



GOOD MORNING!!

HEL'S BREAKFAST MENU

(12 person minimum on all breakfast items)

THE CONTINENTALS

“The Traditional”  
Homemade Blueberry, Banana Nut  
& Carrot Muffins  
Freshly Baked Danishes  
Freshly Baked Croissants  
served with Whipped Butter

“All The Basics”  
Assorted Filled & Iced Donuts  
Freshly Baked Bagels  
served with Cream Cheese & Preserves  
Homemade Blueberry, Banana Nut  
& Carrot Muffins  
Freshly Baked Petite Croissants

“Almost Continental”  
Mini Muffins  
Freshly Baked Petite Croissants  
Freshly Baked Mini Bagels with Cream Cheese  
Fresh, Warm Egg & Cheese Wraps

“Coffee Talk”  
Chocolate Chip Coffee Cake  
Raspberry Coffee Cake  
Cheese Danish Coffee Cake  
Freshly Baked Bagels with Cream Cheese

*Price per Person:*  
\$5.95 (12 to 30 guests)      \$5.75 (31 to 60 guests)      \$5.45 (61+ guests)

All Continental Breakfasts include Your Choice of:  
Orange, Apple, Cranberry, Tomato or Grapefruit Juice  
&  
Regular Coffee, Decaffeinated Coffee or Tea

THE BREAKFAST BOX

Traveling with a group? Having a morning meeting?  
Need to get an early start for everyone in a hurry?  
Try our Breakfast Box. Make your choices below and we will deliver your breakfast completely self-contained in a beautifully decorated, easy-to-carry, handled cardboard box.

Choose one of each:  
A Freshly Baked Muffin *or* Bagel with Cream Cheese  
Fresh Fruit *or* Dannon® Fruited Yogurt  
A Chilled Bottle of Juice: Orange, Apple, Cranberry, Tomato *or* Grapefruit  
\$4.25

## BREAKFAST BUFFETS

### WHAT A WAY TO START THE DAY

A Breakfast Strudel of Fresh Vegetables & New York Cheddar Cheese  
folded with lightly Scrambled Eggs in a delicate Phyllo Pastry

A Breakfast Strudel of Honey Baked Ham & Jarlsberg Swiss  
folded with lightly Scrambled Eggs in a delicate Phyllo Pastry

“Those” Potatoes

Layers of Hash Browns, New York Cheddar, Sour Cream & Crumbled Bacon

Freshly Baked Assorted Muffins & Bagels  
served with Cream Cheese

Fresh Fruit Salad of  
Honeydew, Cantaloupe, Pineapple, Red Flame Grapes & Mandarin Oranges

\$8.95 (12 to 30 guests)

\$8.50 (31 to 60 guests)

\$8.25 (61+ guests)

### FRENCH TOAST AND.....

Crème Brulee French Toast  
Freshly Baked Challah soaked in Brown Sugar  
Egg Batter & baked to golden brown

Spiral Sliced Honey Glazed Ham  
hand carved & fanned on wood board  
garnished with Dried Fruits & Nuts  
accompanied by Hot & Sweet Moutarde des Chanoines

Late Summer Fruit Salad

\$8.75 (12 to 30 guests)

\$8.50 (31 to 60 guests)

\$8.25 (61+ guests)

### QUICHE ME LORRAINE

Choose 2 Varieties:

Classic Quiche Lorraine

Cheddar & Broccoli

Shrimp & Crab

Spinach & Mushroom

Boursin & Sun Dried Tomato

Assorted Breakfast Breads & Muffins

Fresh Fruit Kabobs of  
Cantaloupe, Honeydew & Strawberry

\$7.95 (12 to 30 guests)

\$7.50 (31 to 60 guests)

\$7.25 (61+ guests)

### BACON & EGGS (& A WHOLE LOT MORE)

Light & Fluffy Scrambled Eggs with Scallions & Cheddar

“Those” Potatoes

Layers of Hash Browns, New York Cheddar, Sour Cream & Crumbled Bacon

Bacon Strips & Sausage Links

An assortment of Freshly Baked Muffins & Bagels  
served with Cream Cheese

\$8.95 (12 to 30 guests)

\$8.50 (31 to 60 guests)

\$8.25 (61+ guests)

All Breakfast Buffets include Your Choice of:  
Orange, Apple, Cranberry, Tomato or Grapefruit Juice  
&  
Regular Coffee, Decaffeinated Coffee or Tea

