



FULL SERVICE BUFFET SELECTIONS

OSCAR NIGHT

Roasted Tenderloin of Beef
grilled over Hardwood Coals to Medium Rare & hand carved to order
accompanied by Roasted Garlic & Caramelized Onion and Horseradish Sauces
served with a basket of Freshly Baked Rolls

Chicken Spragle
Breast of Chicken wrapped around Fresh Asparagus Spears
with a Triple Cheese Sauce

Double Baked Potatoes with Sun Dried Tomatoes
Fresh Idaho Potatoes whipped with Butter, Cream Cheese and a hint of Horseradish
piped on a Half Shell with bits of Sun Dried Tomato

Spinach Soufflé Strudel
A delicate & light Spinach Soufflé
wrapped in paper thin Phyllo & baked to golden brown

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

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

A PARISIAN HOLIDAY

Salmon Coulibiac

Fresh Fillet of Salmon layered with Wilted Swiss Chard, Sautéed Mushrooms, Saffron Rice, Shallots, Dill & Herbed Béchamel all wrapped in a Flaky Light Puff Pastry

Turkey Florentine

Fresh Boneless Breast stuffed with Spinach & Pine Nuts roasted, pre-carved & fanned accompanied by Roasted Red Pepper Sauce

Moroccan Cous Cous

a Medley of Fresh Sautéed Vegetables & Dried Fruits combined with Cous Cous in a Curried Red Pepper Marinade

Fresh Steamed Green Beans

served chilled in a Mustard Sherry Dressing with Roasted Red Pepper Garnish

Fresh Baby Lettuces

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

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

SIMPLE & ELEGANT

Chicken Piccata

Boneless Breast of Chicken sautéed in a Lemon Caper Beurre Blanc

Hand Carved Roasted Sirloin

accompanied by Tarragon Mayonnaise, Horseradish Sauce & Freshly Baked Rolls

Roasted Red Pepper & Saffron Risotto with Morel Mushrooms, Asparagus Tips & Confetti Peppers

Fresh Steamed Asparagus

with Asiago Cheese & Toasted Pine Nuts in a Beurre Noisette

Spinach Salad

Mandarin Oranges & Slivered Almonds on Fresh Spinach Greens with Tangerine Vinaigrette

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

COSTA DEL SOL

Lemon Basil Chicken

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

Trio of Winter Raviolis (Trio varies weekly)

with Oven Roasted Tomato Cream Sauce & Fresh Chive Garnish

Warm Grilled Vegetables

including Eggplant, Yellow & Red Pepper, Red Onion, Squash, Asparagus & Portobello Mushroom drizzled with Balsamic Reduction

Fresh Baby Lettuces

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

Hel's Fall/Winter Specialty Bread Basket to include

Braided Tomato Basil Bread, French Cheddar Bread, Crusty Sourdough Bread, Raisin Pumpernickel, Focaccia, Olive Loaf and Cornbread & Cranberry Muffins

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

Fresh Zucchini, Yellow Wax Beans & Italian Summer Squash Wedges
sautéed in Lemon Thyme Butter
garnished with Ripe Grape Tomatoes

The Edgee Wedge Salad

with Iceberg Lettuce, Crisp Cucumbers, Shredded Purple Beets, Persimmons & Aged Cheddar
accompanied by Traditional Thousand Island 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

A MIDWINTER NIGHT'S DREAM

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

Chicken Florentine

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

Long Grain & Wild Rice
with Pecans & Dried Wild Cherries

Oven Roasted Acorn Squash with a touch of Brown Sugar & Butter

Midwestern Mesclun Salad

with Grilled Asparagus, Squash & Fresh Grilled Corn
tossed with Dried Cherries, Wisconsin Goat Cheese & Balsamic Vinaigrette

Hel's Fall/Winter Specialty Bread Basket to include

Braided Tomato Basil Bread, French Cheddar Bread, Crusty Sourdough Bread,
Raisin Pumpernickel, Focaccia, Olive Loaf and Cornbread & Cranberry Muffins

CINCO de MAYO

Trio of Mini Quesadillas

Crab & Fresh Roasted Corn	Mushroom with Roasted Yellow & Red Peppers	Traditional Cheese with Fresh Chopped Jalapenos & Black Olives
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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

