



HEL'S KITCHEN | *catering*

Culinary Architects • Delivered • Blue Sky Picnics

GOOD MORNING!!

## HEL'S BREAKFAST MENU

(12-person minimum on all breakfast items)

### THE CONTINENTALS

#### "The Traditional"

Assorted Homemade Muffins

Freshly Baked Danishes

Freshly Baked Petite Croissants

served with Butter

\$5.95 (12-30 guests)

\$5.75 (31-60 guests)

\$5.50 (61+ guests)

#### "All The Basics"

Assorted Filled & Iced Donuts

Freshly Baked Bagels with Cream Cheese

Assorted Homemade Muffins

Freshly Baked Petite Croissants

\$6.50 (12-30 guests)

\$6.25 (31-60 guests)

\$5.95 (61+ guests)

#### "Almost Continental"

Petite Muffins

Freshly Baked Petite Croissants

Freshly Baked Mini Bagels with Cream Cheese

Warm Egg & Cheese Wraps

\$7.25 (12-30 guests)

\$6.95 (31-60 guests)

\$6.75 (61+ guests)

#### "Coffee Talk"

Chocolate Chip Coffee Cake

Raspberry Coffee Cake

Cheese Danish Coffee Cake

Freshly Baked Bagels with Cream Cheese

\$5.95 (12-30 guests)

\$5.75 (31-60 guests)

\$5.50 (61+ guests)

All Continental Breakfasts include Your Choice of:  
Orange, Apple, Cranberry, Tomato or Grapefruit Juice

&

Regular Coffee, Decaffeinated Coffee or Tea

### THE BREAKFAST BOX

Traveling with a group? Having a morning meeting?

Need to get an early start for everyone in a hurry?

Try our Breakfast Box. Make your choices below and we will deliver your breakfast completely self-contained in a beautifully decorated, easy-to-carry, handled cardboard box.

Choose one of each:

A Freshly Baked Muffin *or* Bagel with Cream Cheese

Fresh Fruit *or* Dannon® Fruited Yogurt

A Chilled Bottle of Juice: Orange, Apple, Cranberry, Tomato *or* Grapefruit

\$4.25

## BREAKFAST BUFFETS

### WHAT A WAY TO START THE DAY

A Breakfast Strudel of Fresh Vegetables & New York Cheddar Cheese  
folded with Lightly Scrambled Eggs in a Delicate Phyllo Pastry

A Breakfast Strudel of Honey Baked Ham & Jarlsberg Swiss  
folded with Lightly Scrambled Eggs in a Delicate Phyllo Pastry

“Those” Potatoes

Layers of Hash Browns, New York Cheddar, Sour Cream & Crumbled Bacon

Freshly Baked Assorted Muffins & Bagels with Cream Cheese

Fresh Fruit Salad of

Honeydew, Cantaloupe, Pineapple, Red Flame Grapes & Mandarin Oranges

\$9.95 (12-30 guests)

\$9.75 (31-60 guests)

\$9.50 (61+ guests)

### FRENCH TOAST AND.....

Crème Brulee French Toast

Freshly Baked Challah soaked in Brown Sugar  
Egg Batter & baked to golden brown

Spiral Sliced Honey Glazed Ham  
hand carved & fanned on wood board  
garnished with Dried Fruits & Nuts

accompanied by Hot & Sweet Moutarde des Chanoines

Late Summer Fruit Salad

\$10.95 (12-30 guests)

\$10.75 (31-60 guests)

\$10.50 (61+ guests)

### QUICHE ME LORRAINE

Choose 2 Varieties:

Classic Quiche Lorraine

Cheddar & Broccoli

Shrimp & Crab

Spinach & Mushroom

Boursin & Sun-Dried Tomato

Assorted Breakfast Breads & Muffins

Fresh Fruit Kabobs of  
Cantaloupe, Honeydew & Strawberry

\$8.50 (12-30 guests)

\$8.25 (31-60 guests)

\$7.95 (61+ guests)

### BACON & EGGS (& A WHOLE LOT MORE)

Light & Fluffy Scrambled Eggs with Scallions & Cheddar

“Those” Potatoes

Layers of Hash Browns, New York Cheddar, Sour Cream & Crumbled Bacon

Bacon Strips & Sausage Links

An assortment of Freshly Baked Muffins & Bagels with Cream Cheese

\$10.50 (12-30 guests)

\$10.25 (31-60 guests)

\$9.95 (61+ guests)

All Breakfast Buffets include Your Choice of:

Orange, Apple, Cranberry, Tomato or Grapefruit Juice

&

Regular Coffee, Decaffeinated Coffee or Tea

## A LA CARTE SELECTIONS

An assortment of Freshly Baked Muffins & Breakfast Breads with Butter

\$1.95 per Person

*with Petite Croissants \$2.95 per Person*

A Sweeping Display of Fresh Fruit to include

Honeydew Melon, Cantaloupe, Watermelon, Seedless Grapes, Fresh Pineapple & Select Strawberries

