



DELIVERED TO YOUR DOOR

Hel's Kitchen Catering's A La Carte Menu

DELI SALADS

We kindly request a 3 lb minimum on all Deli Salads.

Fancy Albacore Tuna Salad
with Fresh Anjou Pears & Black Diamond Walnuts
\$10.95/lb

Boneless Breast of Chicken Salad
with Red Flame Seedless Grapes & Pistachios
\$10.95/lb

Salmon Salad
prepared with Fresh Poached Salmon, Capers & Dill
\$13.95/lb

Hel's Freshly Made Egg Salad
\$6.95/lb

"Blue Sky" Cole Slaw
\$5.95/lb

Grandma's Potato Salad
\$5.95/lb

Classic German Potato Salad
\$6.95/lb

Traditional Three Bean Salad
\$5.95/lb

Star Slaw
featuring Crispy Sno Peas & Cabbage Slaw
with Sesame Oil, Rice Vinegar & freshly grated Orange Zest
\$6.95/lb

Roasted New Potato Salad
with Peppers, Onions & Artichoke Hearts
in Balsamic Vinaigrette
\$7.95/lb

Black Bean & Roasted Corn Salad
with Red Pepper Strips
all tossed in Mango Dressing
\$6.95/lb

Basil Cream Potato Salad
Tangy Basil Cream Mayonnaise
with Watercress, Shallots & Capers
tossed with quartered Red Skin New Potatoes
\$6.95/lb

Nicoise Potato Salad
Boiled Red Skin Potatoes tossed with
Chopped Egg & Haricot Vert
dressed with Balsamic Vinaigrette
\$6.95/lb

Tuscany Salad
A Flavorful Blend of Great Northern, Fava & Fresh Green Beans
tossed in Tuscan Marinade with Kalamata Olives & Sliced Red Onion
\$6.95/lb

Israeli Salad
Fresh, Crisp Cucumbers & Ripe, Chopped
Tomatoes all tossed with Chopped Parsley &
a touch of Fresh Lemon Juice
\$6.95/lb

Chilled Israeli Cous Cous Salad
with Fresh Grilled Zucchini, Yellow Peppers
& Grape Tomatoes, Fresh Chopped Pears &
Jicama and Dried Cranberries
\$7.95/lb

Mediterranean Bulgur Wheat Salad
with Kalamata Olives, Chives, Dijon Sherry Vinaigrette & Crumbled Feta
\$10.95/lb

Taffy Apple Salad
loaded with Apples, Honey Roasted Peanuts,
Pineapple Chunks, Mini Marshmallows & Taffy
\$6.95/lb

Fresh Steamed Green Beans
served chilled in a Mustard Sherry Dressing
with Roasted Red Pepper Garnish
\$8.95/lb

Lightly Poached Asparagus Spears, Hearts of
Palm, Tear Drop Tomatoes & Sprouts
sprinkled with Raspberry Walnut Vinaigrette
\$69.95 per Platter (serves 20)

Poached Asparagus
with Chopped Yellow & Red Tomatoes,
Virgin Olive Oil & Crumbled Bleu Cheese
\$21.00/lb (2 lb minimum)

Fresh Yellow & Red Grape Tomatoes
tossed with Buffalo Mozzarella & Hel's Fabulous Homemade Basil Pesto
\$12.95/lb

Grilled & Chilled Vegetables topped with Toasted Cashews
accompanied by Raspberry Walnut Vinaigrette
\$9.95/lb

Panzanella
Fresh Plum Tomatoes, Fresh Buffalo Mozzarella & Basil Chiffonade
all tossed in Herbed Vinaigrette
with Homemade Grilled Rye & Herbed Garlic Croutons
\$8.95/lb

Ambrosia Salad
Coconut, Sweet Whipped Cream & Sour Cream
mixed with a Variety of Tropical Fruits
Sure to make this a Traditional Favorite
\$8.95/lb