Cheddar & Chihuahua Cheese Enchiladas
topped with Sliced Black Olives & Scallions

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

A MEXICAN FIESTA

Hel's Steak & Grilled Chicken Fajitas
surrounded by Grilled Peppers & Onions
accompanied by Guacamole, Salsa, Sour Cream, Cheddar Cheese,
Chopped Olives, Scallions, Tomatoes & Warm Flour Tortillas

Cheddar & Chihuahua Cheese Enchiladas
topped with Sliced Black Olives & Scallions

Authentic Spanish Rice with Fresh Scallion, Crushed Tomato & Cumin

Frijoles Refritos
Refried Beans topped with Shredded Cheddar Cheese
or
Steamed Black Beans with Goat Cheese Crumbles

A Mexican Salad
of Jicama, Cucumber, Tomato, Lettuce & Thinly Sliced Red Onion
tossed in a Lime Vinaigrette

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

Citrus Basmati Rice
with Toasted Pine Nuts and Orange, Lemon & Lime Zest

Sweet Baby Spring Peas, Carrot Batons & Sunchokes
tossed in Lemon Herb Butter

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

CRAZY LAZY DAYS.....

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

Blackened Extra Firm Tofu
seared with Nutritional Yeast & Cajun Spices
served with Wilted Spinach

Moroccan Cous Cous
a Medley of Fresh Sautéed Vegetables & Dried Fruits combined with Cous Cous
in a Curried Red Pepper Marinade

Haricot Vert (French Green Beans)
with Top-On Baby Carrot & Caramelized Pearl Onion in Champagne 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

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

A TOUCH OF ELEGANCE

Seafood Coquille Gratinée
A Delicate Selection of Scallops, Crab & Jumbo Gulf Coast Shrimp in a Classic Sauce Americaine
accompanied by Puff Pastry Shells

Tips of Black Angus Tenderloin braised in Bordelaise
served over Herbed Orzo & tossed with Mushrooms

California Stir Fry
including Asparagus, Green, Red & Yellow Pepper, Carrot,
Broccoli, Cauliflower, Red Onion & Snow Pea
all tossed in Fresh Herb Butter

Mesclun Lettuces with Curly Endive, Crispy Leek & Grilled Fennel
in Sherry Mustard Vinaigrette

Hel's Fall/Winter Specialty Bread Basket to include
Braided Tomato Basil Bread, French Cheddar Bread, Crusty Sourdough Bread,
Raisin Pumpernickel, Focaccia, Olive Loaf and Cornbread & Cranberry Muffins

BLACK TIE OPTIONAL

A DELIGHTFUL DUET

Boneless Breast of Chicken
covered with Mushroom Duxelle
folded in five layers of Paper Thin Phyllo
accompanied by Tarragon Crème Sauce

Hand Carved Sirloin of Beef
served with Tarragon Mayonnaise &
Horseradish Sauce & Freshly Baked Rolls

Haricot Vert
with Caramelized Pearl Onions &
Top-On Baby Carrot

Hel's Original Oven Roasted Fanned Potatoes

Spinach Salad
with Mandarin Oranges & Slivered Almonds
lightly tossed in Tangerine Vinaigrette

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

Chicken Paillards
Grilled Boneless Breast of Chicken
layered with Wilted Spinach
accompanied by Citrus Beurre Blanc & Mango Salsa

Grilled Petite Malaysian Lamb Rack
grilled to Medium Rare
hand carved & served with Mint Pesto

Eggplant Timbale
Layers of Sautéed Eggplant, Fresh Tomato Basil
Sauce and Parmesan & Mozzarella Cheeses

Moroccan Cous Cous
a Medley of Fresh Sautéed Vegetables &
Dried Fruits combined with Cous Cous
in a Curried Red Pepper Marinade

Baby Lettuces
tossed with Fresh Grilled Vegetables,
Crispy Walnuts & Fresh Raspberries
drizzled with a Raspberry Walnut Vinaigrette

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

FROM THE HEARTLAND

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

Stuffed Chicken

Boneless Breast of Chicken with skin wrapped around Hel's Fig, Pear & Apple Bread Stuffing
with a touch of Golden Raisins then oven roasted to golden brown
accompanied by Apple Cider Glacé

