



COCKTAIL HORS D'OEUVRES

PERFECT STARTERS

Hors d'oeuvres Strudel

Smoked Chicken, Fresh Asparagus, Camembert & Dried Wild Cherries in a Flaky Paper Thin Phyllo

Thai Spring Rolls

A Delicate Blend of Oriental Vegetables,
Water Chestnuts & Chinese Cabbage all tossed in a
Savory Sesame Dressing and wrapped in paper thin Wonton

Asparagus Beef Rolls

Thinly Sliced Sirloin wrapped around
Fresh Asparagus Spears
marinated in Ginger Soy & flash grilled

Gourmet Sliders with Crumbled Bleu Cheese,

Caramelized Onions & Sautéed Mushrooms on Assorted Freshly Baked Buns

Our Original Sweet-N-Sour Meatballs

Chorizo Stuffed Dates wrapped in Cured Bacon

Our Special Tempura

Chicken, Broccoli, Mushroom, Red Pepper & Sweet Potatoes dipped in the lightest of batters & delicately fried
served with Ginger Dipping Sauce

Spicy Buffalo Wings

with Bleu Cheese Sauce & Celery Sticks

Balsamic Glazed Chicken Wings

Tender Baked Wings coated with Sweet Honey
Balsamic Reduction & rolled in Toasted Sesame Seeds

Chilled Chicken Medallions

wrapped around Grilled Fig & Pear
served with Savory Raspberry Sauce

Grilled Medallions of Mango Glazed Barbados Chicken
served with Dark Rum Kiwi Dipping Sauce

Fresh Vegetable Crudite

of Broccoli, Cauliflower, Asparagus, Carrots & other select Fresh Vegetables
accompanied by Spinach Spring Scallion & Roasted Red Pepper Dips

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

DIPS & SPREADS

Pesto Charlotte
Our Fresh Basil and Mascarpone Torte layered with Fresh Basil Pesto
accompanied by Fresh Tomato Basil & French Breads

Hel's Spinach Spring Scallion Dip
surrounded by Carrot Stix & Cucumber Stix
served with Freshly Baked Baguette Rounds

Herbed Goat Cheese Crock
with Sun Dried Tomato Basil Coulis
accompanied by Herbed Garlic Crostini

Hot Artichoke & Parmesan Dip
accompanied by
Homemade Herbed Pita Chips

Hot Crab & Pimento Crock
served with Fresh Red & Yellow Tortilla Chips

Southwestern Seafood Avocado Dip
with Blackened Gulf Coast Shrimp & Cilantro Sour Cream
served with Fresh Crisp Tortilla Chips

Hel's Homemade Hummus
drizzled with Virgin Olive Oil & garnished with Paprika
accompanied by Fresh Warm Pita Triangles

Mediterranean Trio
Hel's Homemade Hummus, Baba Ganouj &
Mixed Olives accompanied by Pita Triangles

Appetizer Trio
Combination Platter of Whitefish Salad, Salmon,
Dill & Caper Salad and Hel's Homemade Hummus
accompanied by Pita Triangles & Flatbreads

Build Your Own Appetizer Trio
accompanied by Fresh Pita Triangles, Flatbreads & Crusty Sourdough
Choose 3 from the following:
Hummus ~ Artichoke Tapenade ~ Whitefish Salad ~ Salmon, Dill & Caper Salad
Baba Ganouj ~ Mixed Olives ~ Bruschetta

Chopped Liver Platter
with Chopped Egg & Onion accompanied by Cocktail Rye & Assorted Crackers

Mexican Hat Dance
featuring Refried Beans, Guacamole & Sour Cream
layered & topped with Shredded Cheddar Cheese & Chopped Black Olives
surrounded by Fresh Tortilla & Blue Corn Chips

Fresh Crisp Red, Blue & Yellow Corn Chips
served with Hel's Homemade Pico de Gallo & Hel's Mango Salsa
(Available with Guacamole)

