



FULL SERVICE BUFFET SELECTIONS FOR SIMCHAS

OSCAR NIGHT

Roasted Tenderloin of Beef
grilled over Hardwood Coals to Medium Rare & Hand Carved to order
accompanied by Roasted Garlic & Caramelized Onion and Horseradish Sauces
served with a basket of Freshly Baked Rolls

Chicken Spragle
Breast of Chicken wrapped around Fresh Asparagus Spears
with a Triple Cheese Sauce

Double Baked Potatoes with Sun Dried Tomatoes
Fresh Idaho Potatoes whipped with Butter, Cream Cheese & a hint of Horseradish
piped on a Half Shell with bits of Sun Dried Tomato

Spinach Soufflé Strudel
A delicate & light Spinach Soufflé
wrapped in paper thin Phyllo & baked to golden brown

Hel's Famous Caesar Salad
with Freshly Grated Parmesan Cheese & Homemade Croutons

Hel's Specialty Bread Basket to include
Tomato Basil Bread, Petite Croissants, French Cheddar Bread, Crusty Sourdough Bread,
Raisin Pumpernickel, Focaccia, Seven Grain & Assorted Muffins

A PARISIAN HOLIDAY

Salmon Coulibiac
Fresh Fillet of Salmon layered with Wilted Swiss Chard, Sautéed Mushrooms, Saffron Rice,
Shallots, Dill & Herbed Béchamel
all wrapped in a Flaky Light Puff Pastry

Turkey Florentine
Fresh Boneless Breast stuffed with Spinach & Pine Nuts
roasted, pre-carved & fanned
accompanied by Roasted Red Pepper Sauce

Spicy Vegetable Cous Cous
A Medley of Fresh Sautéed Vegetables & Dried Fruits
combined with Cous Cous in a Curried Red Pepper Marinade

Fresh Steamed Green Beans
served chilled in a Mustard Sherry Dressing
with Roasted Red Pepper Garnish

Fresh Baby Lettuces
with Feta Cheese, Kadotta Fig, Grilled Red Onion & Roasted Cherry Tomato
in Lemongrass Balsamic Vinaigrette

Hel's Specialty Bread Basket to include
Tomato Basil Bread, Petite Croissants, French Cheddar Bread, Crusty Sourdough Bread,
Raisin Pumpernickel, Focaccia, Seven Grain & Assorted Muffins

SIMPLE & ELEGANT

Chicken Piccata
Boneless Breast of Chicken
sautéed in a Lemon Caper Beurre Blanc

Hand Carved Roasted Sirloin
accompanied by Tarragon Mayonnaise, Horseradish Sauce & Freshly Baked Rolls

Roasted Red Pepper and Saffron Risotto
with Morel Mushrooms, Asparagus Tips & Confetti Peppers

Fresh Steamed Asparagus
with Asiago Cheese & Toasted Pine Nuts in a Beurre Noisette

Spinach Salad
Mandarin Oranges & Slivered Almonds on Fresh Spinach Greens
with Tangerine Vinaigrette

Hel's Specialty Bread Basket to include
Tomato Basil Bread, Petite Croissants, French Cheddar Bread, Crusty Sourdough Bread,
Raisin Pumpernickel, Focaccia, Seven Grain & Assorted Muffins

COSTA DEL SOL

Lemon Basil Chicken
encrusted with Basil, Oregano & Thyme and sautéed in Virgin Olive Oil
accompanied by Lemon Basil Sauce

Trio of Winter Raviolis (Trio varies weekly)
with Oven Roasted Tomato Cream Sauce & Fresh Chive Garnish

Warm Grilled Vegetables
including Eggplant, Yellow & Red Pepper, Red Onion, Squash, Asparagus & Portobello Mushroom
drizzled with Balsamic Reduction

Fresh Baby Lettuces
with Feta Cheese, Kadotta Fig, Grilled Red Onion & Roasted Cherry Tomato
in Balsamic Vinaigrette

Hel's Fall/Winter Specialty Bread Basket to include
Braided Tomato Basil Bread, French Cheddar Bread, Crusty Sourdough Bread,
Raisin Pumpernickel, Focaccia, Olive Loaf and Cornbread & Cranberry Muffins

A MIDSUMMER NIGHT'S DELIGHT

Chicken Florentine
Boneless Breast of Chicken
sautéed with Sherry Wine & Mushroom
served over Fresh Steamed Spinach

Grilled Salmon
brushed with Fresh Herbs & Olive Oil
accompanied by Cucumber Dill Relish &
Mustard Mayonnaise

Lemon & Olive Oil Orzo with Arugula & Ricotta
tossed in Lemon Vinaigrette

California Stir Fry
including Asparagus, Green, Red & Yellow Pepper,
Carrot, Broccoli, Cauliflower, Red Onion &
Sno Pea all tossed in Fresh Herb Butter

Garden Fresh Salad with Iceberg Lettuce,
Tomato Wedges, Crisp Cucumbers & Shaved
Carrots with your choice of Thousand Island,
Bleu Cheese or Italian Vinaigrette

