



HERA

HERA'S OFFERING

GREEK NIGHT

Join us on the last Friday of every month for our Greek Night event - a monthly celebration of food, music and spectacle!

Expect a night of indulgence with live Greek music, goddess-themed dancers and a complimentary bespoke cocktail on arrival for all guests selecting one of our set menus.

No need to purchase a ticket, just reserve a table and enjoy the beautiful evening we have planned for you.

Recommended by Condé Nast Traveler and Secret London as one of the best things to do in London.

TERRACE HAPPY HOUR

Looking for the perfect way to unwind after a busy day?
HERA's Happy Hour is here to elevate your evenings.

Join us every weekday from 4pm to 7pm and enjoy a selection of drinks at a special price at our terrace. For just £6, enjoy a glass of house white, red or rosé wine, pint of beer. Upgrade to a spritz or classic cocktail for £8.

Offer available only at HERA's Terrace and Bar area. Not available on Match day and Event day

LUNCH MENU

Indulgent, yet affordable.

Join us at HERA for lunch every Monday to Friday 11am-3:30pm and enjoy a specially created lunch menu with workers in mind. A two course meal, including a starter, main and sides.

Our team has worked hard to make sure we can provide the perfect lunch menu for everyone by including healthier options as well as more indulgent ones.

Not available on Match day, Event day and Bank Holiday

Speak to a member of staff for more information.

A discretionary service charge of 12.5% will be added to your bill. Please always inform your server of any allergies or intolerances before placing your order. Not all ingredients are listed on the menu. We cannot guarantee the total absence of allergens. Detailed information on the fourteen legal allergens is available on request, however we are unable to provide information on other allergens.

TO BEGIN

BREAD BASKET V 6.9

Homemade loaf and pita

MELITZANO SALATA V 7.5

Finely chopped smoked aubergine with honey and balsamic

TARAMAS 7.5

Creamy smoked cod roe topped with a drizzle of dill oil

HUMMUS V 7.5

Chickpea purée with tahini and lemon

OLIVES V 5.9

Greek olives

TZATZIKI V 7.5

Cucumber, mint, garlic & yoghurt

TIROKAFTERI V 7.5

Roasted red peppers blended with feta cheese and chilli

FRIED COURGETTE V 7.5

Fried courgette with tzatziki

GARLIC BREAD V 6

Butter and garlic

ANCHOVIES 9.5

With thyme oil, pickled shallots & ouzo

STARTER

HALLOUMI & GRILLED PEACH V 12.9

Grilled halloumi and peaches with a honey and balsamic dressing

FETA SAGANAKI V 13.9

Feta cheese, wrapped in angel hair and drizzled with lemon honey

GRILLED OCTOPUS 19.9

Grilled octopus tentacle, served with Fava bean and pico de gallo

PRAWN SAGANAKI 15

King prawns flambeed with ouzo, tomato sauce and feta

YELLOWFIN TUNA 16

Raw tuna, thinly sliced and dressed with mandarin ponzu

BEEF MEATBALLS 14

Beef meatballs served with tzatziki

CALAMARI 14.9

Fried calamari with aioli, lemon, chilli and coriander

MUSSELS 14.9

Mussels with garlic, lemon, white wine sauce and chilli

SMOKED AUBERGINE V 16.9

Aubergine with zataar honey and truffle oil and smoked yoghurt

SEABASS CARPACCIO 15

Thin slices of raw seabass, lemon, chilli dressing and shaved fennel

BEETROOT V 11

Pickled heritage beetroot salad, tahini yoghurt, caramelised hazelnuts

TRUFFLE BURRATA V 16.9

Truffle burrata with figs, balsamic dressing and crumbled nuts

SALADS

GREEK SALAD V 13.9

Tomatoes, cucumber, onions, olives, peppers, feta, capers, rusk & Greek olive oil

KYTHIRA SALAD V 13.9

Rocket leaves, orzo pasta, cherry tomatoes, red peppers, Kalamata olives, lemon dressing, capers, cucumber and Greek olive oil

HALLOUMI SALAD V 11.9

Halloumi, orange, radish, rocket, lettuce, caper leaf & orange mustard dressing

ROCKET SALAD V 9.9

Rocket, parmesan, cherry tomatoes, balsamic & olive oil

MEAT

GRILLED BABY CHICKEN 23.9
Grilled baby chicken, marinated with mixed herbs and yoghurt, served with rice

CHARCOAL CHICKEN SKEWER 19.5
Chargrilled chicken skewer, marinated in honey mustard

LAMB CHOPS 29.9
Grilled lamb chops with rosemary

SEA

GRILLED SEA BASS 28.9
Grilled seabass with extra virgin olive oil and lemon dressing