## A LA CARTE SELECTIONS

An assortment of Freshly Baked Muffins & Breakfast Breads  
served with Butter & Preserves

\$1.95 per Person

*with Petite Croissants \$2.50 per Person*

A Sweeping Display of Fresh Fruit  
to include Seasonal Melons, Seedless Grapes, Tropical Fruits,  
Fresh Pineapple, Kiwi & Select Wild Berries

Small (12-16) \$45.95    Medium (25-30) \$69.95    Large (40-50) \$124.95

Fresh Fruit Salad  
of Honeydew, Cantaloupe, Pineapple,  
Red Flame Grapes & Mandarin Oranges  
\$7.95/lb (minimum 3 lbs)

Fresh Fruit Kabobs  
of Cantaloupe, Honeydew & Strawberry  
garnished with Red Flame Grapes  
\$1.25 each (minimum 12 pieces)

Fresh Strawberry or Blueberry Yogurt Dipping Sauce  
\$5.95 per Pint

Egg & Cheese Wrap  
Fresh Scrambled Eggs with Scallions,  
Tomatoes & Cheddar Cheese  
all wrapped up in a Warm Flour Tortilla  
\$1.95 each (minimum 12)

Bacon, Egg & Cheese Wrap  
The same great Wrap as the Egg & Cheese  
but this time with Crisp Maple Bacon  
\$2.65 each (minimum 12)

Sausage, Egg & Cheese Muffin  
Fresh Sausage Patty topped with Scrambled Eggs &  
Melted American Cheese  
\$2.65 each (minimum 12)

Egg & Cheese Muffin  
The same great treat without the meat  
\$1.95 each (minimum 12)

A Breakfast Strudel of Honey Baked Ham & Jarlsberg  
Swiss folded with lightly Scrambled Eggs  
in a delicate Phyllo Pastry  
\$12.95 (serves 6-8)

A Breakfast Strudel of Fresh Vegetables & Cheddar  
Cheeses folded with lightly Scrambled Eggs  
in a delicate Phyllo Pastry  
\$12.95 (serves 6-8)

Fiesta Egg Strada  
Country Fresh Grade AA Extra Large Eggs  
whipped with a touch of Milk  
layered with Chorizo Sausage & Pepper Jack Cheese  
accompanied by Tomato Salsa & Tabasco Sauce  
\$45.00 (serves 16-20)

Sausage Egg Strada  
Country Fresh Grade AA Extra Large Eggs  
whipped with a touch of Milk  
poured over Baguette Slices  
and layered with Italian Sausage,  
Mozzarella & Cheddar Cheeses  
\$45.00 (serves 16-20)

Vegetable Egg Strada  
Country Fresh Grade AA Extra Large Eggs  
whipped with a touch of Milk  
poured over Baguette Slices  
and layered with Fresh Vegetables,  
Cheddar & Swiss Cheeses  
\$45.00 (serves 16-20)

Classic Quiche Lorraine  
Cheddar & Broccoli Quiche  
Spinach & Mushroom Quiche  
Shrimp & Crab Quiche  
Boursin & Sun Dried Tomato Quiche  
\$17.95 each (+\$2.00 with Egg Beaters)  
(Each Quiche serves 8 pieces)

French Toast  
served with Butter & Hot Maple Syrup  
\$1.95 per Person

Fresh Scrambled Eggs  
with Scallions & Cheddar  
\$2.50 per Person

“Those” Potatoes  
Layers of Hash Browns, New York Cheddar, Sour Cream & Crumbled Bacon  
\$21.00 (serves 12-16)

Bacon Strips (2 per Person)  
Sausage Links (2 per Person)  
\$1.25 per Person for each

Bowls of Smooth Vanilla Yogurt  
surrounded by Crocks of Fresh Granola, Strawberries, Raisins & Bananas  
\$2.95 per Person

Individual 6 oz Yogurt in Assorted Flavors  
\$1.50 each

Freshly Baked Muffins  
to include Cranberry, Banana Nut, Orange,  
Blueberry & Glorious Morning Muffins  
\$1.25 each

Freshly Baked Danishes  
\$1.50 each

Freshly Baked Assorted Donuts  
Plain, Topped & Filled  
\$1.25 each

Assorted Fresh Bagels  
served with Whipped Cream Cheese  
\$1.50 each (minimum 12)

Petite All Butter Breakfast Croissants  
freshly baked & served with Butter & Preserves  
\$1.50 each