A Spring/Summer Specialty Bread Basket to
include Braided Tomato Basil Bread,
Crusty Sourdough Bread, Italian Herb &
Parmesan Bread, Olive Loaf, Raisin
Pumpernickel, Focaccia, Assorted Muffins,
Sunflower Crisps & Seeded Chicago Flats

A MIDWINTER NIGHT'S DREAM

Tilapia Provencal
Tender Tilapia Fillet dusted with Country Herbs,
lightly sautéed & served Provencal Style with
Tomatoes & Mushrooms over a bed of Wilted Spinach

Pecan Encrusted Chicken
Boneless Breast of Chicken encrusted with
Louisiana Style Chopped Pecans
sautéed to golden brown & touched
with Lime Beurre Blanc

Long Grain & Wild Rice
with Pecans & Dried Wild Cherries

Oven Roasted Acorn Squash with a touch of
Brown Sugar & Butter

Midwestern Mesclun Salad with Grilled Asparagus,
Squash & Fresh Grilled Corn
tossed with Dried Cherries, Wisconsin Goat Cheese
& Balsamic Vinaigrette

Hel's Fall/Winter Specialty Bread Basket to
include Braided Tomato Basil Bread, French
Cheddar Bread, Crusty Sourdough Bread,
Raisin Pumpernickel, Focaccia, Olive Loaf and
Cornbread & Cranberry Muffin

CINCO de MAYO

Trio of Mini Quesadillas

Crab & Fresh Roasted Corn Mushroom
with Roasted Yellow & Red Traditional Cheese
Peppers with Fresh Chopped
Jalapenos & Black Olives

accompanied by Hel's Homemade Pico de Gallo

Hel's Steak or Grilled Chicken Fajitas
surrounded by Grilled Peppers & Onions
accompanied by Guacamole, Salsa, Sour Cream, Cheddar Cheese,
Chopped Olives, Scallions, Tomatoes & Warm Flour Tortillas

Our Cheese Enchiladas
with Cheddar & Chihuahua Cheeses
garnished with Scallions & Chopped Black Olives

Authentic Spanish Rice
with Fresh Scallion, Crushed Tomato & Cumin

Margarita Citrus Salad
Fresh Orange & Grapefruit Segments laid over a touch of Mesclun Mix & Grilled Jicama
tossed in Tequila Lime Vinaigrette

A MEXICAN FIESTA

Hel's Steak & Grilled Chicken Fajitas
surrounded by Grilled Peppers & Onions
accompanied by Guacamole, Salsa, Sour Cream, Cheddar Cheese,
Chopped Olives, Scallions, Tomatoes & Warm Flour Tortillas

Your Choice of Chicken or Cheese Enchiladas
with Cheddar & Chihuahua Cheeses

Authentic Spanish Rice with Fresh Scallion, Crushed Tomato & Cumin

Frijoles Refritos
Refried Beans topped with Shredded Cheddar Cheese
or
Steamed Black Beans with Goat Cheese Crumbles

A Mexican Salad
of Jicama, Cucumber, Tomato, Lettuce & Thinly Sliced Red Onion
tossed in a Lime Vinaigrette

THINK SPRING

Light & Flaky Mediterranean Herbed Tilapia
garnished with a Lemony Apple, Jicama & Radish Slaw

Nick's Oven Roasted Bone-In Greek Chicken Breast*
with Artichoke Hearts & Roasted Lemon Wedges
glazed with Lemon, Oregano & Olive Oil

Saffron Orzo
with Morel Mushrooms, Asparagus Tips & Confetti Peppers

Eggplant Timbale
Layers of Sautéed Eggplant, Fresh Tomato Basil Sauce and Parmesan & Mozzarella Cheeses

Wagner Spinach Salad with Fresh Sliced Strawberries, Crumbled Bleu Cheese,
Caramelized Onion & Candied Walnuts served with Poppyseed Dressing

A Spring/Summer Specialty Bread Basket to include
Braided Tomato Basil Bread, Crusty Sourdough Bread, Italian Herb & Parmesan Bread,
Olive Loaf, Raisin Pumpernickel, Focaccia, Assorted Muffins,
Sunflower Crisps & Seeded Chicago Flats

CRAZY LAZY DAYS.....