Waldorf Salad
A Delightful Blend of Fresh Granny Smith
Apples, Celery & Black Diamond Walnuts
served with a Sweet Tangy Dressing
\$6.95/lb
with Poached Chicken \$10.95/lb

Creamed Herring with Apple & Onions
\$7.95/lb

Fresh Fruit Salad
of Honeydew, Cantaloupe, Pineapple, Red Flame Grapes & Mandarin Oranges
\$5.95/lb

Late Summer Fruit Salad
Peaches, Plums, Nectarines, Strawberries, Seedless Grapes & Mandarin Oranges
blended with Natural Juices & a touch of Lemon
\$9.95/lb

GREEN SALADS

We kindly request a 12 person minimum on all Green Salads.

Hel's Famous Caesar Salad
with Freshly Grated Parmesan Cheese & Homemade Croutons
\$1.90 per Person

Spinach Salad
with Mandarin Orange & Slivered Almonds
on Fresh Spinach Greens
with Sweet n' Sour Dressing
\$1.90 per Person

California Garden Salad
Mixed Garden Greens &
Fresh, Crisp California Vegetables
tossed with Raspberry Vinaigrette
\$1.90 per Person

Mexican Salad
of Cucumber, Tomato, Lettuce & Red Onion in a Lime Vinaigrette
\$1.90 per Person

Fresh Baby Lettuces
with Feta Cheese, Kadotta Fig, Grilled Red Onion & Roasted Cherry Tomato
in Lemongrass Balsamic Vinaigrette
\$2.25 per Person

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
\$2.25 per Person

Summer Chopped Salad
with California Flat Leaf Spinach &
Romaine Lettuce tossed with Chopped
Carrots, Celery, Broccoli, Peppers,
Tomatoes, Scallions, Fresh Roasted Corn,
Fresh Baby Beets & Mozzarella Cheese
accompanied by Balsamic Vinaigrette
\$2.50 per Person

Winter Chopped Salad
with Chopped Romaine, Baby Spinach,
Chopped Apples, Pears, Walnuts,
Dried Cranberries & a touch of Gorgonzola
accompanied by Raspberry Vinaigrette
\$2.50 per Person

Spinach Salad
with Fresh Sliced Strawberries & Almonds
served with Poppyseed Dressing
\$2.25 per Person

Island Garden Salad
Fresh Mixed Greens, Crisp Vegetables & Mango
tossed with Lime Vinaigrette
\$2.25 per Person

Margarita Citrus Salad
Fresh Orange & Grapefruit Segments laid over a touch of Mesclun Mix & Grilled Jicama
tossed in a Tequila Lime Vinaigrette
\$2.25 per Person

Mesclun Lettuce with
Roasted Baby Beets, Grilled Shallots, Sweet
Cranberries, Belgian Endive & Grilled
Fennel in Sherry Mustard Vinaigrette
\$2.25 per Person

Wagner Spinach Salad
with Caramelized Onion, Crumbled Bleu Cheese,
Sliced Strawberries, Candied Walnuts &
Poppyseed Dressing
\$2.25 per Person

Frisee & Belgian Endive Salad
with Heirloom Naval Orange Segments & Organic Honey Citrus Vinaigrette
\$2.25 per Person

Spinach Pecan Salad
with Crumbled Bleu Cheese, Candied Pecans & Chopped Pears in Poppyseed Dressing
\$2.50 per Person

Midwestern Mesclun Salad
with Grilled Asparagus, Summer Squash &
Fresh Grilled Corn tossed with
Dried Cherries, Wisconsin Goat Cheese &
Balsamic Vinaigrette
\$2.50 per Person

Baby Lettuces & Spinach Salad
tossed with Fresh Grilled Vegetables,
Crispy Walnuts & Fresh Raspberries
drizzled with a Raspberry Walnut Vinaigrette
\$2.75 per Person