Assorted individual boxes of your favorite  
Breakfast Cereals  
served with Cold 2% Milk  
\$2.25 per Person  
accompanied by Fresh Sliced Strawberries & Bananas  
\$2.95 per Person

## COFFEE CAKES

Chocolate Chip Coffee Cake

Raspberry Coffee Cake

Cheese Danish Coffee Cake

\$12.00 each (serves 8-12)

Fresh Nova Lox Platter  
served with Baskets of Bagels, Chives and Plain Whipped Cream Cheese  
accompanied by a Platter of Sliced Beefsteak Tomatoes, Bermuda Onions, Sliced Cucumber,  
Marinated Greek Olives, Scallions, Carrot Sticks & Olives  
with Sliced Muenster & Swiss Cheeses  
\$9.95 per Person (minimum 12)

Baked French Toast with Blueberries & Pecans  
Baguette Slices Soaked in Cinnamon Egg Batter layered with Blueberries, Pecans & Brown Sugar  
baked to golden brown  
\$25.95 (3 qt pan serves 12-15)  
\$33.95 (4 qt serves 16-20)

Crème Brulee French Toast  
Freshly Baked Challah soaked in Brown Sugar Egg Batter & baked to golden brown  
\$25.95 (3 qt serves 12-15)  
\$33.95 (4 qt pan serves 16-20)

Ham & Swiss Feuillette  
Grilled Honey Mustard Glazed Ham & Gruyere Swiss wrapped in Delicate Puff Pastry  
with Cranberry Apple Chutney  
\$17.95 (12-15 slices)

Our Frittata of Zucchini, Mushroom & Vidalia Onion  
with Roasted Red Pepper, Cream Cheese,  
Herbed Croutons & Jarlsberg Swiss Cheese  
\$28.95 (serves 10-15)

Hel's Orange Blintz Soufflé  
garnished with Fresh Sliced Strawberries  
\$34.95 (15 Blintzes serve 10-12)

Individual Cheese Blintzes with Choice of 2 Toppings:  
Sour Cream      Strawberry Compote      Blueberry Compote      Cherry Compote  
\$29.95 per Dozen

Smoked Fish Basket of Peppered Sable, Smoked Chubs & Fresh Smoked Lake Trout or Whitefish  
presented with our Fresh Nova Lox Platter  
including Sliced Beefsteak Tomatoes, Bermuda Onions, Sliced Cucumber,  
Marinated Greek Olives, Scallions, Carrot Sticks and Sliced Muenster & Swiss Cheeses  
served with Assorted Bagels, Bialys & Flatbreads  
and Chive & Plain Whipped Cream Cheeses  
\$12.95 per Person (minimum 20)

Whole Smoked Lake Superior Whitefish Platter  
fully garnished with Fresh Lemon Wedges & Freshly Cut Vegetables  
\$124.95 (5 lbs)

## BEVERAGES

Individual Bottles of Chilled Juices  
Orange, Apple, Cranberry, Tomato & Grapefruit  
\$1.50 per Bottle

Individual Bottles of Flat Water  
\$1.25 per Bottle

San Pellegrino Water (25 oz Bottle)  
\$2.95 per Bottle (serves 2-3)

Rich Hot Chocolate with Mini Marshmallows  
\$55.00 serves 50 cups  
\$15.00 Air Pot serves 8-10 cups

Hot Apple Cider  
\$60.00 serves 50 cups // \$100.00 serves 100 cups  
\$15.00 Air Pot serves 8-10 cups

Fair Trade Certified Shade Grown Organic Regular & Decaffeinated Coffee  
Cream, Sugar & Equal  
\$45.00 serves 50 cups // \$85.00 serves 100 cups  
\$12.00 Air Pot serves 8-10 cups

Assorted Herbal & Regular Teas  
with Milk, Sugar, Equal & Lemon Wedges  
\$12.00 Air Pot serves 8-10 cups

Freshly Brewed Iced Tea – Regular & Raspberry  
served with Lemon Wedges, Equal, Sugar, Cups & Ice  
\$4.80 per Carafe (serves 5-7)

Lemonade by the Carafe with Cups & Ice  
\$4.80 per Carafe (serves 5-7)

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## PAPER & PLASTICWARE

Disposable Plates, Flatware, Napkins & Cups

Eco-Friendly  
\$0.75 per Person (Continental Breakfast)      \$0.95 per Person (Hot Breakfast)

Plastic  
\$0.85 per Person (Continental Breakfast)      \$1.10 per Person (Hot Breakfast)