Whole Poached Norwegian Salmon
fully garnished & served with Cucumber Dill & Mustard Sauces

Blackened Extra Firm Tofu
seared with Nutritional Yeast & Cajun Spices
served with Wilted Spinach

Spicy Vegetable Cous Cous
a Medley of Fresh Sautéed Vegetables & Dried Fruits
combined with Cous Cous in a Curried Red Pepper Marinade

Haricot Vert (French Green Beans)
with Top-On Baby Carrot & Caramelized Pearl Onion in Champagne Vinaigrette

Hel's Fabulous Chopped Salad
with California Flat Leaf Spinach & Romaine Lettuce
tossed with Chopped Carrots, Celery, Broccoli, Peppers
Tomatoes, Olives, Scallions, Garbanzo Beans & Mozzarella Cheese
accompanied by Balsamic Vinaigrette

Hel's Specialty Bread Basket to include
Tomato Basil Bread, Petite Croissants, French Cheddar Bread, Crusty Sourdough Bread,
Raisin Pumpernickel, Focaccia, Seven Grain & Assorted Muffins

A TOUCH OF ELEGANCE (KOSHER STYLE)

Pecan Encrusted Tilapia
accompanied by Citrus Beurre Blanc

Tips of Black Angus Tenderloin braised in Bordelaise
served over Herbed Orzo & tossed with Mushrooms

California Stir Fry
including Asparagus, Green, Red & Yellow Pepper, Carrot, Broccoli, Cauliflower,
Red Onion & Snow Pea all tossed in Fresh Herb Butter

Mesclun Lettuces with Curly Endive, Crispy Leek & Grilled Fennel
in Sherry Mustard Vinaigrette

Hel's Fall/Winter Specialty Bread Basket to include
Braided Tomato Basil Bread, French Cheddar Bread, Crusty Sourdough Bread,
Raisin Pumpernickel, Focaccia, Olive Loaf and Cornbread & Cranberry Muffins

BLACK TIE OPTIONAL

A DELIGHTFUL DUET

Boneless Breast of Chicken
covered with Mushroom Duxelle
folded in five layers of Paper Thin Phyllo
accompanied by Tarragon Crème Sauce

Hand Carved Sirloin of Beef
served with Tarragon Mayonnaise &
Horseradish Sauce & Freshly Baked Rolls

Haricot Vert
with Caramelized Pearl Onions &
Top-On Baby Carrot

Hel's Original Oven Roasted Fan Potatoes

Spinach Salad
with Mandarin Oranges & Slivered Almonds
lightly tossed in Tangerine Vinaigrette

Hel's Specialty Bread Basket to include
Tomato Basil Bread, Petite Croissants,
French Cheddar Bread, Crusty Sourdough
Bread, Raisin Pumpernickel, Focaccia,
Seven Grain & Assorted Muffins

Chicken Paillards
Grilled Boneless Breast of Chicken
layered with Wilted Spinach
accompanied by
Citrus Beurre Blanc & Mango Salsa

Grilled Petite Malaysian Lamb Rack
grilled to Medium Rare
hand carved & served with Mint Pesto

Eggplant Timbale
Layers of Sautéed Eggplant, Fresh Tomato Basil
Sauce, Parmesan & Mozzarella Cheeses

Spicy Vegetable Cous Cous
A Medley of Fresh Sautéed Vegetables & Dried Fruits
combined with Cous Cous
in a Curried Red Pepper Marinade

Baby Lettuces
tossed with Fresh Grilled Vegetables,
Crispy Walnuts & Fresh Raspberries
drizzled with a Raspberry Walnut Vinaigrette

Hel's Specialty Bread Basket to include
Tomato Basil Bread, Petite Croissants,
French Cheddar Bread, Crusty Sourdough
Bread, Raisin Pumpernickel, Focaccia,
Seven Grain & Assorted Muffins

FROM THE HEARTLAND

Sirloin of Beef
fanned & displayed and served at room temperature
on beautifully garnished oversized wood boards
accompanied by Tarragon Mayonnaise & Horseradish Sauce
and Assorted Freshly Baked Rolls

Stuffed Chicken
Boneless Breast of Chicken with skin wrapped around Hel's Apple Bread Stuffing
then oven roasted to golden brown
accompanied by Orange Apricot Glacé

Spinach Soufflé Strudel
A delicate & light Spinach Soufflé wrapped in paper thin Phyllo & baked to golden brown

Wagner Spinach Salad
with Caramelized Onion, Crumbled Bleu Cheese, Sliced Strawberries,
Candied Walnuts & Poppyseed Dressing

Hel's Fall/Winter Specialty Bread Basket to include
Braided Tomato Basil Bread, French Cheddar Bread, Crusty Sourdough Bread,
Raisin Pumpernickel, Focaccia, Olive Loaf and Cornbread & Cranberry Muffins

A TOUCH OF THE MEDITERRANEAN

Chicken Marbella
Boneless Breast of Chicken braised in White Wine with Fresh Coriander, Bay & Brown Sugar
reduced with Garlic Clove, Capers, Prunes & Olives

Grilled Maple Salmon
Fresh Salmon Fillet Maple Glazed & Grilled
accompanied by Butternut Squash Sauce

Hel's Special Stir Fry
of Broccoli, Red Pepper, Artichoke Hearts, Tomato & Pine Nuts

Hel's Style Rich & Creamy Mashed Potatoes
A touch of Garlic, Horseradish, Cream Cheese, Sour Cream & Butter

Spinach Salad with Mandarin Orange & Toasted Sliced Almonds
served with Tangerine Vinaigrette

