



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

(V) Vegetarian
(VV) Vegan
(GF) Gluten-Free
(DF) Dairy-Free

COCKTAIL HORS D'OEUVRES FOR SIMCHAS

PERFECT STARTERS

Hors d'oeuvres Strudel

Smoked Chicken, Fresh Asparagus, Camembert &
Dried Wild Cherries in a Flaky Paper Thin Phyllo
\$16.25 (10 Slices)

Roasted Vegetable Strudel (V)

Asparagus, Abalone Mushrooms, Cauliflower,
Caramelized Leeks, Roasted Red Pepper, Smoked
Gouda & Arugula with Farm Stand Tomato Coulis
\$15.00 (10 Slices)

Vietnamese Spring Rolls (VV, DF)

Leaf Lettuce, Soy, Sesame & Garlic Marinated Tofu, Bean Sprouts, Cellophane Noodles, Carrot,
Cucumber, Chopped Peanuts, Thai Basil, Cilantro & Mint wrapped in Paper Thin Rice Paper
served with Peanut Sauce
\$65.95 (40 Pieces)

Asparagus Beef Rolls (DF)

Thinly Sliced Sirloin wrapped around Fresh Asparagus Spears
marinated in Ginger Soy & flash grilled
\$63.95 (40 Pieces)

Our Original Sweet & Sour Meatballs (DF)

\$44.50 (50 Pieces)

Spicy Buffalo Wings

with Bleu Cheese Sauce & Celery Sticks
\$65.00 (50 Pieces)

Balsamic Glazed Chicken Wings (DF)

Tender Baked Wings coated with Sweet Honey
Balsamic Reduction & rolled in Toasted Sesame Seeds
\$65.00 (50 Pieces)

Chilled Chicken Medallions (GF, DF)

wrapped around Grilled Fig & Pear
served with Savory Raspberry Sauce
\$50.00 (40 Pieces)

Grilled Medallions of Mango Glazed Barbados Chicken (GF, DF)

served with Dark Rum Kiwi Dipping Sauce
\$66.00 (40 Pieces)

Fresh Vegetable Crudite (V)

of Broccoli, Cauliflower, Asparagus, Carrots &
other Select Fresh Vegetables
accompanied by
Spinach Spring Scallion & Roasted Red Pepper Dips
\$60.00 (serves 30-40)
½ Size \$35.00 (serves 14-18)

Grilled Vegetable Crudite (V)

including Eggplant, Carrots, Broccoli, Cauliflower,
Yellow, Red & Green Peppers, Red Onions, Squash &
Asparagus accompanied by Sour Cream Plantain &
Roasted Red Pepper Dipping Sauces
\$70.00 (serves 30-40)
½ Size \$40.00 (serves 14-18)

DIPS & SPREADS

Pesto Charlotte (V)
Our Fresh Basil & Mascarpone Torte layered with Fresh Basil Pesto
accompanied by Tomato Focaccia & French Bread
\$45.00 (serves 25-40)

Hel's Spinach Spring Scallion Dip (V)
surrounded by Carrot Stix & Cucumber Stix & served with Freshly Baked Baguette Rounds
\$29.95 (serves 15-20)

Herbed Goat Cheese Crock (V)
with Sun-Dried Tomato Basil Coulis
accompanied by Herbed Garlic Crostini
\$40.00 (serves 20-25)

Hot Artichoke & Parmesan Dip (V)
accompanied by
Homemade Herbed Pita Chips
\$40.00 (serves 20-25)

Hel's Homemade Hummus (VV, DF)
drizzled with Virgin Olive Oil & garnished with Paprika
accompanied by Fresh, Warm Pita Triangles
\$21.95 (serves 18-20)

Mediterranean Trio
Hel's Homemade Hummus, Baba Ganouj &
Mixed Olives accompanied by Pita Triangles
\$34.95 (serves 12-20)

Build Your Own Appetizer Trio
accompanied by Fresh Pita Triangles, Flatbreads & Crusty Sourdough
Choose 3 from the following:
Hummus ~ Artichoke Tapenade ~ Whitefish Salad ~ Salmon, Capers & Dill Salad
Baba Ganouj ~ Mixed Olives ~ Bruschetta
\$34.95 (serves 12-20)

Falafel Platter
Hel's Delicious Falafel Patties (VV, DF)
accompanied by Shredded Lettuce, Chopped Tomatoes, Tahini, Our Own Special Hot Sauce & Fresh Pita Bread
\$35.95 (makes 12 Full-Size Falafel Sandwiches)