Portobello Mesclun Salad
Mesclun Mix of Baby Lettuces with Grilled Portobello Mushrooms, California Montrachet,
Toasted Walnuts & Grape Tomato tossed in Balsamic Vinaigrette
\$2.75 per Person

Orange Raspberry Mesclun Salad
Mesclun Mix of Baby Lettuces with Orange Segments, Fresh Raspberry,
California Montrachet, Toasted Sunflower Seeds & Grape Tomato tossed in Citrus Vinaigrette
\$2.75 per Person

Seasonal Heirloom Tomatoes
with Crumbled Montrachet
surrounded by Frisee & Red Oak Lettuces
drizzled with Balsamic Vinaigrette
\$3.00 per Person

Arugula Salad
with Herb Roasted Potatoes, Haricot Vert,
Quail Egg, Crispy Pancetta &
Roasted Garlic Mustard Vinaigrette
\$3.25 per Person

Limestone Lettuces
with Artichoke Hearts, Hearts of Palm, Fresh Sliced Strawberries & Crispy Walnuts
in a Raspberry Walnut Vinaigrette
\$3.50 per Person

HEARTY SALADS

We kindly request a 3 lb or 12 person minimum on all Hearty Salads.

Oriental Chicken Salad
with Julienne Bok Choy, Water Chestnuts &
Sno Pea in a Savory Sesame Dressing
topped with Crisp Fried Wonton Strips
\$10.95/lb

Hand Cut Strips of Szechuan Steak
lightly tossed in Our Special Ginger Soy Marinade
with Fresh Oriental Vegetables
\$11.95/lb

Hel's Fresh Cobb Salad
Grilled Chicken, Crumbled Bacon, Diced Tomato, Egg & Honey Baked Ham
with Grated Swiss on a Fresh Bed of Mixed Greens
with Ranch Dressing or Lemon Vinaigrette
\$5.95 per Person Entree Size/\$2.55 per Person Side Salad Size

Grilled Raspberry Chicken
over a bed of Fresh Baby Lettuces with Fresh Raspberries,
Grilled Jicama, Julienne Sugar Snap Peas & Crispy Walnuts
accompanied by Hel's Fabulous Homemade Raspberry Vinaigrette
\$5.95 per Person Entree Size/\$2.40 per Person Side Salad Size

Chicken Caesar Salad
Fresh, Crisp Romaine Lettuce
tossed with Hel's Famous Caesar Dressing,
Freshly Grated Parmesan Cheese &
Our Homemade Seasoned Croutons
topped with Char-Grilled Breast of Chicken
\$5.95 per Person Entree Size
\$2.40 per Person Side Salad Size

Shrimp Caesar Salad
Blackened Shrimp over
Fresh, Crisp Romaine Lettuce
tossed with Hel's Famous Caesar Dressing,
Freshly Grated Parmesan Cheese &
Our Homemade Seasoned Croutons
\$5.95 per Person Entree Size
\$2.40 per Person Side Salad Size

The "Big" Salad
A really big salad with Genoa Salami, Mortadella, Pepperoncini, Red Onions, Black Olives,
Green Peppers, Mozzarella Cheese, Chopped Egg, Tomato Wedges,
Cucumber, Fried Onions & Homemade Garlic Croutons
over a bed of Fresh, Crisp Greens
accompanied by Ranch or Hel's Homemade Italian Dressings
\$5.95 per Person Entree Size/\$2.40 per Person Side Salad Size

Classic Tuna Nicoise
Fancy White Albacore Tuna
with Green Beans, California New Potatoes & Nicoise Olives
all displayed upon on a bed of Fresh Romaine Heart & California Green Leaf Lettuce
accompanied by Lemongrass Balsamic Vinaigrette
\$5.95 per Person Entree Size/\$2.40 per Person Side Salad Size

PASTA & RICE SALADS

We kindly request a 3 lb minimum on all Pasta & Rice Salads.

