



## 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 Coulbiac

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

### Spicy Vegetable 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

California Stir Fry  
including Asparagus, Green, Red & Yellow Pepper,  
Carrot, Broccoli, Cauliflower, Red Onion &  
Sno 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

A MIDWINTER NIGHT'S DREAM

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

Pecan Encrusted Chicken  
Boneless Breast of Chicken encrusted with  
Louisiana Style Chopped Pecans  
sautéed to golden brown & touched  
with Lime Beurre Blanc

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      Traditional Cheese  
Peppers      with Fresh Chopped  
Jalapenos & 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

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

Your Choice of Chicken or Cheese Enchiladas  
with Cheddar & Chihuahua Cheeses

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

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

## 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

Spicy Vegetable 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 & Chicken Paella  
Saffron Rice infused with White Wine, Chicken Stock & Simple Spices  
tossed together with Tender Chunks of Chicken, Sautéed Shrimp & Roasted Vegetables

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

Spicy Vegetable 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 Apple Bread Stuffing  
then oven roasted to golden brown  
accompanied by Orange Apricot 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

Whole Salmon Fillet stuffed with Fresh Spinach, Asparagus & Baby Bay Shrimp in Seafood Mousse  
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

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

Arugula Salad  
with Herb Roasted Potatoes, Haricot Vert,  
Crispy Pancetta & Roasted Garlic 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

## 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

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 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 Rolls 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 Poppyseed 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

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  
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 & 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

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

## 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

Spicy Vegetable 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

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 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 & 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 FRESH

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

Basmati Rice with Fresh Dill

### 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

## 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

## 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