KING PRAWNS 22.9
King prawns grilled with a hint of garlic and lemon

PASTA & VEGETARIAN

MOUSSAKA 19
Baked layers of aubergine, mushroom ragu, potato, béchamel sauce & graviera

SEAFOOD ORZO 26.9
Orzo pasta with calamari, prawns, mussels, garlic and tomato sauce

RIGATONI **V** 19
Tube pasta with garlic, tomato and feta

RAGU PASTA 26.9
Large tube pasta, braised beef cheeks in a red wine sauce

POTATO GNOCCHI 23
Potato gnocchi with chicken and asparagus with creamy sauce

SIDES

ROASTED POTATOES **V** 7
With oregano oil

MUSHROOMS **V** 6
Mushrooms with oregano and garlic

FETA CHIPS **V** 7.9
Chips with feta and truffle oil

FILLET STEAK 38
Beef tenderloin, beef fat roasted potatoes, vine tomatoes & grilled chilli

LAMB SHOULDER 27
Slow cooked lamb shoulder, sun-dried tomatoes, cumin, braised chickpeas & spinach

For a complete experience, we recommend at least one side dish per main.

HERB CRUSTED COD 24
Herb crusted cod with new potatoes, caper leaf and lemon

SALMON 27.9
Pan roasted salmon with grilled baby leeks, bisque sauce, potatoes & kalamata olives

BLACK SEAFOOD TAGLIOLINI 27.9
Black tagliolini with prawns, mussels, garlic, asparagus and marinara sauce

ORZO PORCINI 25.9
Orzo pasta with porcini mushrooms, chicken and a touch of truffle oil

TRUFFLE RAVIOLI **V** 25
Ravioli filled with truffle, Stracchino cheese, mushroom and creamy sauce

STUFFED AUBERGINE **V** 19
Fried ½ aubergine stuffed with finely chopped tomatoes and Feta cheese, served with rice

PRAWN SPAGHETTI 25.9
Spaghetti with king prawns, courgette, garlic, saffron and lemon zest

CHIPS **V** 6.9
Chips with mixed herbs

CHARCOAL BROCCOLI **V** 7.9
Grilled broccoli with dill and lemon oil

RICE **V** 6.9
Rice & lentils



HERA

SET MENU

45 per person
Minimum 2 people

STARTER

Choice of one

Served with bread for the table

GREEK SALAD V

Tomatoes, cucumber, onions, olives, peppers, feta, capers, rusk & Greek olive oil

FETA SAGANAKI V

Feta cheese, wrapped in angel hair, drizzled with lemon honey

CALAMARI

Fried calamari with aioli, lemon, chilli and coriander

MELITZANO SALATA V

Finely chopped smoked aubergine with honey and balsamic dressing

HUMMUS V

Chickpea purée with tahini and lemon

TARAMAS

Creamy smoked cod roe topped with a drizzle of dill oil

MAINS

Choice of one

Served with roasted potatoes *or* tenderstem broccoli for the table.

MOUSSAKA

Baked layers of aubergine, mushroom ragu, potato, béchamel sauce & graviera

CHARCOAL CHICKEN SKEWER

Chargrilled chicken skewer, marinated in honey mustard

TRUFFLE RAVIOLI V

Ravioli filled with truffle, Stracchino cheese and mushroom and creamy sauce

KING PRAWNS

King prawns grilled with a hint of garlic and lemon

GRILLED SEA BASS

Grilled seabass with extra virgin olive oil and lemon dressing

RIGATONI V

Tube pasta with garlic, tomato and feta

DESSERT

Choice of one

GALAKTOBOUREKO V

Flaky phyllo filled with vanilla custard cream

RASPBERRY NOIR V

Silky chocolate pie finished with a glossy glaze, lifted by the sharp brightness of raspberry gel

A discretionary service charge of 12.5% will be added to your bill. Please always inform your server of any allergies or intolerances before placing your order. Not all ingredients are listed on the menu. We cannot guarantee the total absence of allergens. Detailed information on the fourteen legal allergens is available on request, however we are unable to provide information on other allergens.



HERA

SET MENU

55 per person
Minimum 2 people

STARTER

Choice of one

Served with bread for the table

HALLOUMI & GRILLED PEACH **V**

Mixed leaves, grilled halloumi and peaches, tahini dressing

FETA SAGANAKI **V**

Feta cheese, wrapped in angel hair and drizzled with lemon honey

BEEF MEATBALLS

Beef meatballs served with tzatziki

MELITZANO SALATA **V**

Finely chopped smoked aubergine with honey and balsamic dressing

CALAMARI

Fried calamari with aioli, lemon, chilli and coriander

SMOKED AUBERGINE **V**

Aubergine with zataar honey, truffle oil and smoked yoghurt

GREEK SALAD **V**

Tomatoes, cucumber, onions, olives, peppers, feta, capers, rusk & Greek olive oil

HUMMUS **V**

Chickpea purée with tahini and lemon

MAINS

Choice of one

Served with roasted potatoes **or** tenderstem broccoli for the table.