Yellow Corn Chips & Homemade Pico de Gallo

Sweet Potato Chips & Beet Chips
served with Plantain Dipping Sauce

CHEESES

Baked Brie in Puff Pastry
with Imported Apricot Preserves & Moutarde des Chanoines
accompanied by Baguette Rounds & Fresh Fruit

Display of Domestic Cheeses
to include Swiss, Cheddar, Havarti & Muenster Cheeses alongside Dried Fruit, Berries & Grapes
served with assorted Crackers

Fresh Fruit & Cheese Basket
A Sweeping Display of Fresh Honeydew, Cantaloupe, Pineapple, Watermelon, Strawberries & Grapes
alongside Sharp Cheddar, Havarti, Swiss & Muenster Cheeses
accompanied by assorted Crackers

Brie Sampler
3 separate varieties of Brie displayed in Mini Wheels
with Roasted Garlic, Hel's Special Hot & Sweet Pecans, Fig & Pear Chutney and Caramelized Onion
accompanied by Carr's Mini Water Crackers

The Great American Cheese Platter
Featuring 5 varieties of Artisan Cheeses from the United States
Selection may vary based on season and availability, but will always represent some of the best America has to offer.
accompanied by Dried Apricots & Fig, Fresh Strawberries, Seedless Grapes & a selection of Crackers

A Selection of Imported Cheeses
to include English Double Gloucester with Stilton, Chaubier,
Drunken Goat Cheese, Chevre & other Imported Specialty Cheeses
accompanied by Dried Apricots & Fig, Fresh Strawberries, Seedless Grapes & a selection of Crackers

Dessert Cheeses
to include Double Crème Brie, Sharp Cheddar,
Lemon Fayre White Stilton, Wenslydale with Cranberries & Cherry Gourmandise
accompanied by Hel's Special Hot & Sweet Pecans,
Fig & Pear Chutney and Carr's Wheat Crackers

SEAFOOD

Southwestern Grilled Shrimp
served with Blackened Avocado Lime Mayonnaise Dipping Sauce

Gulf Coast Shrimp
with Cocktail Sauce, Remoulade & Fresh Lemon Wedges

Grilled Shrimp & Zucchini Skewers
served chilled with our Fabulous Basil Garlic Aioli

Coconut Shrimp Skewers
with Pineapple Ginger Dipping Sauce

Seared Rare Ahi Tuna Slices
served chilled with Red Pepper Almond Paste & Ginger Soy
accompanied by Rice Crackers, Tobikko Wasabi (Neon
Green Caviar) & Won Ton Crisps

Sushi Sampler
featuring California Rolls, Kamehachi Rolls,
Kappa Maki, New York Maki,
Spicy Tuna Rolls & Tempura Shrimp Rolls

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

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 Sauces

Full Side (2.75 lbs) of Scottish Smoked Salmon
accompanied by Russian Rye Triangles, Cracked Lovash, Fresh Chopped Dill, Capers, Nonpareils & Sour Cream

Charcoal Applewood Smoked Salmon
served room temperature & fully garnished with Apple Pear Chutney & Mint Pepper Marmalade
accompanied by assorted Flatbreads

Oysters Rockefeller
Fresh Blue Point Oysters topped with Classic Rockefeller Garlic Spinach
with a touch of Heavy Cream & Freshly Grated Asiago Cheese

ABBONDANTE E DELIZIOSI

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

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

Gourmet Antipasto Platter
This is It!!
The most fabulous collection of Italian specialties you'll find anywhere in Chicago.
Pomodorraccio Roasted Tomatoes, Molinari Salami, Dry Aged Cappicola, Baby Artichoke Hearts,
Prosciutto wrapped Asparagus drizzled with Balsamic Vinaigrette,
Marinated Olives, Peppadew Pepper, Reggiano Parmesan and more.....
Your guests haven't seen this collection of Italian specialties on one platter before.

