<b>RAMÓN BILBAO</b> <i>Verdejo. Spain</i>		<b>BOTTLE</b> <b>139900</b>
<b>ENATE</b> <i>Gewürztraminer, Spain.</i>		<b>BOTTLE</b> <b>149900</b>
<b>COUSIÑO MACUL DON LUIS</b> <i>Sauvignon Blanc, Chile.</i>		<b>BOTTLE</b> <b>105900</b>

## ROSE WINE

<b>LAS MORAS</b> <i>Syrah Rosé. Argentina</i>	<b>GLASS</b> <b>18900</b>	<b>BOTTLE</b> <b>89900</b>
<b>TRAPICHE</b> <i>Malbec, Cabernet Sauvignon, Rosé, Argentina</i>		<b>BOTTLE</b> <b>99900</b>

## SPARKLING WINE

<b>RIVAROSE</b> <i>Syrah Rosé, Brut. France</i>		<b>BOTTLE</b> <b>145900</b>
<b>CHANDON ROSE</b>		<b>170000</b>



## LIQUORS

	HALF BOTTLE	SHOTS	BOTTLE
<b>AGUARDIENTE</b>			
<b>AGUARDIENTE ANTIOQUEÑO</b>	<b>70<sup>000</sup></b>	<b>18<sup>000</sup></b>	<b>130<sup>000</sup></b>
<b>AGUARDIENTE AMARILLO</b>		<b>19<sup>000</sup></b>	<b>139<sup>000</sup></b>
<b>RUM</b>			
<b>VIEJO DE CALDAS 3 YO RUM</b>	<b>69<sup>900</sup></b>	<b>16<sup>900</sup></b>	<b>129<sup>900</sup></b>
<b>ZACAPA RUM</b>		<b>45<sup>900</sup></b>	<b>450<sup>000</sup></b>
<b>HECHICERA RUM</b>		<b>49<sup>900</sup></b>	<b>490<sup>000</sup></b>
<b>PARCE RUM</b>		<b>49<sup>900</sup></b>	
<b>WHISKY &amp; BOURBON</b>			
<b>WHISKY JAMESON</b>		<b>25<sup>900</sup></b>	<b>260<sup>000</sup></b>
<b>WHISKY JACK DANIELS</b>		<b>27<sup>900</sup></b>	<b>280<sup>000</sup></b>
<b>WHISKY OLD PARR 12 YO</b>		<b>30<sup>900</sup></b>	<b>329<sup>900</sup></b>
<b>WHISKY BUCHANAN'S DELUXE 12 YO</b>		<b>41<sup>900</sup></b>	<b>339<sup>900</sup></b>



## LIQUORS

**WHISKY BLACK LABEL  
DELUXE 12 YO** **33<sup>900</sup> 390<sup>000</sup>**

### VODKA

**VODKA ABSOLUT** **24<sup>900</sup> 176<sup>900</sup>**

**VODKA GREY GOOSE** **41<sup>900</sup> 339<sup>900</sup>**

### GINEBRA

**SELVA GIN** **34<sup>900</sup> 390<sup>000</sup>**

**GORDONS GIN** **29<sup>900</sup> 280<sup>000</sup>**

**HENDRICKS GIN** **46<sup>900</sup> 430<sup>000</sup>**

### TEQUILA Y MEZCAL

**TEQUILA GRAN  
CENTENARIO** **25<sup>900</sup> 280<sup>000</sup>**

**TEQUILA DON JULIO  
AÑEJO** **51<sup>500</sup> 590<sup>000</sup>**

**TEQUILA 7 MISTERIOS** **49<sup>900</sup> 490<sup>000</sup>**

**MEZCAL 400 CONEJOS** **49<sup>900</sup> 490<sup>000</sup>**

\*helena adentro invites you to enjoy life responsibly. forbidden the sale of alcoholic beverages to minors. Excess alcohol is prejudicial to your health.



**EL QUE  
LATE**

**ESEL  
QUE  
MANDA**





## DESSERTS

### BREAD PUDDING

*with guava paste and whipped cream*



11.900

### CHEESECAKE

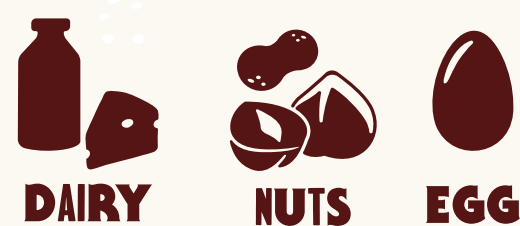
*with slow cooked blackberry reduction and cream*



15.900

### FLOURLESS CHOCOLATE CAKE

*with almonds and semi-dark chocolate ganache*



15.900

### ARTISANAL MERENGUES BROKEN

*with passion fruit and milk cream*



14.900

## AGUAPANELA & INFUSIONS

### AGUAPANELA

*with Organic Sugar Cane by "Mesa Baja"*

4.900

### AGUAPANELA WITH CHEESE

*& Organic Sugar Cane by "Mesa Baja"*



9.900

### NATURAL INFUSION OF FRESH FRUITS

6.900

### INFUSION OF ORGANIC HERBS FROM GARDEN

5.500

### INFUSION OF ORANGE AND GINGER

8.900



## COFFEE MACHINE

**ESPRESSO/DOPPIO/RISTRETTO** 5500

**AMERICANO** 5500

*\*Contains*



**MACCHIATO** 6500

**LATTE COFFEE SMALL** 7900

**LATTE COFFEE LARGE** 8900

**CAPPUCCINO SMALL** 7900

**CAPPUCCINO LARGE** 8500

**FLAT WHITE** 7000

**MOCHACCINO** 8900

**LIQUOR ADDITION** +6500

*Add 15 mls of Baileys, Brandy, Aguardiente  
o Ron viejo de Caldas to your Hot Drink*

*Swap to almond milk in your coffee* +7500

**CANELAZO** 19000

*Rum Viejo de Caldas, Brandy, Lime,  
Sugar Cane, Cinnamon, Cloves*



## ESPRESSO COFFEE

<b>V60 2 CUPS</b>	<b>9900</b>
<b>Add cup</b>	<b>4900</b>
<b>FRENCH PRESS 2 CUPS</b>	<b>7900</b>
<b>FRENCH PRESS 4 CUPS</b>	<b>13900</b>
<b>Add cup</b>	<b>4900</b>
<b>CHEMEX 2 CUPS</b>	<b>8900</b>
<b>Extra cup</b>	<b>4900</b>
<b>COLD BREW</b>	<b>4800</b>

## CHUCULA

### ARTISANAL HOT CHOCOLATE FROM CHUCULA

*\*Contains*



*In water*

\*

\*

**6500**

*In Milk*

\*

\*

\*

**8900**

*Add fresh cheese  
from Filandia*

\*

\*

\*

**+5900**

## CHAI TEA

*helena's homemade chai is made with black tea, cloves, cinnamon, cardamom, aniseed, ginger and black pepper, a pleasure for the senses.*

**CHAI TEA in water**

**6500**

**CHAI LATTE**

**8500**





**TODO  
ESTÁ  
ADEN  
TRO**

restaurante bar

tapas & comiditas · cócteles ·  
terraza de helena · salsas · café