



HEL'S KITCHEN | *catering*  
Culinary Architects • Delivered • Blue Sky Picnics

## DELIVERED TO YOUR DOOR BUFFET SELECTIONS FALL/WINTER

The following menus have been designed to be brought to you hot and ready to eat or delivered at room temperature for you or your staff to heat just before serving. Either way, our specially trained staff will artfully set up and present your entire menu to your exact specifications. Every item will be unwrapped and displayed with its accompanying sauce or dip where appropriate, leaving you to receive the accolades for such a beautiful presentation.

We will provide complete heating instructions for your convenience.

Chrome and silver chafing dishes can be provided at no additional charge.

Disposable serving pieces are all included.

Disposable plates, napkins, flatware & cups are available for a nominal fee.

All entrees and side dishes you see on these menus can be mix & matched, so please feel free to create your own menu from the selections we've offered here.

(We kindly request a 20-person minimum on all menus.)

### CORTONA COMFORTE

Tuscan Chicken over Fettuccini  
Tender Filets of Chicken Breast grilled & sliced  
atop Provencal Vegetables with a Sprinkling of Asiago Cheese served over Fettuccini

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

Roasted Autumn Vegetables

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

Pane  
Tomato Focaccia, Italian Breadsticks & Crisp Parmesan Lavosh

\$15.95 per Guest

## MOROCCAN MEDLEY

### Chicken Pastilla

A Rich Blend of Braised Chicken, Saffron & Aromatic Spices baked in Phyllo  
served with Chimichurri Sauce on the side

### Moroccan Cous Cous

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

### Tagine Vegetables

Seasonal Vegetables & Chickpeas gently simmered in a Sweet Spiced Tomato Broth  
served with Harissa Sauce & Marinated Country Olives on the side

Italian Kale Salad with Pine Nuts, Currants & Parmesan Cheese  
finished with Good Olive Oil & White Balsamic Vinegar

### Hel's Specialty Bread Basket

Chef's Selection of Assorted Breads, Rolls & Crackers  
accompanied by Butter

\$14.95 Per Guest

## COSTA DEL SOL

### Lemon Basil Chicken

sautéed in Extra Virgin Olive Oil with Italian Herbs & finished with Fresh Basil, Lemon & Butter

### Duet of Winter Ravioli

Truffled Porcini & Pumpkin Ravioli  
with Parmesan & Black Pepper Cream Sauce & Chive Garnish

### Warm Grilled Vegetables

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

### Baby Lettuce & Herb Salad

with Bocconcini Mozzarella, Kadotta Fig, Grilled Red Onion & Roasted Cherry Tomato  
in Red Wine-Rosemary Vinaigrette

### Hel's Specialty Bread Basket

Chef's Selection of Assorted Breads, Rolls & Crackers  
accompanied by Butter

\$15.95 per Guest

## 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

Potato-Cheese Enchiladas  
Monterey Jack Cheese with Salsa Verde

Authentic Spanish Rice with Fresh Scallion, Crushed Tomato & Cumin

Frijoles Refritos  
Refried Beans topped with Shredded Cheddar Cheese  
*or*  
Steamed Black Beans with Queso Fresco

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

\$15.85 per Guest

## FIELD & STREAM

Oven Roasted Mediterranean 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 Caper Brown Butter-White Wine Sauce & Toasted Almonds

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

Parslied Red Potatoes

Mesclun Lettuces with Curly Endive, Roasted Leek, Grilled Fennel & Clementine  
in Aged Sherry-Dijon Vinaigrette

Hel's Specialty Bread Basket  
Chef's Selection of Assorted Breads, Rolls & Crackers  
accompanied by Butter

\$19.95 per Guest

## AUTUMN HARVEST

### PASTURE & PASTIS

Red Wine Braised Beef Pot Roast  
in Mushroom Bordelaise

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

Parmesan Truffled Orzo

Carrot, Zucchini & Yellow Squash  
tossed with Lemon Thyme Butter

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

Hel's Specialty Bread Basket  
Chef's Selection of Assorted Breads, Rolls &  
Crackers accompanied by Butter

\$23.95 per Guest

Beef Stew  
slow cooked with Thyme, Sage & Winter Savory  
until fork tender & bursting with flavor

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

Autumn Root Vegetable Smash  
Carrot, Parsnip & Yukon Gold Potatoes smashed  
with Roasted Garlic, Horseradish & Butter

*or*  
Roasted Hard Squash  
Oven Roasted Seasonal Hard Squashes  
with Good Olive Oil & Lemon Gremolata

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

Hel's Specialty Bread Basket  
Chef's Selection of Assorted Breads, Rolls &  
Crackers accompanied by Butter

\$16.95 per Guest

## MANGÉ MANGÉ

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

Vegetable Lasagna "Rotolare"  
Seasonal Vegetables in a Delicate Blend of Ricotta, Parmesan,  
Fresh Herbs & Lemon Zest, rolled in Lasagna Pasta & finished with  
Mozzarella & Our Own Tomato Basil Sauce

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

Herbed Focaccia

\$12.95 per Guest