Hel's Famous Pasta Salad
with Five Vegetables, Two Cheeses &
Sun Dried Tomatoes
in a Raspberry Vinaigrette
\$6.95/lb

Oriental Pasta Salad
Ginger, Sesame, Sno Pea & Mushrooms
with Red Pepper Linguine & Soba Noodles
in Sesame Ginger Vinaigrette
\$6.95/lb

Hel's Tortellini Salad
with Fresh Vegetables, Feta Cheese & Cotto Salami
in Raspberry Vinaigrette
\$7.95/lb

Fresh Cheese Tortellini
tossed with Basil Pesto & Roasted Red Peppers
\$8.95/lb

Orange Penne Pasta Salad
with Julienne Leek, Carrot & Broccoli
\$6.95/lb

Meredith's Pasta Salad
Fusilli Pasta with Mozzarella & Parmesan Cheeses, Sun Dried Tomatoes & Black Olives
\$7.95/lb

Bowtie Pasta Salad
with Sun Dried Tomatoes, Artichoke Hearts, Toasted Pine Nuts,
Kalamata Olives & Asiago Cheese
\$9.95/lb

Mediterranean Pasta Salad
with Cucumbers, Radishes, Red Peppers, Red Onions, Capers & Kalamata Olives
in a Balsamic Vinaigrette
\$6.95/lb

Mexican Rice Salad
Long Grain Rice steamed with Fresh Chopped
Cilantro, Scallions & Black Olives
then chilled & tossed with
Beefsteak Tomatoes & a Zesty Spanish Dressing
\$5.95/lb

Wild Rice Salad
with Pecans, Sno Peas,
Mandarin Oranges & Dried Wild Cherries
drizzled in Tangerine Vinaigrette
\$7.95/lb

Black Rice Salad
Steamed Black Rice with Montrachet, Grilled Summer Squash,
Chopped Tomatoes & Mango Chutney
\$8.95/lb

Soba & Cellophane Noodles
tossed with Mirin & Rice Wine Vinegar
with Carrots, Water Chestnuts, Sugar Snap Peas, Red Peppers & Black Sesame Seeds
\$7.95/lb

Capellini with Roasted Garlic, Virgin Olive Oil, Pomodoraccio Sun Dried Tomatoes,
California Montrachet & Fresh Basil Chiffonade
\$8.95/lb

HOT POTATOES, RICES & OTHER STARCHES

We kindly request a 3 lb on all food items by the lb.

Hel's Oven Roasted Fanned Potatoes
\$14.95 (12 Pieces)

Parslied Red Skin Potatoes
\$7.95/lb

Hel's Style Rich & Creamy Mashed Potatoes
A touch of Garlic, Horseradish, Cream Cheese, Sour Cream & Butter
\$7.95/lb

Oven Roasted Potatoes
with Sautéed Onions
\$7.95/lb

Hunt Club Potatoes
Home Fried with
Tri-Colored Peppers & Onions
\$4.95/lb

Vesuvio Potatoes
with Garlic & Olive Oil
\$7.95/lb

Au Gratin Potatoes
\$35.00 (5 lb Pan)

Escalloped Potatoes
\$35.00 (5 lb Pan)

"Those" Potatoes
Layers of Hash Browns, New York Cheddar, Sour Cream & Crumbled Bacon
\$26.95 (serves 12-16)

Maggie's Potatoes
Sliced Idaho Bakers skillet seared with Onions, Butter & Garlic
then foil wrapped & grilled to golden brown
\$1.75 each (minimum of 12)

Double Baked Potatoes with Sun Dried Tomatoes
Fresh Idaho Potatoes whipped with Butter, Cream Cheese & a hint of Horseradish
piped on the Half Shell with bits of Sun Dried Tomato
\$2.50 each (minimum of 12)

Garlic Horseradish Duchess Potatoes
with Sun Dried Tomatoes
\$1.75 each (12 minimum)