Small (12-16) \$45.95    Medium (25-30) \$69.95    Large (40-50) \$119.95

Fresh Fruit Salad  
of Honeydew, Cantaloupe, Pineapple,  
Red Flame Grapes & Mandarin Oranges  
\$5.95/lb (minimum 3 lbs)

Fresh Fruit Kabobs  
of Cantaloupe, Honeydew & Strawberry  
garnished with Red Flame Grapes  
\$1.25 each (minimum 12 pieces)

Whole Pieces of Fresh Fruit

\$1.25 each

Fresh Strawberry or Blueberry Yogurt Dipping Sauce

\$5.95 per Pint

Egg & Cheese Wrap  
Fresh Scrambled Eggs with Scallions, Tomatoes,  
Fresh Chopped Spinach, Salsa & Cheddar Cheese  
all wrapped up in a Warm Flour Tortilla  
\$1.95 each (minimum 12)

Bacon, Egg & Cheese Wrap  
The same great Wrap as the Egg & Cheese  
but this time with Crisp Maple Bacon  
\$2.45 each (minimum 12)

Egg & Cheese Muffin  
The same great treat without the meat  
\$1.95 each (minimum 12)

Sausage, Egg & Cheese Muffin  
Fresh Sausage Patty topped with Scrambled Eggs &  
Melted American Cheese  
\$2.65 each (minimum 12)

A Breakfast Strudel of Honey Baked Ham & Jarlsberg  
Swiss folded with Lightly Scrambled Eggs  
in a Delicate Phyllo Pastry  
\$12.95 (serves 6-8)

A Breakfast Strudel of Fresh Vegetables & Cheddar  
Cheeses folded with Lightly Scrambled Eggs  
in a Delicate Phyllo Pastry  
\$12.95 (serves 6-8)

Egg Fiesta Strada

Country Fresh Grade AA Extra Large Eggs whipped with Real Whipping Cream &  
layered over Freshly Baked Country Baguette Slices with Chorizo Sausage & Pepper Jack Cheese  
accompanied by Tomato Salsa & Tabasco Sauce  
\$45.00 (serves 16-20)

Egg Sausage Strada  
Country Fresh Grade AA Extra Large Eggs whipped  
with Real Whipping Cream & layered over  
Freshly Baked Country Baguette Slices with  
Cheddar Cheese, Mozzarella Cheese, Roasted Red &  
Green Peppers, Spanish Onions &  
Delightfully Spicy Crumbled Italian Sausage  
Breakfast with a Pleasant Zing.  
\$45.00 (serves 16-20)

Egg Vegetable Strada  
Country Fresh Grade AA Extra Large Eggs whipped  
with Real Whipping Cream & layered over Freshly  
Baked Country Baguette Slices with Swiss Cheese,  
Cheddar Cheese, Cream Cheese, Roasted Red &  
Green Peppers, Zucchini & Mushrooms  
An Absolute Breakfast Delight.  
\$45.00 (serves 16-20)

### Quiches

Classic Lorraine ~ Cheddar & Broccoli ~ Spinach & Mushroom ~ Boursin & Sun-Dried Tomato  
\$17.95 each

Shrimp & Crab \$23.50 each  
+\$2.00 with Egg Beaters  
(Each Quiche serves 8 pieces)

French Toast  
served with Butter & Hot Maple Syrup  
\$1.95 per Person

Fresh Scrambled Eggs  
with Scallions & Cheddar  
\$2.50 per Person

### “Those” Potatoes

Layers of Hash Browns, New York Cheddar, Sour Cream & Crumbled Bacon  
\$26.95 (serves 12-16)

Hash Browns with Cheddar  
\$6.95/lb

Hunt Club Potatoes  
Home Fried with Tri-Colored Peppers & Onions  
\$4.95/lb

Bacon Strips (2 per Person)  
\$1.60 per Person

Sausage Links (2 per Person)  
\$1.25 per Person

Bowls of Smooth Vanilla Yogurt  
surrounded by Crocks of Fresh Granola, Strawberries, Raisins & Bananas  
\$2.95 per Person

Individual 6 oz Yogurt in Assorted Flavors  
\$2.25 each

Assorted Freshly Baked Muffins  
to include Cranberry, Banana Nut, Blueberry  
Lemon Poppyseed & Apple Cinnamon Muffins  
\$1.35 each (min 12)

Assorted Fresh Bagels  
with Whipped Cream Cheese \$2.05 each (min 12)  
with Individual Cream Cheese \$2.25 each (min 12)

Freshly Baked Danishes  
\$1.50 each (min 12)

Assorted Freshly Baked Donuts  
Plain, Topped & Filled  
\$1.75 each (min 12)