Summer Caprese Platter
Locally Grown Plum Tomatoes, Fresh Mozzarella, Roasted Red Peppers,
Marinated Artichoke Hearts, Herbed Goat Cheese, Eggplant Timbale & Mediterranean Olives
accompanied by our Homemade Garlic Crostini

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

Bruschetta
Chopped Tomato, Fresh Basil, Garlic &
Balsamic Vinegar on Crusty Sourdough
with Shredded Parmesan Cheese Garnish
Topping & Breads sent separately

Antipasti Trio

Petite Tortellini Skewer
Petite Skewer of Al Dente Cheese Tortellini tossed in Hel's Fresh Basil Pesto
garnished with Grilled Red Pepper

Appetizer Antipasti Skewer
Genoa Salami, Marinated Artichoke Heart,
Kalamata Olive & Smoked Gouda
skewered & served with our Balsamic Vinaigrette
for dipping

Teardrop Tomato, Basil & Fresh Mozzarella Skewer
Petite Skewer of Teardrop Tomato
tossed in Balsamic Vinegar,
skewered with Buffalo Mozzarella &
wrapped in Fresh Basil

Available on Their Own

Petite Tortellini Skewer

Appetizer Antipasti Skewer

Teardrop Tomato, Basil & Fresh Mozzarella Skewer

FOCACCIA, FLATBREADS, PIZZAS & TARTS

Walnut Gorgonzola Focaccia with Caramelized Onions

Smoked Chicken & Wild Mushroom Focaccia
with Herbed Ricotta & Mozzarella Cheese

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

Focaccia with Fresh Grilled Vegetables
to include Roasted Yellow Pepper, Baby Eggplant, Italian Squash, Fresh Plum Tomato & Buffalo Mozzarella
drizzled with Sun Dried Tomato Pesto

Chicken Pesto Flatbread
with Buffalo Mozzarella, Fresh Plum Tomato
& Toasted Pine Nuts

Roasted Tomato & Goat Cheese Flatbread
with Herbs & Virgin Olive Oil

Truffled Goat Cheese & Tomato Tart

Caramelized Onion Tart
with Marinated Greek Chicken & Feta Cheese

Three Tomato Tart
A Delightful Blend of Fresh Roma Plum Tomatoes,
Pomodorraccio Sun Dried Tomatoes & Hel's Oven Dried Tomatoes with a Touch of Fresh Herb

Fresh Herb Tart
Chef's Selection of Fresh Herbs chopped & baked in Light Egg & Cheese Flan in a Delicate Pastry Crust

Gourmet Pizzas
(All Pizzas are 11" and cut into 8 Wedge-Shaped Pieces)

Four Cheese
Caramelized Onion and Roasted Red & Yellow Peppers with Cilantro Pesto & Four Cheeses

Pizza Napoli
Nicoise Olives, Spicy Marinara, Prosciutto,
Gorgonzola Crumbles & Parmesan

Pizza Margharita
A delicious light combination of Tomato,
Buffalo Mozzarella & Fresh Basil

Sausage & Wild Mushroom
A perfect blend of four varieties of Wild Mushrooms & Slightly Spicy Italian Sausage

Falafel Platter
Hel's Delicious Falafel Patties
accompanied by Shredded Lettuce, Chopped Tomatoes, Tahini,
Our Own Special Hot Sauce & Fresh Pita Bread

PETITE SANDWICHES

Fancy Albacore Tuna Salad
with Fresh Anjou Pears & Black Diamond Walnuts on Whole Wheat Roll

Chicken Pistachio Salad
with Red Flame Grapes on Whole Wheat Roll

Egg Salad on Petite Pain

Grilled Chicken with Shiitake Mayonnaise
on 9 Grain Roll

Grilled Chicken with Roasted Red Pepper Mayonnaise
on Tandoori Nan

Tarragon Roasted Sirloin
with Horseradish Sauce on Petite Pain

Smoked Turkey with Cranberry Apple Chutney
on Tandoori Nan

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

Corned Beef on Petite Rye Roll or Pumpernickel

Honey Baked Ham & New York Cheddar on Petite Rye Roll

Beef Tenderloin with Horseradish Sauce on Petite Pain

GOURMET PETITE SANDWICHES

Grilled Steak with Caramelized Onion, Sautéed Mushroom & Baby Field Greens
on Tarragon Toasted Petite Pain