Spinach Soufflé Strudel

A delicate & light Spinach Soufflé wrapped in paper thin Phyllo & baked to golden brown

Wagner Spinach Salad

with Caramelized Onion, Crumbled Bleu Cheese, Sliced Strawberries,
Candied Walnuts & Poppseed Dressing

Hel's Fall/Winter Specialty Bread Basket to include

Braided Tomato Basil Bread, French Cheddar Bread, Crusty Sourdough Bread,
Raisin Pumpernickel, Focaccia, Olive Loaf and Cornbread & Cranberry Muffins

A TOUCH OF THE MEDITERRANEAN

Chicken Marbella

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

Mustard Maple Salmon

Fresh Salmon Fillet Maple & Mustard Glazed & Grilled
accompanied by Grilled Fennel Garnish

Tagine Vegetables

Oven Roasted & Gently Simmered Carrots, Tomatoes, Cauliflower,
Zucchini, Eggplant, Pearl Onions & Radishes in a Spiced Tomato Broth

Simple Tuscan Orzo with Fresh Herbs

Spinach Salad with Mandarin Orange & Toasted Sliced Almonds
served with Tangerine Vinaigrette

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

MANGÉ MANGÉ

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

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

Freshly Baked Soft Garlic Bread Sticks

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

MANGÉ PLUS!!

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

Roulades of Hand Carved Sirloin
with a Herbed Artichoke Stuffing
braised in Veal Stock & Fresh Tomato Basil Sauce
served over a bed of
Grilled Mushrooms, Onions & Sweet Peppers

Fresh Grilled Vegetables,
Crushed Tomatoes & Egg Fettuccine
tossed in Fresh Tomato Basil Sauce

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

Freshly Baked Parmesan Garlic Bread Slices

PASTA-PASTA!!

A Variety of Pastas, Sauces & Accompaniments

Tri-Color Rotini Spinach Fettuccine

Red Pepper Linguine

Fresh Plum Tomato Basil Sauce with Grilled Vegetables

Gorgonzola Sauce with Fresh Grilled Fennel

Broccoli Florets

Grilled Portobello Mushrooms

Artichoke Hearts

Roasted Red Pepper

Fresh Chopped Plum Tomatoes

Italian Squash

Freshly Grated Parmesan Cheese

Toasted Pine Nuts

accompanied by

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

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

Focaccia
with Caramelized Onion, Beefsteak Tomato & Asiago Cheese
drizzled with Virgin Olive Oil

Freshly Baked Parmesan Garlic Bread Sticks

As a serving suggestion, try adding to Pasta Pasta:

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

or

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

A LA PROVENCE

Tilapia Provencal

Tender Tilapia Fillet dusted with Country Herbs, lightly sautéed & served Provencal Style
with Tomatoes & Mushrooms over a bed of Wilted Spinach

Chicken Avignon

Boneless Breast of Chicken encrusted with Herbes de Provence then gently sautéed
accompanied by Tarragon Crème Sauce

Skillet Seared Fingerling Potatoes

tossed with Zucchini, Cracked Olives & Plum Tomatoes

Fresh Baby Lettuces

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

Sliced Baguette, French Cheddar Bread & Olive Loaf

A TRADITIONAL CARVING BUFFET

Hand Carved Roasted Sirloin of Beef

accompanied by Tarragon Mayonnaise & Horseradish Sauce

Hand Carved Fresh Roasted Boneless Glazed Turkey Breast
served with Cranberry Apple Chutney & Apricot Moutarde

Fresh Baked Assorted Rolls

to include Sourdough, Rye, Pumpernickel & Wheat
with Creamy Butter

Garlic Horseradish Duchess Potatoes

with Sun Dried Tomatoes

California Stir Fry

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

Fresh Garden Salad

with mixed Garden Greens, Broccoli, Cauliflower, Carrots & Cherry Tomatoes
served with Raspberry Vinaigrette & Ranch Dressing

RISING SUN

Black Cod
marinated in Hel's Thai Marinade with Scallions & Garlic
then grilled over hardwood coals

Paillards of Chicken Satay over Napa Cabbage Sesame Confit
with Toasted Peanut Garnish

