



## HEL'S ALFRESCO MENU

For those occasions when there is no time or inclination to start cooking,  
the following menus have been designed.  
ALFRESCO – to be served just as they arrive – no heating, no preparation, no muss, no fuss.  
All artfully arranged in specialty baskets and decorated with flowers and greens.

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

### A GARDEN PARTY

Roasted Tenderloin of Beef  
hand carved & fanned on wood board  
accompanied by Roasted Garlic &  
Caramelized Onion and Horseradish Sauces  
and assorted Freshly Baked Rolls

Salmon En Croute  
Whole Norwegian Salmon Fillet  
lightly poached with Fresh Spinach,  
Asparagus & Baby Bay Shrimp  
wrapped in a Light Puff Pastry  
accompanied by  
Mustard Mayonnaise & Cucumber Dill

Roasted New Potato Salad  
with Peppers, Onions & Artichoke Hearts  
in Balsamic Vinaigrette

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

Frisee & Belgian Endive Salad  
with Heirloom Naval Orange Segments &  
Organic Honey Citrus Vinaigrette

### A DAY AT THE SPA

Chilled Sweet Spring Pea Soup  
with Fresh Whole Sweet Peas &  
Crème Fraiche Garnish

Full Size Sandwiches  
of  
Fresh Vegetables drizzled with  
Raspberry Vinaigrette on Croissant  
&

Chicken Waldorf Salad  
A delightful blend of Fresh Granny Smith  
Apples, Celery, Black Diamond Walnuts &  
Boneless Breast of Chicken in a  
Sweet & Tangy Dressing on Red Hen Sage Loaf

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

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

## OUR FAVORITE COMBO

### Petite Sandwiches

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

Fancy Albacore Tuna Salad  
with Fresh Anjou Pears & Black Diamond Walnuts  
on Petite Croissant

Tarragon Roasted Sirloin with Horseradish Sauce on Petite Pain

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

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

Boneless Breast of Chicken Salad with Red Flame Seedless Grapes & Pistachios

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

Freshly Baked Assorted Rolls & Mini Muffins

## PICNIC IN THE PARK

### Gourmet Sandwiches

*Choose 3 Varieties:*

Fresh Roasted Turkey Breast & Havarti Cheese  
on Asiago Focaccia with Crisp Romaine and  
Cranberry Apple Chutney

Tarragon Roasted Sirloin on Onion Ciabatta  
with Caramelized Onion, Field Greens,  
Roasted Red Pepper and a touch of Basil Pesto

Honey Baked Ham & Jarlsberg Swiss  
rolled with Hot & Sweet Mustard on Onion Ciabatta

Fresh Grilled Vegetables, Buffalo Mozzarella & Sun Dried Tomato Pesto served on Asiago Focaccia

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

Bowtie Pasta Salad  
with Sun Dried Tomatoes, Artichoke Hearts, Toasted Pine Nuts, Kalamata Olives & Asiago Cheese

Hel's Homemade Potato Chips  
sprinkled with Parmesan Cheese & served with Basil Garlic Aioli

Fresh Fruit Kabobs of Cantaloupe, Honeydew & Strawberry  
garnished with Red Flame Grapes

## NAPOLI

Lemon Basil Chicken encrusted with Basil, Oregano & Thyme  
sautéed in Virgin Olive Oil, sliced & fanned over Arugula, Baby Spinach & Mâche  
drizzled with Meyer Lemon Basil Vinaigrette  
(Served at Room Temperature)

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

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

Grilled Seasonal Fruit Salad  
with Heller Organic Lavender Honey

Rosemary Flatbread with Wild Mushrooms, Caramelized Onions, Truffle Salt & Extra Virgin Olive Oil  
topped with Shaved Parmigiano-Reggiano

## THE ORIGINAL COMBO

Boneless Breast of Chicken Salad  
with Red Flame Seedless Grapes & Pistachios

Fancy Albacore Tuna Salad  
with Fresh Anjou Pears & Black Diamond Walnuts

Hel's Famous Pasta Salad  
with Five Vegetables, Two Cheeses & Sun Dried Tomatoes

Fresh Fruit Display of Honeydew, Cantaloupe, Watermelon,  
Pineapple, Kiwi, Grapes & Strawberries

Freshly Baked Petite Croissants, Petite Pain & Whole Wheat Rolls

## ALMOST ALFRESCO

### Petite Sandwiches

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

Tarragon Roasted Sirloin  
with Horseradish Sauce on Petite Pain

Honey Baked Ham & New York Cheddar  
with Hot & Sweet Mustard on Petite Rye Roll

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

Wild Rice Salad  
with Pecans, Sno Peas, Mandarin Oranges & Dried Wild Cherries  
drizzled in Tangerine 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

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

Flatbread with Caramelized Onion, Plum Tomato & Fresh Herbs  
drizzled with Basil Garlic Olive Oil

## AN AMERICAN FEAST

Apricot Glazed Turkey Breast  
fanned & displayed and served at room temperature  
on beautifully garnished oversized wood boards  
accompanied by  
Cranberry Apple Chutney & Apricot Moutarde  
and Assorted Freshly Baked Rolls

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

Orange Penne Pasta Salad  
with Julienne Leek, Carrot & Broccoli tossed in Our Homemade Orange Leek Emulsion

Star Slaw  
featuring Crispy Sno Peas & Cabbage Slaw  
with Sesame Oil, Rice Vinegar & freshly grated Orange Zest

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

## THE NEW COMBO

### Petite Sandwiches

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

Fancy Albacore Tuna Salad  
with Fresh Anjou Pears & Black Diamond Walnuts  
on Petite Croissant

Tarragon Roasted Sirloin  
with Horseradish Sauce on Petite Pain

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

Hel's Famous Pasta Salad  
with Five Vegetables, Two Cheeses & Sun Dried Tomatoes

Boneless Breast of Chicken Salad  
with Red Flame Seedless Grapes and Pistachios

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

Freshly Baked Assorted Rolls, Raisin Pumpernickel & Seeded Chicago Flats

## LIGHT & ELEGANT

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

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

Basil Cream Potato Salad  
Tangy Basil Cream Mayonnaise with Watercress, Shallots & Capers  
tossed with quartered Red Skin New Potatoes

Grilled and Chilled Vegetable Skewers  
topped with Toasted Cashews  
drizzled with Raspberry Vinaigrette

Limestone Lettuce  
with Artichoke Heart, Heart of Palm, Fresh Sliced Strawberries & Crispy Walnuts  
in a Raspberry Walnut Vinaigrette

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