Oven Roasted Turkey Breast
with Applewood Smoked Bacon, Sprouts,
Baby Spinach & Special Louie Mayonnaise
on Toasted Herbed Petite Pain

Oven Roasted Turkey Breast
with Double Crème Brie, Orange Cranberry Relish,
Apricot Mustard & Red Leaf Lettuce
on Petite Pain

Grilled Portobello Mushroom
with Balsamic Marinated Plum Tomato & Buffalo Mozzarella with Basil Pesto on Petite Focaccia

Fresh Grilled Vegetables with Roasted Yellow Pepper, Baby Eggplant, Italian Squash,
Fresh Plum Tomato & Buffalo Mozzarella on Petite Focaccia

BISTRO SANDWICHES

Oven Roasted Turkey Breast with Creamy Brie, Sliced
Pear & Arugula Leaves on Toasted Herb Petite Pain

Grilled Steak with Baby Field Greens & Cucumber
Wasabi Spread on Tarragon Toasted Petite Pain

Fresh Grilled Vegetables with Roasted Yellow Pepper, Baby Eggplant, Italian Squash,
Fresh Plum Tomato & Buffalo Mozzarella on Petite Focaccia

COCKTAIL SANDWICHES

Apricot Glazed Turkey
with Moutarde des Chanoines on Whole Grain

Thinly Sliced Pork Tenderloin
with Cranberry Apple Chutney on Petite Pain

Medium Rare Tenderloin
with Shiitake Mayonnaise served on Brioche

TEA SANDWICHES

Scottish Smoked Salmon
with Sour Cream, Caper & Dill on Black Rye Bread

Whipped Cream Cheese
on Raisin Pumpernickel Bread

Cucumber and Boursin
on Whole Wheat

Blackened Shrimp with Avocado Lime Mayonnaise
on Wheat Grain Bread

Chicken Pistachio Salad on 7 Grain Bread

PETITE PITA POCKETS

Hel's Signature Tuna Pear Walnut Salad, Chicken Pistachio Salad or our incomparable Egg Salad
delicately stuffed into Petite Fresh Pita Pockets

THE SUBS

5-Meat Italian Sub

Turkey, Ham, Summer Sausage, Pepperoni & Genoa Salami with Shredded Lettuce, Red Onion, Green Pepper, Mozzarella Cheese, Mayonnaise, Oil & Vinegar on Freshly Baked French Bread

Fresh Garden Sub

Garden Fresh Vegetables to include Alfalfa Sprouts, Sliced Tomatoes, Carrots, Zucchini, Shredded Lettuce & Avocado with Mozzarella & Wisconsin Sharp Cheddar & Raspberry Vinaigrette on Freshly Baked French Bread

Albacore Tuna Sub

Fancy Albacore Tuna Salad with Fresh Anjou Pears & Black Diamond Walnuts, Shredded Lettuce, Sliced Tomatoes, Green Pepper, Red Onion & Mozzarella on Freshly Baked French Bread

Southwestern Grilled Chicken Sub

Mesquite Grilled Chicken Breast sliced with Jalapeño Pepper Jack Cheese, Rich Guacamole, Shredded Lettuce, Red Onion, Green Pepper, Mayonnaise, Oil & Vinegar on Freshly Baked French Bread

Turkey Club Sub

Fresh Roasted Turkey with Crisp Applewood Bacon, Beefsteak Tomato, Thin Sliced English Cucumber, Crisp Romaine Lettuce & Mayonnaise on Freshly Baked French Bread

Chicken Salad Sub

Boneless Breast of Chicken Salad with Red Flame Seedless Grapes & Pistachios with Shredded Lettuce on Freshly Baked French Bread