Asian Stir Fried Rice
with Shiitake Mushrooms, Water Chestnuts, Carrots, Scallions & Almonds

Haricot Vert & Caramelized Pearl Onions
tossed in a light Black Bean Garlic Sauce

Oriental Vegetable Salad
with Julienne Bok Choy, Water Chestnuts & Snow Pea in a Savory Sesame Dressing
topped with Crisp Fried Wonton Strips

Assorted Sliced Freshly Baked Breads & Fried Won Tons

A TOUCH OF CLASS

Blackened Chicken & Artichoke Hearts
on Parsley Garlic Fettuccini
with Alfredo Sauce & Roasted Red Pepper Garnish

Hand Carved Roasted Sirloin of Beef
accompanied by
Tarragon Mayonnaise & Horseradish Sauce
served with a basket of Freshly Baked Rolls

Eggplant Timbale
Layers of sautéed Eggplant, Fresh Tomato Basil Sauce
and Parmesan & Mozzarella Cheeses

Spanish Shrimp Skewers
Spicy Creole Shrimp grilled over hardwood coals
drizzled with Saffron Sauce

Portobello Mesclun Salad
Mesclun Mix of Baby Lettuces with
Grilled Portobello Mushrooms, California Montrachet,
Toasted Pine Nuts & Tear Drop Tomatoes
tossed in Balsamic Vinaigrette

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

FLORENTINE

Boneless Roast Leg of Spring Lamb
hand carved & served with
Cranberry Apple Chutney &
Traditional Mint Jelly
accompanied by Warm Pita Triangles

Chicken Florentine
Boneless Breast of Chicken
sautéed with Sherry Wine & Mushroom

Eggplant Timbale
Layers of Sautéed Eggplant, Fresh Tomato Basil Sauce
and Parmesan & Mozzarella Cheeses

Long Grain & Wild Rice
with Pecans & Dried Wild Cherries

Spinach Pecan Salad
with Crumbled Bleu Cheese,
Candied Pecans & Chopped Pears
with Poppyseed Dressing

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

SENSATIONAL SUMMER SYMPHONY

Fresh Halibut Fillet
marinated in Hel's Thai Marinade with Scallions & Garlic
then grilled over hardwood coals

Summer Lager Braised Short Ribs
slow cooked in Leinenkugel's Summer Shandy Beer & Fresh Spring Herbs until tender

Oven Roasted Tri-Colored Potatoes
tossed with Extra Virgin Olive Oil, Fresh Herbs & a touch of Crushed Garlic

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

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

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 Bread with Honey Butter

SPRING FLING

Boneless Breast of Chicken
sautéed with Thinly Sliced
Vidalia Onion & Roasted Fennel
garnished with Italian Flat Parsley &
Feta Cheese with Yogurt Blend Sauce

Pecan Grouper
encrusted with Chopped Pecans
sautéed & accompanied by Citrus Beurre Blanc

Herbed Quinoa
tossed with Red & Yellow Grape Tomatoes

Warm Grilled Vegetables including Eggplant,
Yellow & Red Pepper, Red Onion, Squash,
Asparagus & Portobello Mushroom
drizzled with Balsamic Reduction

Baby Spinach Salad
with Fresh Sliced Strawberries & Almonds
in Poppseed Dressing

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

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

Moroccan Cous Cous
a Medley of Fresh Sautéed Vegetables &
Dried Fruits combined with Cous Cous
in a Curried Red Pepper Marinade

French Riviera Salad
Spring Mix of Baby Lettuces with
Fresh Steamed Green Beans, Chopped Eggs,
Kalamata Olives & Roasted Potatoes
accompanied by Niçoise 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

AMALFI COAST

Frutti di Mare
Jumbo Shrimp, Scallops, Mussels, Clams, Yellow & Red Peppers, Crushed Tomatoes & Fresh Herbs
all tossed with Bowtie Pasta

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

Eggplant Timbale
Layers of Sautéed Eggplant, Fresh Tomato Basil Sauce
and Parmesan & Mozzarella Cheeses