Hel's Specialty Bread Basket to include
Tomato Basil Bread, Petite Croissants, French Cheddar Bread, Crusty Sourdough Bread, Raisin
Pumpernickel, Focaccia, Seven Grain & Assorted Muffins

MANGÉ MANGÉ

Chicken Piccata
Boneless Breast of Chicken sautéed in a Lemon Caper Beurre Blanc

Hel's Homemade Vegetable Lasagna
with Ricotta, Parmesan & Mozzarella Cheeses
filled with Bright Fresh Vegetables including Plum Tomatoes, Broccoli & Carrots

Hel's Famous Caesar Salad
with Freshly Grated Parmesan Cheese & Homemade Croutons

A Zesty Antipasto Platter
flowing with Pepperoncini, Mortadella, Genoa Salami,
Mozzarella and Black & Green Stuffed Olives

Freshly Baked Soft Garlic Bread Sticks

MANGÉ PRIMAVERA

Chicken Piccata
Boneless Breast of Chicken
sautéed in a Lemon Caper Beurre Blanc

Hel's Homemade Vegetable Lasagna
with Ricotta, Parmesan & Mozzarella Cheeses
filled with Bright Fresh Vegetables including
Plum Tomatoes, Broccoli & Carrots

Hel's Famous Caesar Salad
with Freshly Grated Parmesan Cheese &
Homemade Croutons

Fresh Yellow & Red Grape Tomatoes
tossed with Buffalo Mozzarella &
Hel's Fabulous Homemade Basil Pesto

Tomato Focaccia, La Brea Olive Bread &
Italian Baguette

MANGÉ PLUS!!

Boneless Breast of Chicken Vesuvio
tossed in Basil, Garlic & Olive Oil
served with Roasted Potatoes, Onions & Peppers

Roulades of Hand Carved Sirloin
with a Herbed Artichoke Stuffing
braised in Veal Stock & Fresh Tomato Basil Sauce
served over a bed of
Grilled Mushrooms, Onions & Sweet Peppers

Fresh Grilled Vegetables,
Crushed Tomatoes & Egg Fettuccine
tossed in Fresh Tomato Basil Sauce

Hel's Famous Caesar Salad
with Freshly Grated Parmesan Cheese &
Homemade Croutons

Freshly Baked Parmesan Garlic Bread Slices

PASTA-PASTA!!

A Variety of Pastas, Sauces & Accompaniments

Tri-Color Rotini Spinach Fettuccine

Red Pepper Linguine

Fresh Plum Tomato Basil Sauce with Grilled Vegetables

Gorgonzola Sauce with Fresh Grilled Fennel

Broccoli Florets

Grilled Portobello Mushrooms

Artichoke Hearts

Roasted Red Pepper

Fresh Chopped Plum Tomatoes

Italian Squash

Freshly Grated Parmesan Cheese

Toasted Pine Nuts

accompanied by

Hel's Famous Caesar Salad
with Freshly Grated Parmesan Cheese & Homemade Croutons

Panzanella
Fresh Plum Tomatoes, Buffalo Mozzarella, Basil Chiffonade
all tossed in Herbed Vinaigrette
with Grilled Rye & Homemade Herbed Garlic Croutons

Focaccia
with Caramelized Onion, Beefsteak Tomato & Asiago Cheese
drizzled with Virgin Olive Oil

Freshly Baked Parmesan Garlic Bread Sticks

As a serving suggestion try adding to Pasta Pasta

Chicken Piccata
Boneless Breast of Chicken
sautéed in a Lemon Caper Beurre Blanc

or

Lemon Basil Chicken
encrusted with Basil, Oregano & Thyme
sautéed in Virgin Olive Oil
accompanied by Lemon Basil Sauce

A LA PROVENCE (KOSHER STYLE)

Salmon En Croute

Whole Salmon Fillet stuffed with Fresh Spinach & Asparagus in Whitefish Mousse
wrapped in a Light Puff Pastry
accompanied by Mustard Mayonnaise & Cucumber Dill

Chicken Florentine

Boneless Breast of Chicken sautéed with Sherry Wine & Mushroom
served over Fresh Steamed Spinach

Eggplant Timbale

Layers of Sautéed Eggplant, Fresh Tomato Basil Sauce and Parmesan & Mozzarella Cheeses

Arugula Salad

with Herb Roasted Potatoes, Haricot Vert,
Crispy Pancetta & Roasted Garlic Mustard Vinaigrette

Hel's Fall/Winter Specialty Bread Basket to include

Braided Tomato Basil Bread, French Cheddar Bread, Crusty Sourdough Bread,
Raisin Pumpernickel, Focaccia, Olive Loaf and Cornbread & Cranberry Muffins