Duchess Sweet Potatoes
with a hint of Brown Sugar & Nutmeg
\$1.95 each (minimum of 12)

Whipped Brandied Sweet Potatoes
topped with Brown Sugar & Mini Marshmallows
\$7.95/lb

Long Grain & Wild Rice
with Pecans & Dried Wild Cherries
\$7.95/lb

Coconut Lime Long Grain Rice
with Grilled Spring Scallion
\$7.95/lb

Steamed Black Rice
with Plantain, Scallion & Macadamia
\$8.95/lb

Herbed Italian Orzo
\$7.95/lb

Sweet Quinoa with Dried Fruits & Grilled Vegetables
\$9.95/lb

Moroccan Cous Cous
a Medley of Fresh Sautéed Vegetables & Dried Fruits
combined with Cous Cous in a Curried Red Pepper Marinade
\$7.95/lb

VEGETABLE SELECTIONS

We kindly request a 3 lb minimum on all Vegetable Selections.

Spinach Soufflé Strudel

A Delicate & Light Spinach Soufflé wrapped in Paper Thin Phyllo & baked to golden brown
\$15.00 each (serves 8-10)
(minimum of 2)

Warm Grilled Vegetables

including Eggplant, Yellow & Red Pepper, Red Onion, Squash,
Asparagus & Portobello Mushroom drizzled with Balsamic Reduction
\$11.95/lb

California Stir Fry

including Asparagus, Green, Red & Yellow Pepper, Carrot, Broccoli,
Cauliflower, Red Onion & Snow Pea all tossed in Fresh Herb Butter
\$7.95/lb

Eggplant Timbale

Layers of Sautéed Eggplant, Fresh Tomato Basil Sauce and Parmesan & Mozzarella Cheese
\$24.95 each (serves 8-12)

Green Beans Almondine

lightly tossed with Sautéed Sliced Almonds
\$7.95/lb

Orange Glazed Broccoli & Carrot Stir Fry
\$7.95/lb

Haricot Vert (French Green Beans)

with Baby Carrot & Caramelized Pearl Onion in Champagne Vinaigrette
\$9.95/lb

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
\$13.50/lb (2 lb minimum)

Fresh Steamed Asparagus

with Asiago Cheese & Toasted Pine Nuts in a Beurre Noisette
\$13.50/lb (2 lb minimum)

BREADS

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
\$27.95 (serves 20-25)

Freshly Baked Assorted Rolls with Whipped Butter

\$10.80 per Dozen

Petite Croissants
\$21.00 per Dozen

Flatbread Crackers
\$0.20 each

CASSEROLES & OTHER ENTREES

Sausage & Beef Lasagna
Layers of Pasta & Hel's Homemade Marinara
with Sausage & Beef
topped with Mozzarella and Parmesan Cheeses
\$42.95 (3 qt Glass Pan serves 12-15 as 1 of 2 entrees)
\$54.95 (4 qt Glass Pan serves 16-20 as 1 of 2 entrees)

Hel's Homemade Vegetable Lasagna
with Ricotta, Parmesan & Mozzarella Cheeses
filled with Bright, Fresh Vegetables including
Plum Tomatoes, Broccoli & Carrots
\$42.95 (3 qt Glass Pan serves 12-15 as 1 of 2 entrees)
\$54.95 (4 qt Glass Pan serves 16-20 as 1 of 2 entrees)

Butternut Squash Lasagna
with Spinach & a blend of Ricotta & Chevre Cheeses
topped with Zesty Tomato Basil Sauce
\$42.95 (3 qt Glass Pan serves 12-15 as 1 of 2 entrees)
\$54.95 (4 qt Glass Pan serves 16-20 as 1 of 2 entrees)

Pasta Roulades
Tri-Color Noodle wrapped around
Spinach & Ricotta
served with Tomato Basil Sauce
\$39.95 (30 Roulades serve 12-15 as 1 of 2 entrees)