Chopped Liver Platter
with Chopped Egg & Onion accompanied by Cocktail Rye & Assorted Crackers
\$29.95 (2 lbs) \$39.95 (3 lbs)

Mexican Hat Dance (V, GF)
featuring Refried Beans, Guacamole & Sour Cream
layered & topped with Shredded Cheddar Cheese & Chopped Black Olives
surrounded by Fresh Tortilla & Blue Corn Chips
\$45.00 (serves 30-40)

Fresh Crisp Red, Blue & Yellow Corn Chips (VV, GF, DF)
served with Homemade Pico de Gallo & Mango Salsa
\$1.75 per Person
Add Guacamole (2 oz pp) \$3.25 per Person

Yellow Corn Chips & Homemade Pico de Gallo (VV, GF, DF)
\$0.85 per Person

Sweet Potato Chips & Beet Chips (V)
served with Plantain Dipping Sauce
\$20.00 (serves 12-20)

CHEESES

Warm Brie wrapped in Puff Pastry (V)
served with Preserves, Nuts, Apples, Pears & Baguette Slices
\$70.75 (serves 25-35)

Midwestern Local Cheese Platter (V)
5 Local & Sustainable Cheeses
accompanied by Grainy Mustard, Preserves & Crackers
\$89.95 (serves 20-25)

Display of Domestic Cheeses (V)
to include Havarti, Cheddar, Pepper Jack & Muenster Cheeses
garnished with Dried Fruit, Berries & Grapes
served with Assorted Crackers
\$1.95 per Person

Fresh Fruit & Cheese Basket (V)
A Sweeping Display of Fresh Honeydew, Cantaloupe, Pineapple, Watermelon, Strawberries & Grapes
alongside Sharp Cheddar, Pepper Jack, Havarti & Muenster Cheeses
accompanied by Assorted Crackers
\$74.75 (serves 25-30)
½ Size \$48.00 (serves 12-16)

TARTS

Three Onion & Gruyere Tart (V)
Caramelized Red Onions, Vidalia Onions & Shallots in a Light Egg Custard with Melted Gruyere Cheese
\$22.50 (Three 4" Tarts – 12 Pieces)

Tomato & Goat Cheese Tart (V)
\$15.75 (Three 4" Tarts – 12 Pieces)

SEAFOOD

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
\$164.95 (serves 15-18)

Whole Poached Norwegian Salmon (GF)
fully garnished & served with Mustard Mayonnaise & Cucumber Dill Sauces
\$134.95 (6 lbs) \$194.95 (9 lbs) \$224.95 (11 lbs)

Salmon En Crouete (Kosher Style)
Whole Norwegian Salmon Fillet lightly poached with Fresh Spinach, Asparagus & Whitefish Mousse
wrapped in a Light Puff Pastry
accompanied by Mustard Mayonnaise & Cucumber Dill Sauces
\$179.95 (32 Slices)

ABBONDANTE E DELIZIOSI

Vegetarian Antipasti Platter (V)
Grilled Asparagus, Red Onion, Eggplant & Italian Squash, Roasted Red Pepper,
Herbed Goat Cheese & Fresh Mozzarella and our Eggplant Timbale
accompanied by Garlic Crostini, Olives, Basil Pesto & Balsamic Vinaigrette
\$64.95 (serves 20-25)

Summer Caprese Platter (V)
Heirloom Tomatoes, Fresh Mozzarella, Roasted Red Peppers,
Marinated Artichoke Hearts, Herbed Goat Cheese, Eggplant Timbale & Olives
accompanied by our Homemade Garlic Crostini
\$54.95 (serves 20-25)

Artisan Pickled Vegetable Board (VV, GF, DF)
Whiskey Pickles, Orange Ginger Carrots,
Curried Cauliflower & more Chef-Inspired Selections
served with Cracker Pepper Crème Fraiche & Grainy Mustard
\$30.95 (serves 15-20)

Bruschetta Platter (V)
Tomato, Fresh Mozzarella, Basil, Balsamic Reduction & Crusty Sourdough
\$35.95 (serves 25-30)

Arancini – A Classic Sicilian Finger Food (V)
White Wine Risotto Rice Croquettes delicately breaded & fried
served with Housemade Tomato Basil Dipping Sauce
\$49.95 (40 Pieces)

Warm Artichoke Truffles (V)
Artichoke Hearts quartered, topped with Boursin Cheese,
rolled in Grated Parmesan, then baked & served warm
\$65.95 (40 Pieces)

(2 dozen minimum per selection on all Sandwiches)