THE WRAPS

*A variety of delectable fillings rolled up in Soft Flour Tortillas & sliced into 2-Bite pieces.
A perfect appetizer any time of year.*

Smoked Chicken

with Roasted Red Pepper, Shredded Leaf Lettuce, Smoked Chicken, Spring Scallion, BBQ Ranch Dressing & Pepper Jack Cheese wrapped in a Flour Tortilla

Mexican Fiesta

A Flour Tortilla filled with Guacamole, Roasted Turkey, Refried Beans, Sour Cream, Salsa, Shredded Lettuce & Cheese

Grilled Sirloin

Our Char-Grilled Sirloin sliced thin & wrapped with Tarragon Mayonnaise, Chopped Lettuce, Shredded Cheddar, Diced Tomato & Red Onion Confit wrapped in a Tomato Tortilla

Grilled Vegetable

Fresh Roasted Pepper, Eggplant & Zucchini tossed with Buffalo Mozzarella, Baby Lettuces, Roasted Tomato & Hel's Homemade Pesto wrapped in a Tomato Tortilla

Reuben

The finest Kosher style Lean Corned Beef wrapped up with Hel's Homemade Cole Slaw, Freshly Grated Swiss, 1000 Island Dressing & a Kosher Dill Pickle in a Spinach Tortilla

Smoked Salmon

Nova Lox, Thinly Sliced Cucumber, Whipped Cream Cheese, Capers & Scallions wrapped in a Flour Tortilla

Turkey Club

Fresh Roasted Turkey with Crisp Applewood Bacon, Beefsteak Tomato, Thinly Sliced English Cucumber & Crisp Romaine Lettuce wrapped up with Mayo in a Flour Tortilla

THE BOARDS

*Help yourself – Thick, Juicy Cuts of our Finest Roasted Meats
hand carved, fanned & displayed and served at room temperature on beautifully garnished oversized wood boards.
All Boards are accompanied by baskets of Freshly Baked Rolls & our Homemade Spreads.*

Roasted Tenderloin of Beef
garnished with Caramelized Onions, Sautéed Mushrooms & Grape Tomatoes
accompanied by Cucumber Wasabi & Traditional Horseradish Sauces

Roasted Sirloin of Beef
accompanied by
Tarragon Mayonnaise & Horseradish Sauce

Center Cut Pork Loin
served with
Apple Onion Chutney & Orange Peach Chutney

Spiral Sliced Honey Glazed Ham
garnished with Dried Fruit & Nuts
accompanied by Hot n' Sweet Mustard &
Cranberry Apple Chutney

Apricot Glazed Turkey Breast
served with
Cranberry Apple Chutney & Apricot Moutarde

Hel's Sausage & Cheese Board
A bountiful array of Pepperoni, Salami & Summer Sausage
with Havarti, New York Cheddar, Muenster & Jarlsberg Swiss Cheeses
accompanied by Grey Poupon & Honey Mustard and Assorted Breads & Crackers

TAPAS – HEL'S STYLE

Sirloin Empanadas
with Raisins & Cracked Green Olives

Veal Empanadas
with Quince Red Pepper & Cinnamoned Apples

Almond & Guava Empanadas

Seafood Ceviche in Cucumber Cups

Spanish Garlic Potato Salad

Hel's Version of Classic Spanish Paella
Saffron Rice infused with White Wine, Chicken Stock & Simple Spices
tossed together with Tender Chunks of Chicken, Sautéed Shrimp, Mild Sausage & Roasted Vegetables

Sicilian Red Radishes with Fresh Peppered Pecorino

Marinated Garlic Mushrooms

Potato Cheese Cigars

Pan Fried "Really Big" (12/15) Shrimp with Dill

Petite Lamb Rack
grilled to Medium Rare, sliced & fanned and accompanied by Chimichurri Sauce
served at Room Temperature with Herb Crust