Passover Turkey Roulades
with Poached Cranberry, Fig & Apple Stuffing
accompanied by Calvados Cumberland Sauce
& garnished with Baked Lady Apples
\$69.95 (40 Slices)

Turkey Tetrazzini
Tender Chunks of Oven Roasted Turkey Breast
gently combined with Egg Fettuccini,
Fresh Sliced Mushrooms & a hint of Garlic
in a Light Parmesan Cheese Sauce
\$54.95
(also available with Chicken)
(4 qt Glass Pan serves 16-20 as 1 of 2 entrees)

Turkey Florentine
Fresh Boneless Breast
stuffed with Spinach & Candied Pecans
roasted, pre-carved & fanned
accompanied by Roasted Red Pepper Sauce
\$59.95 (40 Slices)
(serves 8-10 as a single entrée)
(serves 16-20 as 1 of 2 entrees)

Traditional Green Bean Casserole with French Fried Onions
\$24.95 (serves 12-15)

Escallops of Chicken Parmesan
Tender Breast of Chicken gently sautéed &
topped with Mozzarella & Marinara
baked with Ziti Mostaccioli
\$48.00 (3 qt Glass Pan serves 8-10)

Chicken Provencal
Tender Filets of Chicken Breast grilled & sliced
atop Provencal Vegetables
with a sprinkling of Asiago Cheese
\$48.00 (3 qt Glass Pan serves 8-10)

Tenderloin Tips Forestiere
Choice Cuts of Tenderloin Tips braised in Bordelaise & served over Mushroom infused Orzo
\$82.50 (5 lb Pan serves 14-16 as 1 of 2 entrees)

Italian Beef Sandwiches
Tender, Juicy Italian Beef with Confetti Sweet Peppers & Mozzarella Cheese
accompanied by Giardiniera & Garlic & Italian Rolls
\$89.95 (5 lbs of Beef with 14 Sandwich Rolls)

Blackened Extra Firm Mu Tofu seared with Nutritional Yeast & Cajun Spices
served with Wilted Spinach
\$44.95 (30 - 2 oz Portions serve 16-20 as 1 of 2 entrees)

CHICKEN ENTREES

Bone-In Chicken Breast (Heat & Serve)
BBQ or Rosemary Garlic
\$24.00 (6 Pieces)

Oven Roasted Garden Vegetable Bone-In Chicken
with Fresh Herbs, Tomatoes, Green Pepper & Onion
\$24.00
(includes 4 Breasts, 2 Wings, 2 Thighs, 2 Legs)

Lemon Herb Greek Chicken
oven roasted with Fresh Herbs,
Lemon Wheels & a touch of White Wine
\$24.00
(includes 4 Breasts, 2 Wings, 2 Thighs, 2 Legs)

Stuffed Chicken Breast
Boneless Breast of Chicken with skin wrapped around Hel's Apple Bread Stuffing
oven roasted to golden brown & accompanied by Orange Apricot Glacé
\$9.00 each (12 oz Boneless Breast)
(minimum of 8)

Boneless Breast of Chicken covered with Mushroom Duxelle
folded in Five Layers of Paper Thin Phyllo & accompanied by Tarragon Crème Sauce
Full Size – \$9.00 each (minimum of 8) Buffet Size – \$5.00 each (minimum of 12)

Nick's Oven Roasted Bone-In Greek Chicken Breast
with Artichoke Hearts & Roasted Lemon Wedges
glazed with Lemon, Oregano & Olive Oil
\$5.00 each (minimum of 8)

Mike Fritzl's Turkey Schnitzel
Thin Medallions of Boneless Turkey Breasts
sautéed & drizzled with Cumberland Sauce
\$45.00 (20 Pieces serves 10-16)

Chicken Spragle
Breast of Chicken wrapped around Fresh Asparagus Spears with a Triple Cheese Sauce
\$40.00 (8 Pieces)