A TRADITIONAL CARVING BUFFET

Hand Carved Roasted Sirloin of Beef

accompanied by Tarragon Mayonnaise & Horseradish Sauce

Hand Carved Fresh Roasted Boneless Glazed Turkey Breast

served with Cranberry Apple Chutney & Apricot Moutarde

Fresh Baked Assorted Rolls

to include Sourdough, Rye, Pumpernickel & Wheat
with Creamy Butter

Garlic Horseradish Duchess Potatoes

with Sun Dried Tomatoes

California Stir Fry

including Asparagus, Green, Red & Yellow Pepper, Carrot,
Broccoli, Cauliflower, Red Onion & Snow Pea
all tossed in Fresh Herb Butter

Fresh Garden Salad

with mixed Garden Greens, Broccoli, Cauliflower, Carrots & Cherry Tomatoes
served with Raspberry Vinaigrette & Ranch Dressings

RISING SUN

Black Cod
marinated in Hel's Thai Marinade with Scallions & Garlic
then grilled over hardwood coals

Paillards of Chicken Satay over Napa Cabbage Sesame Confit
with Toasted Peanut Garnish

Asian Stir Fried Rice
with Shiitake Mushrooms, Water Chestnuts, Carrots, Scallions & Almonds

Haricot Vert & Caramelized Pearl Onions
tossed in a light Black Bean Garlic Sauce

Oriental Vegetable Salad
with Julienne Bok Choy, Water Chestnuts & Snow Pea in a Savory Sesame Dressing
topped with Crisp Fried Wonton Strips

Assorted Sliced Freshly Baked Breads & Fried Won Tons

A TOUCH OF CLASS (KOSHER STYLE)

Blackened Chicken & Artichoke Hearts
on Parsley Garlic Fettuccini
with Alfredo Sauce & Roasted Red Pepper Garnish

Hand Carved Roasted Sirloin of Beef
accompanied by
Tarragon Mayonnaise & Horseradish Sauce
served with a basket of Freshly Baked Rolls

Eggplant Timbale
Layers of sautéed Eggplant, Fresh Tomato Basil Sauce
and Parmesan & Mozzarella Cheeses

Portobello Mesclun Salad
Mesclun Mix of Baby Lettuces with
Grilled Portobello Mushrooms, California Montrachet,
Toasted Pine Nuts & Tear Drop Tomatoes
tossed in Balsamic Vinaigrette

Hel's Specialty Bread Basket to include
Tomato Basil Bread, Petite Croissants,
French Cheddar Bread, Crusty Sourdough
Bread, Raisin Pumpernickel, Focaccia,
Seven Grains & Assorted Muffins

FLORENTINE

Boneless Roast Leg of Spring Lamb
hand carved & served with
Cranberry Apple Chutney &
Traditional Mint Jelly
accompanied by Warm Pita Triangles

Chicken Florentine
Boneless Breast of Chicken
sautéed with Sherry Wine & Mushroom

Eggplant Timbale
Layers of Sautéed Eggplant, Fresh Tomato Basil Sauce
and Parmesan & Mozzarella Cheeses

Long Grain & Wild Rice
with Pecans & Dried Wild Cherries

Spinach Pecan Salad
with Crumbled Bleu Cheese,
Candied Pecans & Chopped Pears
with Poppyseed Dressing

Hel's Specialty Bread Basket to include
Tomato Basil Bread, Petite Croissants,
French Cheddar Bread, Crusty Sourdough
Bread, Raisin Pumpernickel, Focaccia,
Seven Grains & Assorted Muffins

SENSATIONAL SUMMER SYMPHONY

Black Cod
marinated in Hel's Thai Marinade with Scallions & Garlic
then grilled over hardwood coals

Burgundy Marinated Tenderloin Kabobs with Mushrooms & Vidalia Onions
grilled to medium rare & accompanied by Chimichurri Sauce

Basmati Rice with Fresh Dill

Haricot Vert with Carrot Batons & Caramelized Pearl Onion
in Champagne Vinaigrette

Orange Raspberry Mesclun Salad
Mesclun Mix of Baby Lettuces with Orange Segments, Fresh Raspberries, California Montrachet,
Toasted Sunflower Seeds & Grape Tomatoes tossed in Citrus Vinaigrette

A Spring/Summer Specialty Bread Basket to include
Braided Tomato Basil Bread, Crusty Sourdough Bread, Italian Herb & Parmesan Bread,
Olive Loaf, Raisin Pumpernickel, Focaccia, Assorted Muffins,
Sunflower Crisps & Seeded Chicago Flats

CARIBBEAN CRAZE (KOSHER STYLE)

Choose 2 Entrees:

BBQ Jerk Beef
slow roasted for hours then gently pulled & dressed with Sweet & Tangy BBQ Sauce
accompanied by Freshly Baked Petite Rolls

Jerked Chicken Kabob
with Red Pepper & Zucchini
drizzled with Guava Sauce

Macadamia Mahi Mahi
encrusted with crushed Macadamias & Walnuts
sautéed & accompanied by Pineapple Salsa

accompanied by:

Steamed Black Rice
with Grilled Summer Squash, Chopped Tomatoes & Mango Chutney

Tamarind Vegetables
Slow Roasted Sweet Potato, Zucchini, Red & Yellow Pepper, Pearl Onion, Carrot & Merlinton
tossed in a Tamarind-Pineapple Reduction