Spinach Salad with Mandarin Orange & Slivered Almonds
with Tangerine Vinaigrette

Tomato Basil Bread, Focaccia & Italian Baguette

A BOUNTIFUL HARVEST FEAST

Chicken Marbella

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

Sesame Soy Salmon

Fresh Salmon Fillet pan seared in Sesame Soy Vinaigrette
accompanied by Shiitake Corn Relish

Haricot Vert, Caramelized Pearl Onions & Roasted Baby Beets
in a Champagne Vinaigrette

Duchess Sweet Potatoes with Brown Sugar & Orange Zest
piped high & oven browned

Winter Chopped Salad

with Chopped Romaine, Baby Spinach, Chopped Apples,
Pears, Walnuts, Dried Cranberries & a touch of Gorgonzola
accompanied by Raspberry Vinaigrette

Hel's Specialty Bread Basket to include

Tomato Basil Bread, Petite Croissants, French Cheddar Bread, Crusty Sourdough Bread,
Raisin Pumpernickel, Focaccia, Olive Bread & Assorted Muffins

COSTA DEL SOL de VERANO

Lemon Basil Chicken

encrusted with Basil, Oregano & Thyme
sautéed in Virgin Olive Oil

Large Tail-On Citrus Marinated Shrimp Skewers (You Grill 'Em!)

served on a bed of Saffron Rice
accompanied by Tomato Cilantro Mint Salsa

Warm Grilled Vegetables

including Eggplant, Yellow & Red Pepper, Red Onion, Squash, Asparagus & Portobello Mushroom
drizzled with Balsamic Reduction

Fresh Baby Lettuces

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

Hel's Specialty Bread Basket to include

Tomato Basil Bread, Petite Croissants, French Cheddar Bread, Crusty Sourdough Bread,
Raisin Pumpernickel, Focaccia, Olive Bread & Assorted Muffins

WONDERFUL WINTER WHIMSY

Burgundy Marinated Kabobs
Chunks of Tenderloin alternated with Mushrooms & Zucchini
grilled to medium rare with Chimichurri Sauce

Lemon Basil Chicken Kabobs
with Fresh Grilled Lemon Wedges & Roasted Garlic

Fresh Butternut Squash roasted with Butter, Brown Sugar & Hel's Secret Spices

Basmati Dill Rice with Toasted Almonds

Fresh Baby Spinach with Roasted Organic Yellow Beets, Toasted Pecans,
Crumbled Goat Cheese & Halved Grape Tomatoes
with Mustard Maple Vinaigrette

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

SOUTH AMERICAN SOIREE

Carbonada Criolla
Hel's Version of this hearty Argentinean Stew
Chunks of Tenderloin simmered with Tomatoes, Peppers,
Potatoes, Squash, Corn, Peaches & Pears

South American Shrimp Skewers
with Yellow Peppers, Poblano Peppers & Star Fruit

Sweet Quinoa with Dried Fruits & Grilled Vegetables

Portobello Mesclun Salad
Mesclun Mix of Baby Lettuces with Grilled Portobello Mushrooms,
California Montrachet, Toasted Pine Nuts & Grape Tomato
tossed in Balsamic Vinaigrette

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

FEISTY AND FLAVORFUL

Oven Roasted Halibut with Tomato Concasse
over a bed of Fresh Steamed Lentils with a touch of Cumin

Blackened Extra Firm Tofu seared with Nutritional Yeast & Cajun Spices
served with Wilted Spinach

Lemon & Olive Orzo with Arugula & Ricotta
tossed in Lemon Vinaigrette

Tagine Vegetables
Oven Roasted & Gently Simmered Carrots, Tomatoes, Cauliflower,
Zucchini, Eggplant, Pearl Onions & Radishes in a Spiced Tomato Broth

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

Hel's Fall/Winter Specialty Bread Basket to include
Braided Tomato Basil Bread, French Cheddar Bread, Crusty Sourdough Bread,
Raisin Pumpernickel, Focaccia, Olive Loaf and Cornbread & Cranberry Muffins

MY BIG FAT GREEK MENU

Light & Flaky Greek 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

Moroccan Cous Cous
a Medley of Fresh Sautéed Vegetables & Dried Fruits combined with Cous Cous
in a Curried Red Pepper Marinade

Eggplant Timbale
Layers of Sautéed Eggplant, Fresh Tomato Basil Sauce and Parmesan & Mozzarella Cheeses