Teriyaki Chicken Strips with Panko Bread Crumbs & Sesame Seeds
\$55.00 (36 Pieces)

The following Chicken Entrees come in Packages of Twelve 4 oz. Boneless Breasts priced at \$60.00:

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

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

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

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

Boneless Breast of Chicken Cacciatore
with Fresh Herbs, Tomatoes, Green Peppers,
Mushrooms & Onions

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

Chicken Marsala
Tender Medallions of Chicken Breast
sautéed with Marsala Wine & Fresh Sliced Mushrooms

Boneless Breast of Chicken
sautéed in Virgin Olive Oil then oven finished with
Tomato Concasse & Fresh Sliced Mushrooms

Grilled & Glazed Tamarind Chicken with Grilled Pineapple Garnish

SEAFOOD

Parmesan Lemon Tilapia
Tender Tilapia Fillet with a Thin Layer of Parmesan Lemon Crust
accompanied by Lemon Wheel Garnish
\$34.00
(8 – 3 oz Pieces)

Light & Flaky Greek Herbed Tilapia
garnished with a Lemony Apple, Jicama & Radish Slaw
\$39.00
(8 – 3 oz Pieces)

Macadamia Mahi Mahi
encrusted with crushed Macadamias & Walnuts
sautéed and accompanied by Mango Salsa & Lime Beurre Blanc
\$44.00
(8 – 3 oz Pieces)

Pecan Grouper
encrusted with Chopped Pecans
sautéed & accompanied by Citrus Beurre Blanc
\$54.00
(8 – 3 oz Pieces)

Grilled Atlantic Salmon brushed with
Fresh Herbs & Virgin Olive Oil
served with Cucumber Chive Crème Fraiche
& Dijon Mustard Aioli
\$54.00
(8 – 3 oz Pieces)

Dijon & Panko Encrusted Pike
Fresh Pike Fillet encrusted with
Panko Crumbs & a touch of Dijon
then baked to golden crisp
\$56.00
(8 – 3 oz Pieces)

Black Cod
marinated in Hel's Thai Marinade with Scallions & Garlic
then grilled over hardwood coals
\$90.00
(8 – 3 oz Pieces)

Seafood Coquille
A Delicate Selection of Scallops, Crab & Jumbo Gulf Coast Shrimp
in a Classic Sauce Americaine
accompanied by Puff Pastry Shells
\$78.00
(8 – 7 oz Portions serve 6-8 guests as 1 of 2 entrees)

DIPS
(Pint)

Guacamole	\$9.95
Mango Salsa	\$8.95
Pico de Gallo	\$5.95
Roasted Red Pepper	\$7.95
Roasted Tomato	\$6.95
Sour Cream Plantain	\$5.95
Spinach & Spring Scallion	\$6.95
Artichoke Tapenade	\$9.95

SAUCES
(Pint)

Apricot Moutarde	\$8.95
Cranberry Apple Chutney	\$5.95
Cucumber Dill	\$4.95
Horseradish	\$5.95
Mustard Mayonnaise	\$4.95
Pesto	\$5.95
Raspberry Mayonnaise	\$4.95
Shiitake Mushroom	\$5.95
Sweet Pepper Relish	\$5.95
Tarragon Mayonnaise	\$4.95
	\$5.95

DRESSINGS
(Pint)

Caesar	\$6.95
Honey Mustard	\$5.95
Lemon Dill	\$6.95
Ranch	\$4.95
1000 Island	\$4.95
Spicy 1000 Island Mango	\$4.95
Balsamic Vinaigrette	\$6.95
Fresh Vegetable Vinaigrette	\$5.95
Lemongrass Vinaigrette	\$5.95
Mustard Sherry Vinaigrette	\$5.95
Raspberry Vinaigrette	\$5.95
Raspberry Walnut Vinaigrette	\$5.95
Tangerine Vinaigrette	\$5.95