



COCKTAIL HORS D'OEUVRES FOR SIMCHAS

Mexican Hat Dance
featuring Refried Beans, Guacamole & Sour Cream
layered & topped with Shredded Cheddar Cheese & Chopped Black Olives
surrounded by Fresh Tortilla & Blue Corn Chips

Baked Brie in Puff Pastry
with Imported Apricot Preserves &
Moutarde des Chaniones
accompanied by Baguette Rounds & Fresh Fruit

Brie Sampler
3 separate varieties of Brie displayed in Mini Wheels
with Roasted Garlic, Hel's Special Hot & Sweet Pecans,
Fig & Pear Chutney and Caramelized Onion
accompanied by Carr's Mini Water Crackers

Fresh Vegetable Crudite
of Broccoli, Cauliflower, Asparagus, Carrots &
other select Fresh Vegetables accompanied by
Spinach Spring Scallion & Roasted Red Pepper Dips

Southern Swiss Fondue
A Delicate Blend of Jarlsberg & Emmenthal Cheese
with Brown Sugar & Pecans
served warm with French Bread Rounds

Grilled Vegetable Crudite
including Eggplant, Carrots, Broccoli, Cauliflower
Yellow, Red & Green Peppers, Red Onions, Squash & Asparagus
accompanied by Sour Cream Plantain & Roasted Red Pepper Dipping Sauces

Vegetarian Antipasti Platter
A flowing display of Grilled Asparagus, Red Onion, Eggplant and Italian Squash
alongside Roasted Pepper, Herbed Goat Cheese & Fresh Mozzarella and our Eggplant Timbale
accompanied by Garlic Crostini, Mediterranean Olives, Basil Pesto & Balsamic Vinaigrette

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

Gourmet Antipasto Platter
This is It!!
The most fabulous collection of Italian specialties you'll find anywhere in Chicago.
Pomodorraccio Roasted Tomatoes, Molinari Salami, Dry Aged Cappicola, Baby Artichoke Hearts,
Prosciutto wrapped Asparagus drizzled with Balsamic Vinaigrette,
Marinated Olives, Peppadew Pepper, Reggiano Parmesan and more.....
Your guests haven't seen this collection of Italian specialties on one platter before.

Seared Rare Ahi Tuna Slices
served chilled with
Red Pepper Almond Paste & Ginger Soy
accompanied by Rice Crackers,
Tobikko Wasabi (Neon Green Caviar) & Won Ton Crisps

Pesto Charlotte
Our Fresh Basil and Mascarpone Torte
layered with Fresh Basil Pesto
accompanied by Fresh Tomato Basil & French Breads

Walnut Gorgonzola Focaccia
with Caramelized Onions

Smoked Chicken & Wild Mushroom Focaccia
with Herbed Ricotta & Mozzarella Cheese

Focaccia
with Caramelized Onion, Plum Tomato
and Fresh Herbs drizzled with Basil Garlic Olive Oil

Focaccia with Fresh Grilled Vegetables
to include Roasted Yellow Pepper, Baby Eggplant, Italian Squash, Fresh Plum Tomato with Buffalo Mozzarella
drizzled with Sun Dried Tomato Pesto

Fresh Baked Log of California Chevre
wrapped in Vine Leaves with Sun Dried Tomatoes & Basil
with Pine Nuts & served with Toast Rounds

Herbed Goat Cheese Crock
with Sun Dried Tomato Basil Coulis
accompanied by Herbed Garlic Crostini

Hot Artichoke and Parmesan Dip
accompanied by
Homemade Herbed Pita Chips

Hel's Homemade Hummus
drizzled with Virgin Olive Oil & garnished with Paprika
accompanied by Fresh Warm Pita Triangles

Hel's Spinach Spring Scallion Dip
surrounded by Carrot Stix & Cucumber Stix
served with Freshly Baked Baguette Rounds

Chopped Liver Platter
with Chopped Egg & Onion accompanied by Cocktail Rye & Assorted Crackers

Falafel Platter
Hel's Delicious Falafel Patties
accompanied by Shredded Lettuce, Chopped Tomatoes, Tahini, Our Own Special Hot Sauce & Fresh Pita Bread

Mediterranean Trio
Hel's Homemade Hummus, Baba Ganouj &
Mixed Olives accompanied by Pita Triangles