Island Chopped Salad
A mix of Romaine & Baby Spinach chopped with Mango, Papaya & Blueberry
in Orange Poppyseed Dressing

Jerked Pineapple Rolls, Crusty Sourdough & King's Hawaiian Rolls with Honey Butter

SPRING FLING

Boneless Breast of Chicken
sautéed with Thinly Sliced
Vidalia Onion & Roasted Fennel
garnished with Italian Flat Parsley &
Feta Cheese with Yogurt Blend Sauce

Pecan Grouper
encrusted with Chopped Pecans
sautéed & accompanied by Citrus Beurre Blanc

Herbed Quinoa
tossed with Red & Yellow Grape Tomatoes

Warm Grilled Vegetables including Eggplant,
Yellow & Red Pepper, Red Onion, Squash,
Asparagus & Portobello Mushroom
drizzled with Balsamic Reduction

Baby Spinach Salad
with Fresh Sliced Strawberries & Almonds
in Poppyseed Dressing

Hel's Specialty Bread Basket to include
Tomato Basil Bread, Petite Croissants,
French Cheddar Bread, Crusty Sourdough
Bread, Raisin Pumpernickel, Focaccia,
Seven Grain & Assorted Muffins

A SPRING MENAGERIE

Petite Lamb Rack
Herb Encrusted Rack of Lamb
grilled to Medium Rare, sliced & fanned
accompanied by Chimichurri Sauce &
served at Room Temperature

Tuscan Chicken Stufati
Boneless Breast of Chicken
seared in Virgin Olive Oil
sliced & tossed with Tuscan White Beans,
Sweet Baby Peas, Artichoke Hearts,
Sun Dried Tomatoes & Fresh Herbs

Spicy Vegetable Cous Cous
a Medley of Fresh Sautéed Vegetables &
Dried Fruits combined with Cous Cous
in a Curried Red Pepper Marinade

Spring Mix of Baby Lettuces
with Fresh Steamed Green Beans, Chopped
Eggs, Kalamata Olives & Roasted Potatoes
accompanied by Nicoise Dressing

A Spring/Summer Specialty Bread Basket
to include Braided Tomato Basil Bread,
Crusty Sourdough Bread, Italian Herb &
Parmesan Bread, Olive Loaf, Raisin
Pumpernickel, Focaccia, Assorted Muffins,
Sunflower Crisps & Seeded Chicago Flats

AMALFI COAST (KOSHER STYLE)

Almond Encrusted Tilapia
lightly napped with Saffron Tomato Sauce

Lemon Basil Chicken
encrusted with Basil, Oregano & Thyme & sautéed in Virgin Olive Oil
accompanied by Lemon Basil Sauce

Eggplant Timbale
Layers of Sautéed Eggplant, Fresh Tomato Basil Sauce
and Parmesan & Mozzarella Cheeses

Spinach Salad
Mandarin Orange & Slivered Almonds on Fresh Spinach Greens
with Tangerine Vinaigrette

Tomato Basil Bread, Focaccia & Italian Baguette

A BOUNTIFUL HARVEST FEAST

Chicken Marbella

Boneless Breast of Chicken braised in White Wine with Fresh Coriander, Bay & Brown Sugar
reduced with Garlic Clove, Capers, Prunes & Olives

Sesame Soy Salmon

Fresh Salmon Fillet pan seared in Sesame Soy Vinaigrette
accompanied by Shiitake Corn Relish

Haricot Vert, Caramelized Pearl Onions & Roasted Baby Beets
in a Champagne Vinaigrette

Duchess Sweet Potatoes with Brown Sugar & Orange Zest
piped high & oven browned

Winter Chopped Salad

with Chopped Romaine, Baby Spinach, Chopped Apples,
Pears, Walnuts, Dried Cranberries & a touch of Gorgonzola
accompanied by Raspberry Vinaigrette

Hel's Specialty Bread Basket to include

Tomato Basil Bread, Petite Croissants, French Cheddar Bread, Crusty Sourdough Bread,
Raisin Pumpernickel, Focaccia, Olive Bread & Assorted Muffins

COSTA DEL SOL de VERANO (KOSHER STYLE)

Lemon Basil Chicken

encrusted with Basil, Oregano & Thyme
sautéed in Virgin Olive Oil

Grilled John Dory

with Fresh Caper Berries, Olives, a touch of Saffron & Sun Dried Tomato

Fresh Baby Lettuces

with Feta Cheese, Kadotta Fig, Grilled Red Onion & Roasted Cherry Tomato
in Lemongrass Balsamic Vinaigrette

Warm Grilled Vegetables

including Eggplant, Yellow & Red Pepper, Red Onion, Squash, Asparagus & Portobello Mushroom
drizzled with Balsamic Reduction

Hel's Specialty Bread Basket to include

Tomato Basil Bread, Petite Croissants, French Cheddar Bread, Crusty Sourdough Bread,
Raisin Pumpernickel, Focaccia, Olive Bread & Assorted Muffins

