

HEL'S HIGH HOLIDAYS 2009

NEW YEAR HOLIDAY DINNER

Freshly Baked Challah

Matzoh Ball Soup with Toasted Matzoh Farfel

Apples & Honey

Kishke

Choose One Salad

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

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

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

Choose One Entree (Can be split in multiples of 4)

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

Old-Fashioned Brisket of Beef
 sliced & served with
 Onions & Homemade Brisket Gravy

Stuffed Chicken Breast
 Boneless Breast of Chicken
 with skin wrapped around
 Hel's Apple Bread Stuffing
 oven roasted to golden brown
 accompanied by Orange Apricot Glacé

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

Oven Roasted Garden Vegetable Chicken
 (Bone-In) with Fresh Herbs, Tomatoes,
 Green Peppers, Onions & Mushrooms

Choose Two Side Dishes

Oven Roasted New Potatoes
 quartered & tossed with Sautéed Onions

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

Hannah's Noodle Kugle
 (with or without Raisins)

Tagine Vegetables
 in a Savory Tomato Broth

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

Steamed Asparagus
 with Beurre Noisette & Toasted Pine Nuts

Long Grain & Wild Rice
 with Pecans & Dried Wild Cherries

Herbed Italian Orzo
 gently steamed & tossed with
 Virgin Olive Oil & Fresh Herbs

Oven Roasted Asparagus
 with a touch of Extra Virgin Olive Oil
 then lightly topped with a Gremolata of Lemon
 Zest, Fresh Garlic & Flat Italian Parsley

Above package available for 8 or more
 \$23.45 per Guest
 (Must be ordered in multiples of 4)

A TRADITIONAL "BREAK THE FAST"

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

Hel's Fabulous Egg Salad

Hannah's Noodle Kugle
 or Kugle Cupcakes
 (both available with or without Raisins)

Petite Croissants & Assorted Flatbreads

Fresh Nova Lox Platter
 served with Chive & Plain Whipped Cream Cheeses
 accompanied by a Platter of Sliced Beefsteak Tomatoes, Bermuda Onions, Sliced Cucumber,
 Marinated Greek Olives, Scallions, Carrot Sticks and Sliced Muenster & Swiss Cheeses

Freshly Baked Assorted
 Mini Muffins & Coffee Cakes

Our Frittata of Zucchini, Mushroom & Vidalia Onion
 with Roasted Red Pepper, Cream Cheese,
 Herbed Croutons & Jarlsberg Swiss Cheese

Fresh Bagels with a Duet of Whipped
 Cream Cheeses (Chive and Plain)

\$23.10 per Guest - Minimum of 8 Guests
 (Must be ordered in multiples of 4)



APPETIZERS

Cocktail Veal Meatballs with Mint, Parsley & Dill tossed in a Lemon Infused Sauce (20 pieces)	\$17.95
Creamed Herring with Apples & Onions (2 lb minimum)	\$7.95/lb
Gefilte Fish with prepared Horseradish	\$4.95 ea
Chopped Liver Platter fully garnished & accompanied by Cocktail Rye (2 lb platter)	\$29.95
1 Lb Display of Scottish Smoked Salmon accompanied by Russian Rye Triangles,	
Water Crackers, Fresh Chopped Dill, Capers Nonpareils & Sour Cream (serves 10-15)	\$59.95
Hel's Homemade Hummus accompanied by Fresh Pita Triangles (serves 18-20)	\$21.95
Petite Pesto Charlotte with Tomato Basil & French Bread Slices (serves 15-20)	\$24.95
Small Fresh Vegetable Crudite (serves 14-18)	\$34.95
Broccoli, Cauliflower, Asparagus, Carrot & other select Fresh Vegetables with Spring Scallion Dip	

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

\$29.95 (serves 12-20)