Chilled Lemon Basil Chicken Kabobs

Rosemary Roasted Potato & Garlic Skewers

Olive Tapenade & Artichoke Tapenade
accompanied by Crostini Pieces

Serrano Ham Wrapped Peach Slices

Crushed Amaretti Stuffed Peaches

Tapas Sampler
featuring Goat Cheese Stuffed Figs wrapped in Serrano Ham, Ceviche Cucumber Cups, Prosciutto Wrapped Asparagus
with Boursin Cheese & Lemon Zest, Spanish Garlic Potato Salad, Mixed Mediterranean Olives,
Chilled Lemon Basil Chicken Kabobs and Manchego Cheese & Quince Crostini

SUSHI

PLATTERS

Sushi Sampler
featuring California Rolls, Kamehachi Rolls,
Kappa Maki, New York Maki,
Spicy Tuna Rolls & Tempura Shrimp Rolls

Seared Rare Ahi Tuna Slices
served chilled with Red Pepper Almond Paste & Ginger Soy
accompanied by Rice Crackers, Tobikko Wasabi
(Neon Green Caviar) & Won Ton Crisps

NIGIRI SELECTIONS

Namasake (Fresh Salmon)

Maguro (Tuna)

Unagi (Freshwater Eel)

Hamachi (Yellowtail)

MAKI SELECTIONS

(Seaweed Rolls/6 Pieces unless noted)

AAC Maki	Asparagus, Avocado & Cucumber.....
California Roll	Snow Crab, Avocado & Cucumber.....
Chicago Crazy Roll	Tuna, Yellowtail, Salmon, Crab, Cucumber, Lettuce & Masago.....
Dragon Roll	Freshwater Eel, Cucumber & Tempura Crunch rolled outside with Avocado, drizzled with Eel Sauce (8 Pieces).....
Ebikyu Deluxe Maki	Shrimp, Avocado & Cucumber.....
Futomaki	Spinach, Gourd, Shiitake Mushroom, Japanese Pickle & Egg Omelette (4 Pieces).....
Green Turtle Roll	Freshwater Eel & Tempura Crunch rolled outside with cooked Shrimp & Wasabi Tobiko, drizzled with creamy Wasabi Sauce (8 Pieces).....
Kamehachi Roll	Tuna, Avocado & Cucumber rolled inside out in Masago.....
Kappa Maki	Cucumber.....
Negi Hamachi Maki	Yellowtail & Scallions.....
New York Maki	Smoked Salmon, Cream Cheese & Scallion.....
Rainbow Roll	Crab, Avocado & Cucumber wrapped outside with Tuna, Salmon, Whitefish & Shrimp (8 Pieces).....
Sakekyu	Fresh or Smoked Salmon & Cucumber.....
Shiitake Maki	Shiitake Mushroom & Avocado.....
Special Salmon Roll	Baked Smoked Salmon, Scallions, Cucumber, Tempura Crunch, Masago & Mayonnaise drizzled with Eel Sauce (5 Pieces).....
Spicy California Roll	Snow Crab, Avocado, Cucumber & Spicy Mayonnaise.....
Spicy Tuna Roll	Tuna & Spicy Mayonnaise.....
Spicy Tuna Deluxe	Spicy Tuna Roll with Avocado & Cucumber.....
Spider Roll	Fried Softshell Crab & Cucumber (5 Pieces).....
Summer Roll	Tuna, Yellowtail, Green Pepper, Avocado, Masago, Cilantro, Spicy Mayonnaise, Spicy Sesame Oil & Lime (5 Pieces).....
Sunset Roll	Crab, Avocado, Cucumber wrapped outside with Fresh Salmon, Salmon Roe & Sweet Miso Sauce.....
Tekka Maki	Tuna.....
Tempura Shrimp Roll	Shrimp Tempura, Scallions, Mayonnaise & Cucumber (5 Pieces).....
Unakyu Maki	Freshwater Eel & Cucumber.....