WONDERFUL WINTER WHIMSY

Burgundy Marinated Kabobs
Chunks of Tenderloin alternated with Mushrooms & Zucchini
grilled to medium rare with Chimichurri Sauce

Lemon Basil Chicken Kabobs
with Fresh Grilled Lemon Wedges & Roasted Garlic

Fresh Butternut Squash roasted with Butter, Brown Sugar & Hel's Secret Spices

Basmati Dill Rice with Toasted Almonds

Fresh Baby Spinach with Roasted Organic Yellow Beets, Toasted Pecans,
Crumbled Goat Cheese & Halved Grape Tomatoes
with Mustard Maple Vinaigrette

Hel's Specialty Bread Basket to include
Tomato Basil Bread, Petite Croissants, French Cheddar Bread, Crusty Sourdough Bread,
Raisin Pumpernickel, Focaccia, Seven Grain & Assorted Muffins

MY BIG FAT GREEK MENU

FEISTY AND FLAVORFUL

Oven Roasted Halibut with Tomato Concasse
over a bed of Fresh Steamed Lentils
with a touch of Cumin

Blackened Extra Firm Tofu seared with
Nutritional Yeast & Cajun Spices
served with Wilted Spinach

Lemon & Olive Orzo with Arugula & Ricotta
tossed in Lemon Vinaigrette

Tagine Vegetables
Oven Roasted & Gently Simmered Carrots,
Tomatoes, Cauliflower, Zucchini,
Eggplant, Pearl Onions & Radishes
in a Spiced Tomato Broth

Spinach Salad with Mandarin Orange &
Slivered Almonds with Tangerine Vinaigrette

Hel's Fall/Winter Specialty Bread Basket to
include Braided Tomato Basil Bread, French
Cheddar Bread, Crusty Sourdough Bread,
Raisin Pumpernickel, Focaccia, Olive Loaf and
Cornbread & Cranberry Muffins

Light & Flaky Greek Herbed Tilapia
garnished with a Lemony Apple,
Jicama & Radish Slaw

Nick's Oven Roasted Bone-In Greek Chicken Breast
with Artichoke Hearts & Roasted Lemon Wedges
glazed with Lemon, Oregano & Olive Oil

Spicy Vegetable Cous Cous
a Medley of Fresh Sautéed Vegetables &
Dried Fruits combined with Cous Cous
in a Curried Red Pepper Marinade

Eggplant Timbale
Layers of Sautéed Eggplant, Fresh Tomato Basil
Sauce and Parmesan & Mozzarella Cheeses

Traditional Greek Salad
with Tomatoes, Cucumber, Feta, Kalamata
Olives & Thinly Sliced Red Onion
accompanied by Lemon Pepper Vinaigrette

Hel's Fall/Winter Specialty Bread Basket to
include Braided Tomato Basil Bread, French
Cheddar Bread, Crusty Sourdough Bread,
Raisin Pumpernickel, Focaccia, Olive Loaf and
Cornbread & Cranberry Muffins

MOTHER EARTH

Eggplant Timbale
Layers of Sautéed Eggplant,
Fresh Tomato Basil Sauce and
Parmesan & Mozzarella Cheeses

Trio of Ravioli
Spinach Ravioli, Artichoke Ravioli &
Goat Cheese Ravioli
with Oven Roasted Tomato Cream Sauce

Organic Golden & Red Baby Beets
oven roasted & tossed with Orange Lime Butter

Baby Spinach Salad
with Fresh Sliced Strawberries &
Toasted Almonds in Poppysseed Dressing

A Spring/Summer Specialty Bread Basket
to include Braided Tomato Basil Bread, Crusty
Sourdough Bread, Italian Herb & Parmesan
Bread, Olive Loaf, Raisin Pumpernickel,
Focaccia, Assorted Muffins,
Sunflower Crisps & Seeded Chicago Flats

A VEGETARIAN DELITE

Blackened Extra Firm Tofu
seared with Nutritional Yeast & Cajun Spices
served with Wilted Spinach

Eggplant Timbale
Layers of Sautéed Eggplant, Fresh Tomato Basil
Sauce and Parmesan & Mozzarella Cheeses

Organic Lentils served with Steamed Arugula &
Organic Wisconsin Goat Cheese

Fresh Asparagus oven roasted with a touch of
Extra Virgin Olive Oil
then lightly topped with a Gremolata of Lemon
Zest, Fresh Garlic & Flat Italian Parsley

Fresh Baby Lettuces with Feta Cheese, Kadotta
Fig, Grilled Red Onion & Roasted Cherry
Tomato in Balsamic Vinaigrette

A Spring/Summer Specialty Bread Basket
to include Braided Tomato Basil Bread, Crusty
Sourdough Bread, Italian Herb & Parmesan
Bread, Olive Loaf, Raisin Pumpernickel,
Focaccia, Assorted Muffins,
Sunflower Crisps & Seeded Chicago Flats