Appetizer Trio
Combination Platter of Whitefish Salad, Salmon,
Dill & Caper Salad and Hel's Homemade Hummus
accompanied by Pita Triangles & Flatbreads

Fresh Fruit & Cheese Basket
A Sweeping Display of Fresh Honeydew, Cantaloupe, Pineapple, Watermelon, Strawberries & Grapes
alongside Sharp Cheddar, Havarti, Swiss & Muenster Cheeses
accompanied by assorted Crackers

Display of Domestic Cheeses
to include Swiss, Cheddar, Havarti & Muenster Cheeses alongside Dried Fruit, Berries & Grapes
served with assorted Crackers

A Selection of Imported Cheeses
to include English Double Gloucester with Stilton,
Chaubier, Duo Brie with Gorgonzola, Chevre &
other Imported Specialty Cheeses
accompanied by Dried Apricots & Fig, Fresh Strawberries,
Seedless Grapes & a selection of Crackers

Dessert Cheeses
to include Double Crème Brie, Sharp Cheddar,
Lemon Fayre White Stilton, Wensleydale with Cranberries
& Cherry Gourmandise
accompanied by Hel's Special Hot & Sweet Pecans,
Fig & Pear Chutney and Carr's Wheat Crackers

The Great American Cheese Platter
Featuring 5 varieties of Artisan Cheeses from the United States
Selection may vary based on season and availability, but will always represent some of the best America has to offer.
accompanied by Dried Apricots & Fig, Fresh Strawberries, Seedless Grapes & a selection of Crackers

Salmon En Croute (Kosher Style)
Whole Norwegian Salmon Fillet lightly poached with Fresh Spinach, Asparagus & Whitefish Mousse
wrapped in a Light Puff Pastry
accompanied by Mustard Mayonnaise & Cucumber Dill

Full Side of Scottish Smoked Salmon
accompanied by Russian Rye Triangles,
Cracked Lovash, Fresh Chopped Dill, Capers,
Nonpareils & Sour Cream

Charcoal Applewood Smoked Salmon
served room temperature & fully garnished with
Apple Pear Chutney & Mint Pepper Marmalade
accompanied by assorted Flatbreads

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

Hors d'oeuvres Strudel
Smoked Chicken, Fresh Asparagus, Camembert & Dried Wild Cherries in a Flaky Paper Thin Phyllo

Thai Spring Rolls
A Delicate Blend of Oriental Vegetables,
Water Chestnuts & Chinese Cabbage all tossed in a
Savory Sesame Dressing and wrapped in paper thin Wonton

Asparagus Beef Rolls
Thinly Sliced Sirloin wrapped around
Fresh Asparagus Spears
marinated in Ginger Soy & flash grilled

Yellow Corn Chips & Homemade Pico de Gallo

Fresh Crisp Red, Blue & Yellow Corn Chips
served with Hel's Homemade Pico de Gallo & Hel's Mango Salsa
(available with Guacamole)

Pita Pockets
Hel's Signature Tuna Pear Walnut Salad, Chicken Pistachio Salad or our incomparable Egg Salad
delicately stuffed into Petite Fresh Pita Pockets

Our Special Tempura
Chicken, Broccoli, Mushroom, Red Pepper & Sweet Potatoes
dipped in the lightest of batters & delicately fried
served with Ginger Dipping Sauce

Chilled Chicken Medallions
wrapped around Grilled Fig & Pear
served with Savory Raspberry Sauce

Grilled Medallions of Mango Glazed Barbados Chicken
served with Dark Rum Kiwi Dipping Sauce

Sweet Potato Chips & Beet Chips
served with Plantain Dipping Sauce

Gourmet Sliders with Crumbled Bleu Cheese,
Caramelized Onions & Sautéed Mushrooms on Assorted Freshly Baked Buns

Spicy Buffalo Wings
with Bleu Cheese Sauce & Celery Sticks

Balsamic Glazed Chicken Wings
Tender Baked Wings coated with a Sweet Balsamic
Reduction & rolled in Toasted Sesame Seeds

Our Original Sweet-N-Sour Meatballs

Fresh Mozzarella Caprese
Fresh Sliced Plum Tomato & Buffalo Mozzarella with Virgin Olive Oil & Basil Chiffonade
accompanied by Garlic Crostini

