



DELIVERED TO YOUR DOOR BUFFET SELECTIONS SPRING/SUMMER 2010

The following menus have been designed to be brought to you hot and ready to eat or delivered at room temperature for you or your staff to heat just before serving. Either way, our specially trained staff will artfully set up and present your entire menu to your exact specifications. Every item will be unwrapped and displayed with its accompanying sauce or dip where appropriate, leaving you to receive the accolades for such a beautiful presentation.

We will provide complete heating instructions for your convenience.
Chrome and silver chafing dishes can be provided at no additional charge.
Disposable serving pieces are all included.
Disposable plates, napkins, flatware & cups are available for a nominal fee.

All entrees and side dishes you see on these menus can be mix & matched, so please feel free to create your own menu from the selections we've offered here.

(We kindly request a 20-person minimum on all menus.)

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

\$19.95 per Guest

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 & Snow 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

\$18.95 per Guest

CARIBBEAN CRAZE

Choose 2 Entrees:

Pulled Pork Sandwich
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

\$19.65 per Guest

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

\$16.25 per Guest

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

\$13.70 per Guest

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

\$17.60 per Guest

* For Boneless, Skinless Chicken Breast, add \$1.25 per Guest

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 Pumppernickel, Focaccia, Assorted Muffins,
Sunflower Crisps & Seeded Chicago Flats

\$28.90 per Guest

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 & Crispy Pancetta
in Poppyseed Dressing

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

\$14.65 per Guest

.....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

\$18.35 per Guest

CINCO de MAYO

Trio of Mini Quesadillas

Crab & Fresh Roasted Corn

Mushroom with
Roasted Yellow & Red Peppers

Traditional Cheese with Fresh
Chopped Jalapeños & 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

\$16.90 per Guest

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 Pumppernickel, Focaccia, Assorted Muffins,
Sunflower Crisps & Seeded Chicago Flats

\$22.95 per Guest

FEATURED SOUPS FOR SPRING/SUMMER 2010

Hel's Tomato Gazpacho served with Cilantro Sour Cream
\$29.95 per Gallon

Vichyssoise with Watercress Crème Fraiche
\$29.95 per Gallon

Portobello Mushroom
\$29.95 per Gallon

Tomato Wild Rice
\$29.95 per Gallon

Chilled Cream of Asparagus
with a Gremolata of Lemon Zest, Fresh Garlic & Flat Italian Parsley
\$39.95 per Gallon