.....AND THE LIVIN' IS EASY

Whole Poached Norwegian Salmon
fully garnished & served with Cucumber Dill and Mustard Sauces

Chicken Marbella
Boneless Breast of Chicken braised in White Wine with Fresh Coriander, Bay & Brown Sugar
reduced with Garlic Clove, Capers, Prunes & Olives

Warm Grilled Vegetables
including Eggplant, Yellow & Red Pepper, Red Onion, Squash, Asparagus & Portobello Mushroom
drizzled with Balsamic Reduction

Chilled Israeli Cous Cous Salad
with Fresh Grilled Zucchini, Yellow Peppers & Grape Tomatoes,
Fresh Chopped Pears & Jicama and Dried Cranberries

Spinach Salad with Mandarin Orange & Slivered Almonds tossed with Tangerine Vinaigrette

A Spring/Summer Specialty Bread Basket to include
Braided Tomato Basil Bread, Crusty Sourdough Bread, Italian Herb & Parmesan Bread,
Olive Loaf, Raisin Pumpernickel, Focaccia, Assorted Muffins,
Sunflower Crisps & Seeded Chicago Flats

A SIMPLE AUTUMN DELIGHT

Boneless Breast of Chicken covered with Mushroom Duxelle
folded in five layers of Paper Thin Phyllo
accompanied by Tarragon Crème Sauce

Burgundy Marinated Tenderloin Kabobs
Chunks of Beef Tenderloin alternated with Mushrooms & Zucchini
grilled to medium rare with Chimichurri Sauce

Haricot Vert with Caramelized Onion & Roasted Baby Beets
in Champagne Vinaigrette

Duchess Sweet Potatoes with Brown Sugar & Orange Zest
piped high & oven browned

Fresh Baby Spinach with Roasted Organic Yellow Beets, Toasted Pecans, Sliced Pears,
Crumbled Goat Cheese & Halved Grape Tomatoes with Mustard Maple Vinaigrette

Hel's Fall/Winter Specialty Bread Basket to include
Braided Tomato Basil Bread, French Cheddar Bread, Crusty Sourdough Bread,
Raisin Pumpernickel, Focaccia, Olive Loaf and Cornbread & Cranberry Muffins

WINTER FRESH

Grilled Salmon brushed with Fresh Herbs & Olive Oil
accompanied by Basil Garlic Aioli

Saffron Chicken
Tender Boneless Breast of Chicken simmered in White Wine with Saffron, Dijon & Leek
and served over Steamed Spinach with a touch of Cream

Basmati Rice with Fresh Dill

Warm Grilled Vegetables
including Eggplant, Yellow & Red Pepper, Red Onion, Squash, Asparagus & Portobello Mushroom
drizzled with Balsamic Reduction

Winter Chopped Salad
with Chopped Romaine, Baby Spinach, Chopped Apples,
Pears, Walnuts, Dried Cranberries & a touch of Gorgonzola
accompanied by Raspberry Vinaigrette

Hel's Fall/Winter Specialty Bread Basket to include
Braided Tomato Basil Bread, French Cheddar Bread, Crusty Sourdough Bread,
Raisin Pumpernickel, Focaccia, Olive Loaf and Cornbread & Cranberry Muffins

A NIGHT AT RAVINIA

Norwegian Salmon Fillet poached in White Wine & Dill
served chilled with Moutarde des Chanoines & Lemon Wheels

Chilled Lemon Basil Chicken
encrusted with Basil, Oregano & Thyme and sautéed in Virgin Olive Oil
served chilled in Lemon Basil Sauce over California Red Leaf Chiffonade

Mediterranean Bulghur Wheat Salad
with Kalamata Olives, Chives, Dijon Sherry Vinaigrette & Crumbled Feta

Lightly Poached Asparagus Spears, Hearts of Palm, Tear Drop Tomatoes & Sprouts
sprinkled with Raspberry Vinaigrette

Sunflower Crisps & Seeded Chicago Flats

SUMMER IN SISTER BAY

Dijon & Panko Encrusted Pike
Fresh Pike Fillet encrusted with Panko Crumbs & a touch of Dijon
then baked to golden crisp

Lemon Basil Chicken
encrusted with Basil, Oregano & Thyme & sautéed in Virgin Olive Oil
accompanied by Lemon Basil Sauce

Parslied New Potatoes
Baby Potatoes steamed & tossed with Fresh Parsley & Butter

Midwestern Mesclun Salad with Grilled Asparagus, Summer Squash & Fresh Grilled Corn
tossed with Dried Cherries, Wisconsin Goat Cheese & Balsamic Vinaigrette

A Spring/Summer Specialty Bread Basket to include
Braided Tomato Basil Bread, Crusty Sourdough Bread, Italian Herb & Parmesan Bread,
Olive Loaf, Raisin Pumpernickel, Focaccia, Assorted Muffins,
Sunflower Crisps & Seeded Chicago Flats