A LA CARTE SELECTIONS

SALAD SELECTIONS

2 lb or 12 person minimum on all Salad Selections

Chilled Israeli Cous Cous Salad	\$7.95/lb
with Grilled Zucchini, Yellow Peppers & Grape Tomatoes, Chopped Pears, Jicama & Dried Cranberries	
Hel's Homemade Egg Salad	\$5.95/lb
Chicken Salad with Red Flame Grapes & Pistachios	\$9.95/lb
Tuna Salad with Fresh Pears & Walnuts	\$9.95/lb
Wild Rice Salad	\$7.95/lb
with Pecans, Sno Peas, Mandarin Oranges & Dried Wild Cherries drizzled in Tangerine Vinaigrette	
Gala Apple Waldorf Salad with Celery, Apples & Walnuts in a Sweet & Tangy Dressing	\$7.95/lb
Hel's Famous Caesar Salad with Freshly Grated Parmesan Cheese & Homemade Croutons	\$1.90/person
Autumn Chopped Salad with Chopped Apples, Pears, Walnuts, Dried Cranberries &	
a touch of Gorgonzola in Raspberry Vinaigrette	\$2.25/person
Wagner Spinach Salad with Caramelized Onions, Crumbled Bleu Cheese,	
Fresh Strawberries & Candied Walnuts in Poppyseed Dressing	\$2.25/person
Orange Raspberry Mesclun Salad with Orange Segments, Fresh Raspberries, California Montrachet,	
Toasted Sunflower Seeds & Grape Tomatoes in Citrus Vinaigrette	\$2.25/person

SIDE SELECTIONS

2 lb minimum on all Side Dishes sold by the pound

~ Vegetable ~

Warm Grilled Vegetables with Balsamic Reduction	\$10.95/lb
with Crumbled Goat Cheese	\$12.95/lb
California Stir Fry with Lemon Herb Butter	\$7.95/lb
Tagine Vegetables in a Spiced Tomato Broth	\$7.95/lb
Haricot Vert	
with Baby Carrot & Caramelized Pearl Onion	\$9.95/lb
Orange Glazed Broccoli & Carrot Sauté	\$7.95/lb
Mustard Sherry Green Beans (served chilled)	
with Roasted Red Pepper Garnish	\$7.95/lb
Eggplant Timbale (serves 8-10)	\$24.95

~ Rice, Potato & Pasta ~

Hel's Original Oven Roasted Fanned Potatoes (18 pcs)	\$17.95
Potted Potatoes & Carrots drizzled with Brisket Gravy	\$5.95/lb
Sweet Potato & Apple Tzimmes	\$6.95/lb
Whipped Brandied Sweet Potatoes with Candied Pecans	\$7.95/lb
Long Grain & Wild Rice with Pecans & Dried Wild Cherries	\$7.95/lb
Basmati Rice with Fresh Dill	\$7.95/lb
Vegetable Cous Cous with Dried Fruits & Grilled Vegetables	\$7.95/lb
Saffron Orzo with Morels, Asparagus & Peppers	\$8.95/lb
Hannah's Noodle Kugle with or without Raisins (5 lb pan)	\$34.95
Kugle Cupcakes – individually tinned (10 pack)	\$18.50

~ Other Specialties ~

Matzoh Balls (5 pieces)	\$6.25
Chicken Soup with Chopped Parsley, Slivered Carrot & Matzoh Farfel	\$4.95/qt
Whole Kishke (approx 1 lb)	\$9.95
Israeli Salad of Fresh Chopped Tomatoes & Cucumbers with Lemon & Parsley	\$6.95/lb
Leona's Five Fruit Compote – Prunes, Apricots, Peaches, Cherries & Pineapples	\$8.95/lb
Cheese Blintzes with Blueberry & Strawberry Compote and Sour Cream	\$29.95/doz
Our Frittata of Zucchini, Mushroom & Vidalia Onion (serves 10-15)	\$28.95
Orange Cranberry Walnut Mold (serves 12-18)	\$24.95