PETITE SANDWICHES

Egg Salad – Leaf Lettuce – Whole Wheat Roll (V)

Grilled Chicken – Smoked Gouda – Chipotle Mayo – Mesclun Lettuce – Ciabatta Roll

Grilled Vegetables – Fresh Mozzarella – Mesclun Lettuce – Sun-Dried Tomato Pesto –
Tomato Focaccia Roll (V)

Hummus – Kalamata Olives – Artichoke Hearts – Feta – Cucumber – Tomato – Tandoori Nan (V)

\$2.50 per Sandwich

Chicken Salad (Grape & Pistachio) – Cranberry Apple Chutney – Mesclun Lettuce – Wheat Roll

Tuna Salad (Walnut & Pear) – Lavender Blueberry Jam – Leaf Lettuce – Wheat Roll

Tuscan Chicken – Swiss – Fresh Mozzarella – Roasted Red Pepper – Caramelized Onion –
Arugula – Artichoke Tapenade – Sun-Dried Tomato Pesto – Stirato Bread

WARM BBQ Pulled Chicken – Pepper Jack Cheese – Crispy Onions – Mini Brat Roll

\$2.95 per Sandwich

Avocado Chicken Salad – Leaf Lettuce – Pretzel Roll

Turkey – Muenster – Raspberry Mayo – Arugula – 9 Grain Pretzel Roll

Turkey – Havarti – Cranberry Dijon Spread – Romaine – Asiago Focaccia

Sirloin – Horseradish Parmesan Peppercorn Spread – Arugula – Onion Roll

WARM Sirloin – Cheddar – Basil Pesto – Caramelized Onion – Onion Roll

\$3.50 per Sandwich

Heirloom Tomato – Fresh Mozzarella – Basil Pesto – Herbed Ciabatta Roll (V)

Sirloin – Caramelized Onion – Mesclun Lettuce – Roasted Red Pepper – Basil Pesto –
Onion Ciabatta Roll

Corned Beef – Swiss – Russian Dressing – Rye Roll

WARM Corned Beef – Swiss – Sauerkraut – 1000 Island Dressing – Rye Roll

\$3.95 per Sandwich

BISTRO SANDWICHES

Avocado Chicken Salad – Leaf Lettuce – Mini Pretzel Roll

Grilled Chicken – Smoked Gouda – Chipotle Mayo – Mesclun Lettuce – Ciabatta Roll

Tuna Salad (Walnut & Pear) – Lavender Blueberry Jam – Leaf Lettuce – Wheat Roll

Turkey – Havarti – Cranberry Dijon Spread – Romaine – Asiago Focaccia

Turkey – Muenster – Raspberry Mayo – Arugula – Mini White Roll

Sirloin – Caramelized Onion – Mesclun Lettuce – Roasted Red Pepper – Basil Pesto –
Onion Ciabatta Roll

\$1.95 per Sandwich

Corned Beef – Swiss – Russian Dressing – Mini Pumpernickel Roll

Heirloom Tomato – Fresh Mozzarella – Basil Pesto – Mini White Roll (V)

Tuscan Chicken – Swiss – Fresh Mozzarella – Roasted Red Pepper – Caramelized Onion –
Arugula – Artichoke Tapenade – Sun-Dried Tomato Pesto – Stirato Bread

\$2.25 per Sandwich

TEA SANDWICHES

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

Whipped Cream Cheese (V)
on Raisin Pumpernickel Bread

Cucumber & Boursin (V)
on Savory Walnut Bread

Chicken Pistachio Salad on 7 Grain Bread

\$1.35 per Sandwich

OPEN FACED SANDWICHES

Egg Salad on Toasted Challah (V)
topped with Vine Ripened Tomato

Sliced Egg & Sliced Tomato (V)
Mashed Avocado topped with Sliced Egg & Tomato
garnished with Capers & Alfalfa Sprouts on Harvest Bread

Nutella & Banana (V)
Nutella spread over Sliced Toasted Challah & topped with Banana Coins

\$1.25 per Sandwich

Roasted Turkey Breast, Sliced Avocado & Orange Cranberry Relish
on Harvest Bread

Hel's Freshly Made Whitefish Salad set on Raisin Pumpernickel Bread
topped with Fresh Blueberries & Microgreens

\$2.05 per Sandwich

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 (Kosher Style)
with Roasted Red Pepper, Shredded Leaf Lettuce,
Smoked Chicken, Spring Scallion & BBQ Ranch
Dressing wrapped in a Flour Tortilla
\$49.95 (40 Pieces)