Traditional Greek Salad
with Tomatoes, Cucumber, Feta, Kalamata Olives & Thinly Sliced Red Onion
accompanied by Lemon Pepper Vinaigrette

Hel's Fall/Winter Specialty Bread Basket to include
Braided Tomato Basil Bread, French Cheddar Bread, Crusty Sourdough Bread,
Raisin Pumpernickel, Focaccia, Olive Loaf and Cornbread & Cranberry Muffins

MOTHER EARTH

Eggplant Timbale
Layers of Sautéed Eggplant,
Fresh Tomato Basil Sauce
and Parmesan & Mozzarella Cheeses

Warm Lentil Salad
Tender Petite Lentils, a touch of Dijon Mustard,
Sautéed White Onions & Goat Cheese
garnished with Fresh Parsley

Organic Golden & Red Baby Beets
oven roasted & tossed with Orange Lime Butter

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 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

A VEGETARIAN DELITE

Blackened Extra Firm Tofu
seared with Nutritional Yeast & Cajun Spices
served with Wilted Spinach

Eggplant Timbale
Layers of Sautéed Eggplant, Fresh Tomato Basil
Sauce and Parmesan & Mozzarella Cheeses

Organic Lentils served with Steamed Arugula &
Organic Wisconsin Goat Cheese

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

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

.....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 & Cracked Green 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

A SIMPLE AUTUMN DELIGHT

Seafood Cassoulet

Hel's lighter interpretation of this French Classic combines
Jumbo Gulf Coast Shrimp, Snow Crab & Baby Bay Scallops
with a traditional blend of White Beans, Plum Tomato, Carrots & Fresh Herbs
to create this Hearty Autumn Cassoulet

Burgundy Marinated Tenderloin Kabobs

Chunks of Beef Tenderloin alternated with Mushrooms & Zucchini
grilled to medium rare with Chimichurri Sauce
served over Argentinean Saffron Rice

Haricot Vert with Carrot Batons & Caramelized Pearl Onions
in Champagne Vinaigrette

Fresh Baby Spinach with Roasted Organic Yellow Beets, Toasted Pecans, Sliced Pears,
Crumbled Goat Cheese & Halved Grape Tomatoes with Mustard Maple Vinaigrette

Hel's Fall/Winter Specialty Bread Basket to include

Braided Tomato Basil Bread, French Cheddar Bread, Crusty Sourdough Bread,
Raisin Pumpernickel, Focaccia, Olive Loaf and Cornbread & Cranberry Muffins

WINTER BISTRO

Grilled Salmon brushed with Fresh Herbs & Olive Oil
accompanied by Basil Garlic Aioli

Saffron Chicken

Tender Boneless Breast of Chicken simmered in White Wine with Saffron, Dijon & Leek
and served over Steamed Spinach with a touch of Cream

Lemon & Olive Oil Orzo with Arugula & Ricotta
tossed in Lemon Vinaigrette

Warm Grilled Vegetables

including Eggplant, Yellow & Red Pepper, Red Onion, Squash, Asparagus & Portobello Mushroom
drizzled with Balsamic Reduction

Winter Chopped Salad

with Chopped Romaine, Baby Spinach, Chopped Apples,
Pears, Walnuts, Dried Cranberries & a touch of Gorgonzola
accompanied by Raspberry Vinaigrette

Hel's Fall/Winter Specialty Bread Basket to include

Braided Tomato Basil Bread, French Cheddar Bread, Crusty Sourdough Bread,
Raisin Pumpernickel, Focaccia, Olive Loaf and Cornbread & Cranberry Muffins

LITTLE ITALY

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

Jumbo Stuffed Shells
A Delicious Blend of Five Cheeses, Fresh Italian Herbs & Chopped Spinach cooked to Al Dente
served with Tomato Basil Sauce

California Stir Fry
including Asparagus, Green, Red & Yellow Pepper,
Carrot, Broccoli, Cauliflower, Red Onion & Snow Pea
all tossed in Fresh Herb Butter

Simple Garden Salad
Iceberg & Romaine Lettuces tossed with Tomato Wedges,
Fresh Sliced Cucumbers, Shredded Carrot & Red Cabbage
served with choice of Ranch Dressing or Balsamic Vinaigrette