HOMEMADE SOUP SELECTIONS

Creamy Portobello Mushroom

Tomato Bisque with Wild Rice

Chef Francisco's Fabulous Pumpkin Squash

All Soups served with Hel's Seasoned Oyster Crackers

\$26.95 per Gallon
(serves 12-16)

ENTRÉE SELECTIONS

Roasted Tenderloin of Beef hand carved & fanned on platter with Tarragon Mayonnaise & Horseradish Sauce. \$225.00

Roasted Sirloin of Beef hand carved & fanned on platter with Tarragon Mayonnaise & Horseradish Sauce \$99.95

Apricot Glazed Turkey carved & fanned on platter with Cranberry Apple Chutney & Apricot Mustard \$89.95

(Meat Platters above serve 16-20 as 1 of 2 entrees and include 30 Freshly Baked Rolls)

Fresh Herb Grilled Salmon with Cucumber Chive Crème Fraiche – (8) 3 oz pieces \$47.95
(serves 6-8 as 1 of 2 entrees or 3-4 as full entrée)

Dijon & Panko Encrusted Pike – (8) 3 oz pieces \$55.95
Fresh Pike Fillet encrusted with Panko Crumbs & a touch of Dijon & baked to golden crisp
(serves 6-8 as 1 of 2 entrees or 3-4 as full entrée)

Fresh Pacific Sea Bass in Hel's Thai Marinade with Scallions & Garlic – (8) 3 oz pieces \$87.95
(serves 6-8 as 1 of 2 entrees or 3-4 as full entrée)

Salmon En Crouete – Whole Salmon Filet lightly poached with Fresh Spinach, Asparagus & Whitefish Mousse \$134.95
wrapped in a Light Puff Pastry and accompanied by Mustard Mayonnaise & Cucumber Dill Sauce
(serves 20-25 as 1 of 2 entrees)

Whole Poached Norwegian Salmon (6 lbs) \$109.95
fully garnished & served with Cucumber Dill & Mustard Mayonnaise Sauces (serves 20-25 as 1 of 2 entrees)

Family Size Whole Smoked Lake Superior Whitefish Platter served with Fresh Lemon Wedges (2 lbs) \$49.95
garnished with Fresh Cut Vegetables

Fresh Nova Lox served with Baskets of Bagels and Chive & Plain Whipped Cream Cheeses \$9.95/person
accompanied by a Platter of Sliced Beefsteak Tomatoes, Bermuda Onions, Sliced Cucumber,
Marinated Greek Olives, Scallions, Carrot Sticks and Sliced Muenster & Swiss Cheeses (12 person minimum)

Smoked Fish Basket of Peppered Sable, Smoked Chubs & Fresh Smoked Lake Trout \$12.95/person
presented with our Fresh Nova Lox Platter served with Baskets of Bagels,
Chive & Plain Whipped Cream Cheeses and a Platter of Sliced Beefsteak Tomatoes, Bermuda Onions,
Sliced Cucumber, Marinated Greek Olives, Scallions, Carrot Sticks and Sliced Muenster & Swiss Cheeses (20 person minimum)

Old-Fashioned Brisket of Beef splashed with Homemade Brisket Gravy \$21.95/lb

Brisket Gravy \$5.95/pint

Stuffed Chicken Breast wrapped around Apple Bread Stuffing with Orange Apricot Glacé \$7.95/pc

Chicken Marbella with Coriander, Bay, Brown Sugar, Garlic Cloves, Capers & Prunes (4 oz boneless breast) \$4.60/pc

Chicken Marsala with Fresh Sliced Mushrooms (4 oz boneless breast) \$4.60/pc

Chicken Florentine with Steamed Spinach & Sherry Mushrooms (4 oz boneless breast) \$4.60/pc

Chicken with Tomato Concasse & Fresh Sliced Mushrooms (4 oz boneless breast) \$4.60/pc

Oven Roasted Garden Vegetable Chicken (Bone-In) \$27.80/order
Includes 4 Breasts, 2 Thighs, 2 Wings & 2 Legs