Mexican Fiesta (Kosher Style)
A Flour Tortilla filled with Guacamole,
Roasted Turkey, Refried Beans, Sour Cream,
Salsa & Shredded Lettuce
\$49.95 (40 Pieces)

Turkey Club (Kosher Style)
Fresh Roasted Turkey with Beefsteak Tomato,
Thinly Sliced English Cucumber & Crisp Romaine
Lettuce wrapped up with Mayo in a Flour Tortilla
\$54.95 (40 Pieces)

Grilled Sirloin (Kosher Style)
Our Chargrilled Sirloin sliced thin & wrapped with
Tarragon Mayonnaise, Chopped Lettuce, Diced Tomato
& Red Onion Confit wrapped in a Tomato Tortilla
\$59.95 (40 Pieces)

Grilled Vegetable (V)
Fresh Roasted Pepper, Eggplant & Zucchini
tossed with Buffalo Mozzarella, Baby Lettuces,
Roasted Tomato & Hel's Homemade Pesto
wrapped in a Tomato Tortilla
\$54.95 (40 Pieces)

Reuben (Kosher Style)
The finest Kosher Style Lean Corned Beef
wrapped up with Hel's Homemade Cole Slaw,
1000 Island Dressing & a Kosher Dill Pickle
in a Spinach Tortilla
\$69.95 (40 Pieces)

Grilled Portobello Cocktail Wraps (VV)
with Avocado, Hummus, Cucumber, Pomodoraccio Tomatoes & Mixed Greens in a Spinach Tortilla
\$69.95 (40 Pieces)

Smoked Salmon
Nova Lox, Thinly Sliced Cucumber, Whipped Cream Cheese, Capers & Scallions wrapped in a Flour Tortilla
\$77.95 (40 Pieces)

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 Caramelized Onions, Sautéed Mushrooms & Oven Roasted On the Vine Tomatoes
accompanied by Cranberry Dijon Sauce & Parmesan Peppercorn Horseradish Sauce
\$245.50

Tuscan Marinated Flank Steak
garnished with Pickled Vegetables
accompanied by Chimichurri Sauce & Fig Mustard
\$172.75

Apricot Glazed Turkey Breast
garnished with Dried Apricots, Dried Pears & Roasted Tri-Colored Carrots
accompanied by Apple Onion Chutney & Sage Thyme Mustard
\$115.95

TAPAS

Sirloin Empanadas with Raisins & Cracked Green Olives
\$94.00 (40 Pieces)

Sweet Onion Empanadas (V)
\$94.00 (40 Pieces)

Almond & Guava Empanadas (V)
\$94.00 (40 Pieces)

Blistered Shishito Peppers with Browned Butter, Lemon & Parmesan (V, GF)
\$1.95 per Person (1 oz per Person)

Potato Cheese Cigars (V)
\$22.50 (30 Pieces)

Spinach & Manchego Stuffed Mushrooms (V)
\$45.00 (30 Pieces)

Chicken Kabobs over Moroccan Cous Cous
Chicken Breast marinated in White Wine, Yogurt, Garlic & Fresh Herbs
served over a bed of Moroccan Cous Cous
\$75.00 (30 Pieces)

Petite Lamb Rack
grilled to Medium Rare, sliced & fanned and accompanied by Chimichurri Sauce
served at Room Temperature with Herb Crust
\$168.00 (4 Racks – 28-32 Chops)

Tortilla Española (V, GF, DF)
Spanish Omelet with Potato, Eggs, Roasted Red Pepper & Caramelized Onion
\$14.95 (8 Slices)

Spanish Garlic Potato Salad (V)
\$6.95/lb (2 lb minimum)

Mixed Mediterranean Olives (VV, GF, DF)
\$11.00 per Pint

SUSHI

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

MAKI SELECTIONS

(Seaweed Rolls/6 Pieces unless noted)

AAC Maki	Asparagus, Avocado & Cucumber.....
Dragon Roll	Freshwater Eel, Cucumber & Tempura Crunch rolled outside with Avocado, drizzled with Eel Sauce (8 Pieces).....
Futomaki	Spinach, Gourd, Shiitake Mushroom, Japanese Pickle & Egg Omelette (4 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.....
Spicy Tuna Roll	Tuna & Spicy Mayonnaise.....
Spicy Tuna Deluxe	Spicy Tuna Roll with Avocado & Cucumber.....
Summer Roll	Tuna, Yellowtail, Green Pepper, Avocado, Masago, Cilantro, Spicy Mayonnaise, Spicy Sesame Oil & Lime (5 Pieces).....
Tekka Maki	Tuna.....