Freshly Baked Garlic Breadsticks

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

PLAY IT AGAIN SAM

Pumpkin Seed Encrusted Striped Bass
with Citrus Pomegranate Reduction

Chicken Marbella

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

Moroccan Cous Cous

a Medley of Fresh Sautéed Vegetables &
Dried Fruits combined with Cous Cous
in a Curried Red Pepper Marinade

Tagine Vegetables

Oven Roasted & Gently Simmered Carrots,
Tomatoes, Cauliflower, Zucchini,
Eggplant, Pearl Onions & Radishes
in a Spiced Tomato Broth

Spinach Salad

with Mandarin Orange & Slivered Almonds
with Tangerine Vinaigrette

Hel's Fall/Winter Specialty Bread Basket
to include Braided Tomato Basil Bread, French
Cheddar Bread, Crusty Sourdough Bread,
Raisin Pumpernickel, Focaccia, Olive Loaf and
Cornbread & Cranberry Muffins

POSITANO

Oven Roasted Mediterranean Bone-In Chicken Breast
with Artichoke Hearts, Fingerling Potatoes &
Roasted Lemon Wedges
glazed with Lemon, Oregano & Olive Oil

Tuscan Marinated Flank Steak

grilled to Medium Rare
fanned & displayed and served at room temperature
beautifully presented on oversized wood boards
garnished with
Portobello Mushrooms & Pickled Onions
accompanied by Chimichurri Sauce &
Tarragon Toasted Bistro Rolls

Eggplant Timbale

Layers of Sautéed Eggplant, Fresh Tomato Basil
Sauce and Parmesan & Mozzarella Cheeses

Mesclun Lettuces with Curly Endive,
Crispy Leek & Grilled Fennel
in Sherry Mustard Vinaigrette

Hel's Fall/Winter Specialty Bread Basket
to include Braided Tomato Basil Bread, French
Cheddar Bread, Crusty Sourdough Bread,
Raisin Pumpernickel, Focaccia, Olive Loaf and
Cornbread & Cranberry Muffins

NOT YOUR FATHER'S MEAT & POTATOES

Belgian Ale Braised Short Ribs

slow cooked in Leffe Beer & Fresh Spring Herbs until fork tender & bursting with flavor

Crème Fraiche Mashed Potatoes

Gently Steamed Yukon Gold Potatoes with a touch of Crème Fraiche, Garlic, Horseradish & Butter

Sante Fe Corn Soufflé

Yellow & White Sweet Corn, Scallion & Roasted Red Pepper

Iceberg Wedge Salad

with Chopped Tomato, Sliced Cucumber, Sliced Red Onion & Crispy Bacon
served with choice of Bleu Cheese or Thousand Island Dressing

Freshly Baked Assorted Rolls with Butter

CORTONA COMFORTE

Tuscan Chicken over Pici Pasta
Tender Filets of Chicken Breast grilled & sliced
atop Provençal Vegetables with a Sprinkling of Asiago Cheese served over Pici Pasta

Rotolo di Melanzane
Eggplant Roulade with Ricotta & Pecorino
splashed with Parmesan Cream Sauce

Root Vegetable Trio with Garlic, Olive Oil & White Wine

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

Pane
Sun-Dried Tomato Focaccia, Italian Breadsticks & Crisp Parmesan Lavosh

MOROCCAN MEDLEY

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

Moroccan Cous Cous
a Medley of Fresh Sautéed Vegetables & Dried Fruits
combined with Cous Cous in a Curried Red Pepper Marinade

Tagine Vegetables
Oven Roasted & Gently Simmered Carrots, Tomatoes, Cauliflower,
Zucchini, Eggplant, Pearl Onions & Radishes in a Spiced Tomato Broth

Spinach Salad with Mandarin Orange & Slivered Almonds
with Tangerine Vinaigrette

Hel's Fall/Winter Specialty Bread Basket filled with
Seeded Harvest Baguette, Sun-Dried Tomato Focaccia, Sliced Potato Rosemary Loaf,
Sourdough Bâtarde, Crisp Parmesan Lavosh & Mini Jalapeño Corn Muffins