MOUSSAKA

Baked layers of aubergine, mushroom ragu, potato, béchamel sauce & graviera

ORZO PORCHINI

Orzo pasta with porcini mushrooms, chicken and a touch of truffle oil

RIGATONI **V**

Tube pasta with garlic, tomato and feta

LAMB SHOULDER

Slow cooked lamb shoulder, sun-dried tomato, cumin, braised chickpeas & spinach

CHARCOAL CHICKEN SKEWER

Chargrilled chicken skewer, marinated in honey mustard

GRILLED SEA BASS

Grilled seabass with extra virgin olive oil and lemon dressing

KING PRAWNS

King prawns grilled with a hint of garlic and lemon

BLACK SEAFOOD TAGLIOLINI

Black tagliolini with prawns, mussels, garlic, asparagus and marinara sauce

DESSERT

Choice of one

GALAKTOBOUREKO **V**

Flaky phyllo filled with vanilla custard cream

EKMEK KATAIFI **V**

Layers of shredded kataifi, pistachios and velvety custard cream

A discretionary service charge of 12.5% will be added to your bill. Please always inform your server of any allergies or intolerances before placing your order. Not all ingredients are listed on the menu. We cannot guarantee the total absence of allergens. Detailed information on the fourteen legal allergens is available on request, however we are unable to provide information on other allergens.



HERA

LUNCH MENU

Monday - Friday, 11am-3:30pm
Excluding Bank Holiday and Match Days

13.90 per person

The HERA express lunch menu.
A two course meal.

FIRST COURSE

For the table, a choice of either

HUMMUS **V**

Chickpea purée with tahini and lemon

or

TZATZIKI **V**

Cucumber, mint, garlic & yoghurt

SECOND COURSE

HERB-FED CHICKEN

Boneless, grilled baby chicken, served with rice

CHICKEN PASTA

Penne with chicken, garlic, onions, mushroom and creamy sauce

SALMON PITTA

Poached salmon, pitta bread, capers, lemon, red onion, mascarpone cheese, lettuce with chips

SPINACH ORZO **V**

Traditional Greek orzo pasta with spinach, Greek lemon, shallots, garlic and a touch of wild Greek oregano

BEEF MEATBALLS

Beef meatballs with tzatziki, lettuce, red onion, tomato, pitta bread and chips

OREGANO BEEF PATTIES

Grilled beef patties - a unique Greek recipe. Served with chips.

GRILLED VEGETABLE PITTA **V**

Grilled Vegetable pitta bread with hummus, halloumi and chips

CHICKEN SOUVLAKI

Grilled chicken with pitta bread, onions, lettuce, tzatziki and chips

BOLOGNESE

Spaghetti with beef ragu bolognese sauce

ORZO SALAD **V**

Orzo with cherry tomatoes, chickpeas, olives, feta, red onion and Greek salad dressing

PASTA WITH PESTO

Penne pasta with basil pesto, cream and parmesan cheese

COD

Cod with cherry tomatoes, mussels and lemon sauce

A discretionary service charge of 12.5% will be added to your bill. Please always inform your server of any allergies or intolerances before placing your order. Not all ingredients are listed on the menu. We cannot guarantee the total absence of allergens. Detailed information on the fourteen legal allergens is available on request, however we are unable to provide information on other allergens.



HERA

KIDS MENU

10.90 per person*

CHARCOAL CHICKEN

Chargrilled chicken skewer with chips

BEEF MEATBALLS

Beef meatballs with chips

PENNE BOLOGNESE

Penne pasta with Bolognese sauce and cheese

GRILLED SEA BASS

Grilled Sea Bass with roasted potatoes

MOUSSAKA

Baked layers of aubergine, mushroom ragu, potato, béchamel sauce & graviera

SPAGHETTI **V**

Spaghetti with tomato sauce

PENNE PESTO **V**

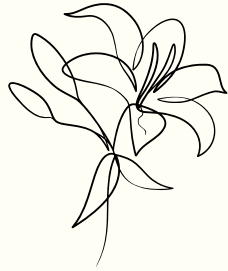
Penne with basil pesto and cream cheese

PENNE CREAMY **V**

Penne with a creamy sauce and cheese

**only available for children*

A discretionary service charge of 12.5% will be added to your bill. Please always inform your server of any allergies or intolerances before placing your order. Not all ingredients are listed on the menu. We cannot guarantee the total absence of allergens. Detailed information on the fourteen legal allergens is available on request, however we are unable to provide information on other allergens.



HERA