Bruschetta
Chopped Tomato, Fresh Basil, Garlic & Balsamic Vinegar on Crusty Sourdough
with Shredded Parmesan Cheese Garnish
Topping & Breads sent separately

Chicken Pesto Flatbread
with Buffalo Mozzarella, Fresh Plum Tomato &
Toasted Pine Nuts

Roasted Tomato & Goat Cheese Flatbread
with Herbs & Virgin Olive Oil

Truffled Goat Cheese & Tomato Tart

Caramelized Onion Tart with Marinated Greek Chicken & Feta Cheese

Three Tomato Tart
A Delightful Blend of Fresh Roma Plum Tomatoes,
Pomodorraccio Sun Dried Tomatoes & Hel's Oven
Dried Tomatoes with a Touch of Fresh Herb

Fresh Herb Tart
Chef's Selection of Fresh Herbs chopped & baked in
Light Egg & Cheese Flan in a Delicate Pastry Crust

PETITE SANDWICHES

Fancy Albacore Tuna Salad
with Fresh Anjou Pears & Black Diamond Walnuts on Whole Wheat Roll

Chicken Pistachio Salad
with Red Flame Grapes on Whole Wheat Roll

Egg Salad on Petite Pain

Grilled Chicken with Shiitake Mayonnaise
on 9 Grain Roll

Grilled Chicken with Roasted Red Pepper Mayonnaise
on Tandoori Nan

Tarragon Roasted Sirloin
with Horseradish Sauce on Petite Pain

Smoked Turkey with Cranberry Apple Chutney
on Tandoori Nan

Sliced Fresh Roasted Turkey Breast
with Raspberry Mayonnaise on Whole Wheat Roll

Corned Beef on Petite Rye Roll or Pumpernickel

Beef Tenderloin with Horseradish Sauce on Petite Pain

GOURMET PETITE SANDWICHES

Grilled Steak with Caramelized Onion, Sautéed Mushroom & Baby Field Greens
on Tarragon Toasted Petite Pain

Oven Roasted Turkey Breast
with Applewood Smoked Bacon, Sprouts,
Baby Spinach & Special Louie Mayonnaise
on Toasted Herbed Petite Pain

Oven Roasted Turkey Breast
with Double Crème Brie, Orange Cranberry Relish,
Apricot Mustard & Red Leaf Lettuce
on Petite Pain

Grilled Portobello Mushroom
with Balsamic Marinated Plum Tomato & Buffalo Mozzarella with Basil Pesto on Petite Focaccia

Fresh Grilled Vegetables with Roasted Yellow Pepper, Baby Eggplant, Italian Squash,
Fresh Plum Tomato & Buffalo Mozzarella on Petite Focaccia

BISTRO SANDWICHES

Oven Roasted Turkey Breast with Creamy Brie, Sliced Pear & Arugula Leaves
on Toasted Herb Petite Pain

Grilled Steak with Baby Field Greens & Cucumber Wasabi Spread
on Tarragon Toasted Petite Pain

Fresh Grilled Vegetables with Roasted Yellow Pepper, Baby Eggplant, Italian Squash,
Fresh Plum Tomato & Buffalo Mozzarella on Petite Focaccia

TEA SANDWICHES

Scottish Smoked Salmon
with Sour Cream, Caper & Dill on Black Rye Bread

Whipped Cream Cheese on Raisin Pumpernickel Bread

Cucumber and Boursin on Whole Wheat

Chicken Pistachio Salad on 7 Grain Bread

COCKTAIL TRIO SANDWICHES

Apricot Glazed Turkey
with Moutarde des Chanoines on Whole Grain

Medium Rare Tenderloin
with Shiitake Mayonnaise served on Brioche

THE SUBS

The Traditional Sub (Kosher Style)

Turkey, Roasted Sirloin & Genoa Salami
with Shredded Lettuce Red Onion, Green Pepper,
Mozzarella Cheese, Mayonnaise, Oil & Vinegar
on Freshly Baked French Bread

The Fresh Garden Sub

Garden Fresh Vegetables to include Alfalfa Sprouts
Sliced Tomatoes, Carrots Zucchini, Shredded Lettuce &
Avocado with Mozzarella & Wisconsin Sharp Cheddar &
Raspberry Vinaigrette on Freshly Baked French Bread