Individual Oven Roasted Garden Vegetable Chicken Breast (Bone-In) \$4.00/pc

All above Entrée Selections sold by the piece must be ordered in multiples of 4

THE SWEET STUFF & CHALLAH

COOKIES & DESSERT BARS

Chocolate Chip Cookies ~ Oatmeal Raisin Cookies
Blackout Cookies ~ Chocolate Peanut Butter Squares
Rocky Road Brownies ~ Lemon Delites
Turtle Bars ~ Malted Milk Bars ~ Lahina Clouds
Apricot Nut Bars ~ Raspberry Oatmeal Triangles
White Chocolate Raspberry Cheesecake Bars
\$10.80 per Dozen
(1/2 dozen minimum on any variety)

PETITE PASTRIES

Petite Apple Strudels ~ Key Lime Tartlets
Chocolate Éclairs ~ Petite Napoleons
Grand Marnier Cream Puffs ~ Chocolate Truffle Tartlets
Mini Fresh Fruit Cheesecakes ~ Assorted Rugelach
Chocolate Covered Banana Squares
Macadamia Nut & White Chocolate Cookies
\$15.00 per Dozen
(1 dozen minimum on any variety)

OTHER SPECIALTIES

A Sweeping Display of Fresh Fruit to include

Honeydew Melon, Cantaloupe, Watermelon, Seedless Grapes, Fresh Pineapple & Select Strawberries
Small (serves 12-16) \$45.95 Medium (serves 25-30) \$69.95 Large (serves 45-55) \$124.95

Freshly Baked Plain or Raisin Challah (1 lb loaf)	\$4.95
Frosted Chocolate Banana Cake (serves 8-10)	\$17.95
“Reverse” Fresh Banana Cake (serves 8-10)	\$17.95
Just Chocolate Cake with Powdered Sugar (serves 8-10)	\$10.95
Best Damn Lemon Cake coated in Chocolate (serves 12-16)	\$19.95
Chocolate Decadence (serves 10-12)	\$14.95
Killer Chocolate Cake (serves 20-24)	\$34.95
Praline Turtle Cheesecake (serves 20-24)	\$34.95
Oreo Chocolate Chip Cheesecake (serves 20-24)	\$34.95
Fresh Fruit Mosaic Cheesecake (serves 20-24)	\$34.95
Lemon Mousse with Raspberry Sauce (serves 12-16)	\$29.95
Fresh Fruit Tart (serves 12-16)	\$29.95
Sour Cream Dutch Apple Torte (serves 16-20)	\$34.95
Coeur a la Crème (serves 8-10)	\$34.95
A Delicate, Heart-Shaped Cream Cheese Confection served with Raspberry Sauce	
Sweet Raspberry Sauce (8 oz)	\$5.95

While you are celebrating the turning of another New Year and solemnly observing the Day of Atonement, we at Hel's Kitchen would like to acknowledge our loyal customers for their continued patronage throughout the years, and this past economically difficult year in particular. We look forward to providing for all of your catering needs, large and small, for many years to come.

We invite you to take some time and peruse our new BLUE SKY PICNICS division on our Web site (<http://helskitchen.com/blueskypicnics/>) and see how easy we can make your casual company or family picnic entertaining and at prices that reflect true value in this still turbulent economy.

We have added special young adult packages to our Bar/Bat Mitzvah Menus and we have developed our new Extreme Value Kiddush Menus (http://helskitchen.com/simcha_delivered.html). Now you will have the opportunity to experience all of the hallmark flavor and beautiful presentation that has become synonymous with the name Hel's Kitchen for the past 24 years – all at special all-inclusive pricing. Keep in mind that we are a full service company with a ready corps of the finest catering service staff in Chicagoland and the expertise to create the perfect full service event from top to bottom, including complete floral, as well as linen and silver, glass and china rentals.

So, have a wonderful Happy New Year and an easy fast. Our event coordinators look forward to helping you make your vision a reality for your next simcha