FIELD & STREAM

Oven Roasted Herbed Chicken
Skinless, Boneless Breast of Chicken with Artichoke Hearts & Roasted Lemon Wedges
glazed with Lemon, Oregano & Olive Oil

Lake Superior Whitefish Almondine
Pan Roasted with White Wine, Caper Brown Butter & Toasted Almonds
with Pommes Frites Garnish

Steamed Broccolini with Butter Poached Shallots & Cherry Tomatoes
topped with Toasted Herbed Bread Crumbs

Oven Roasted Tri-Colored Potatoes
tossed with Extra Virgin Olive Oil, Fresh Herbs & a touch of Crushed Garlic

Mesclun Lettuces with Curly Endive, Roasted Leek & Grilled Fennel
in Sherry Mustard Vinaigrette

Hel's Fall/Winter Specialty Bread Basket filled with
Seeded Harvest Baguette, Sun-Dried Tomato Focaccia, Sliced Potato Rosemary Loaf,
Sourdough Bâtarde, Crisp Parmesan Lavosh & Mini Jalapeño Corn Muffins

PASTURE & PASTIS

Tender Beef Medallions
with Wild Mushroom Bordelaise
served over Parmesan Truffled Orzo

Baked Shrimp Scampi
over Roasted Leeks, Shallots & Fennel
topped with Buttered Bread Crumbs

Carrot, Zucchini & Yellow Squash Coins
tossed with Lemon Thyme Butter

Mesclun Lettuces with Roasted Baby Beets,
Grilled Shallots, Sweet Cranberries,
Belgian Endive & Grilled Fennel
in Sherry Mustard Vinaigrette

Hel's Fall/Winter Specialty Bread Basket
filled with Seeded Harvest Baguette,
Sun-Dried Tomato Focaccia, Sliced Potato
Rosemary Loaf, Sourdough Bâtarde, Crisp
Parmesan Lavosh & Mini Jalapeño Corn Muffins

FEAST

Pork Tenderloin brushed with Pommery
Mustard & wrapped in Serrano Ham
served over Braised Fennel with Mustard Seed

Sweet Potato Gnocchi with Crispy Sage Leaves

Tender Top-On Candied Carrots

Midwestern Mesclun Salad
with Grilled Asparagus, Autumn Squash &
Fresh Grilled Corn tossed with Dried Cherries,
Wisconsin Goat Cheese & Balsamic Vinaigrette

Hel's Fall/Winter Specialty Bread Basket
filled with Seeded Harvest Baguette,
Sun-Dried Tomato Focaccia, Sliced Potato
Rosemary Loaf, Sourdough Bâtarde, Crisp
Parmesan Lavosh & Mini Jalapeño Corn Muffins

AUTUMN HARVEST

Belgian Ale Braised Short Ribs
slow cooked in Belgian Beer & Fresh Spring Herbs until fork tender & bursting with flavor

Grilled Atlantic Salmon brushed with Fresh Herbs & Virgin Olive Oil
served with Cucumber Chive Crème Fraiche & Dijon Mustard Aioli

Autumn Root Smash
Parsnip, Cauliflower & Yukon Gold Potatoes
smashed with a touch of Garlic, Horseradish & Butter

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

Spiced Harvest Mesclun Salad
mixed with Spicy Walnuts, Dried Cherries, Apricots & Cranberries with Pomegranate Vinaigrette

Hel's Fall/Winter Specialty Bread Basket filled with
Seeded Harvest Baguette, Sun-Dried Tomato Focaccia, Sliced Potato Rosemary Loaf,
Sourdough Bâtarde, Crisp Parmesan Lavosh & Mini Jalapeño Corn Muffins

ASIAN INFLUENCE

Sesame Crusted Chicken sliced & fanned over Citrus Infused Red Quinoa Salad

Pan Seared Miso Glazed Fresh Atlantic Salmon
served with Steamed Edamame

Fried or Steamed Black Rice
with Bean Sprouts, Scallions, Bamboo Shoots, Water Chestnuts, Egg & Red Pepper

Sugar Snap Peas & Julienned Carrots
with Sweet Mirin Glaze & Black Sesame Seeds

Baby Spinach & Napa Cabbage with Crunchy Mandarin Noodles
dressed with Rice Wine Vinaigrette