Petite All-Butter Breakfast Croissants  
freshly baked & served with Butter & Preserves  
\$1.75 each (min 12)

Coffee Cakes  
Chocolate Chip ~ Raspberry ~ Cheese Danish  
\$15.00 each (serves 8-12)

### Assorted Biscotti

Cranberry White Chocolate Almond ~ Chocolate Mocha ~ Lemon Thyme  
Maple Bacon ~ Spiced Pecan ~ Vanilla Bean  
\$4.95 per ½ Dozen (minimum 6)

Assorted Individual Boxes of your Favorite Breakfast Cereals  
served with Cold 2% Milk  
\$2.25 per Person  
accompanied by Fresh Sliced Strawberries & Bananas  
\$2.95 per Person

Fresh Nova Lox Platter  
served with Baskets of Bagels and Chive & Plain Whipped Cream Cheeses  
accompanied by Sliced Tomatoes, Thinly Sliced Red Onions,  
Sliced Cucumbers, Marinated Greek Olives, Scallions, Carrot Sticks & Capers  
with Sliced Muenster & Swiss Cheeses  
\$11.95 per Person (minimum 12)

Baked French Toast with Blueberries & Pecans  
Baguette Slices Soaked in Cinnamon Egg Batter layered with Blueberries, Pecans & Brown Sugar  
baked to golden brown  
\$2.00 per Person (minimum 15)

Crème Brulee French Toast  
Freshly Baked Challah soaked in Brown Sugar Egg Batter & baked to golden brown  
\$2.00 per Person (minimum 15)

Ham & Swiss Feuillette  
Grilled Honey Mustard Glazed Ham & Gruyere Swiss wrapped in Delicate Puff Pastry  
with Cranberry Apple Chutney  
\$17.95 (12-15 Slices)

Our Frittata of Zucchini, Mushroom & Vidalia Onion  
with Sautéed Green Pepper, Roasted Red Pepper,  
Cream Cheese, Herbed Croutons &  
Jarlsberg Swiss Cheese  
\$28.95 (serves 10-15)

Hel's Orange Blintz Soufflé  
garnished with Fresh Sliced Strawberries  
\$44.50(3 qt Pan – 15 Blintzes)

Individual Cheese Blintzes with Choice of 2 Toppings:  
Sour Cream      Strawberry Compote      Blueberry Compote      Cherry Compote  
\$29.95 per Dozen

Smoked Fish Basket of Smoked Whitefish, Smoked Chubs  
and choice of Smoked Trout or BBQ Salmon  
presented with our Fresh Nova Lox Platter  
including Sliced Tomatoes, Thinly Sliced Red Onions, Sliced Cucumbers,  
Marinated Greek Olives, Scallions, Carrot Sticks, Capers and Sliced Muenster & Swiss Cheeses  
served with Assorted Bagels, Bialys & Flatbread Crackers and Chive & Plain Whipped Cream Cheeses  
\$14.95 per Person (minimum 20)

Whole Smoked Lake Superior Whitefish Platter  
fully garnished with Fresh Lemon Wedges & Freshly Cut Vegetables  
\$124.95 (5 lbs)

## BEVERAGES

Individual Bottles of Chilled Juices  
Orange, Apple, Cranberry, Tomato & Grapefruit  
\$2.00 per Bottle

Individual Bottles of Flat Water  
\$1.50 per Bottle

San Pellegrino Water (25 oz Bottle)  
\$2.95 per Bottle (serves 2-3)

Rich Hot Chocolate with Mini Marshmallows  
\$55.00 serves 50 cups  
\$15.00 Airpot serves 8-10 cups

Hot Apple Cider  
\$85.00 serves 50 cups // \$150.00 serves 100 cups  
\$15.00 Airpot serves 8-10 cups

Fair Trade Certified Shade Grown Organic Regular & Decaffeinated Coffee  
Milk, Sugar & Sweetener  
\$45.00 serves 50 cups // \$85.00 serves 100 cups  
\$12.00 Airpot serves 8-10 cups

Assorted Herbal & Regular Teas  
with Milk, Sugar, Sweetener & Lemon Wedges  
\$12.00 Airpot serves 8-10 cups

Freshly Brewed Iced Tea – Regular & Raspberry  
served with Lemon Wedges, Sweetener, Sugar, Cups & Ice  
\$4.80 per Carafe (serves 5-7)

Lemonade by the Carafe with Cups & Ice  
\$4.80 per Carafe (serves 5-7)

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## PAPER & PLASTICWARE

Disposable Plates, Flatware, Napkins & Cups

Eco-Friendly  
\$0.75 per Person (Continental Breakfast)      \$0.95 per Person (Hot Breakfast)

Plastic  
\$0.85 per Person (Continental Breakfast)      \$1.10 per Person (Hot Breakfast)