Albacore Tuna Sub

Fancy Albacore Tuna Salad
with Fresh Anjou Pears & Black Diamond Walnuts, Shredded Lettuce, Sliced Tomatoes,
Green Pepper, Red Onion & Mozzarella on Freshly Baked French Bread

Southwestern Grilled Chicken Sub

Mesquite Grilled Chicken Breast sliced with Jalapeno Pepper Jack Cheese,
Rich Guacamole, Shredded Lettuce, Red Onion, Green Pepper, Mayonnaise, Oil & Vinegar
on Freshly Baked French Bread

Chicken Salad Sub

Boneless Breast of Chicken Salad
with Red Flame Seedless Grapes & Pistachios
with Shredded Lettuce on Freshly Baked French Bread

THE WRAPS

*A variety of delectable fillings rolled up in Soft Flour Tortillas & sliced into 2-Bite pieces.
A perfect appetizer any time of year.*

Smoked Chicken

with Roasted Red Pepper, Shredded Leaf Lettuce,
Smoked Chicken, Spring Scallion,
BBQ Ranch Dressing & Pepper Jack Cheese
wrapped in a Flour Tortilla

Mexican Fiesta

A Flour Tortilla filled with Guacamole,
Roasted Turkey, Refried Beans, Sour Cream,
Salsa, Shredded Lettuce & Cheese

Grilled Sirloin

Our Char-Grilled Sirloin sliced thin & wrapped with Tarragon Mayonnaise,
Chopped Lettuce, Shredded Cheddar, Diced Tomato & Red Onion Confit
wrapped in a Tomato Tortilla

Grilled Vegetable

Fresh Roasted Pepper, Eggplant & Zucchini
tossed with Buffalo Mozzarella, Baby Lettuces,
Roasted Tomato & Hel's Homemade Pesto
wrapped in a Tomato Tortilla

Reuben

The finest Kosher style Lean Corned Beef
wrapped up with Hel's Homemade Cole Slaw,
Freshly Grated Swiss, 1000 Island Dressing &
a Kosher Dill Pickle in a Spinach Tortilla

Smoked Salmon

Nova Lox, Thinly Sliced Cucumber, Whipped Cream Cheese, Capers & Scallions
wrapped in a Flour Tortilla

Turkey Club (Kosher Style)

Fresh Roasted Turkey with Beefsteak Tomato, Thinly Sliced English Cucumber & Crisp Romaine Lettuce
wrapped up with Mayo in a Flour Tortilla

THE BOARDS

*Help yourself – Thick, Juicy Cuts of our Finest Roasted Meats
hand carved, fanned & displayed and served at room temperature on beautifully garnished oversized wood boards.
All Boards are accompanied by baskets of Freshly Baked Rolls & our Homemade Spreads.*

Roasted Tenderloin of Beef
garnished with Caramelized Onions, Sautéed Mushrooms & Grape Tomatoes
accompanied by Cucumber Wasabi & Traditional Horseradish Sauces

Roasted Sirloin of Beef
accompanied by
Tarragon Mayonnaise & Horseradish Sauce

Apricot Glazed Turkey Breast
served with
Cranberry Apple Chutney & Apricot Moutarde

TAPAS – HEL'S STYLE

Sirloin Empanadas
with Raisins & Cracked Green Olives

Veal Empanadas
with Quince Red Pepper & Cinnamoned Apples

Almond & Guava Empanadas

Spanish Garlic Potato Salad

Hel's Version of Classic Spanish Paella (Kosher Style)
Saffron Rice infused with White Wine, Chicken Stock & Simple Spices
tossed together with Tender Chunks of Chicken & Roasted Vegetables

Sicilian Red Radishes with Fresh Peppered Pecorino

Marinated Garlic Mushrooms

Potato Cheese Cigars

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

Chilled Lemon Basil Chicken Kabobs

Teardrop Tomatoes, Mozzarella & Basil Skewers
with Balsamic Vinegar

Olive Tapenade & Artichoke Tapenade
accompanied by Crostini Pieces

Rosemary Roasted Potato & Garlic Skewers

Crushed Amaretti Stuffed Peaches

Tapas Sampler
featuring Ceviche Cucumber Cups, Spanish Garlic Potato Salad, Mixed Mediterranean Olives,
Chilled Lemon Basil Chicken Kabobs and Manchego Cheese & Quince Crostini