



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

## FULL SERVICE BUFFET STATION MENUS

If variety is the spice of life, the following buffet station ideas are sure to give a personal signature feel to your event. Choose 3 or 4 stations (they are all further customizable) to reflect your particular tastes and let your friends graze & enjoy their trip around the flavors of the world.

Minimum of 3 Stations

### SEAFOOD STATION

*A Variety of Fresh Shellfish*

*accompanying Two Hel's Kitchen Signature Dishes on a Buffet  
completely decorated with Nets, Corals & Shells*

Jumbo Gulf Coast Shrimp & Southwestern Grilled Shrimp  
accompanied by Cocktail Sauce, Remoulade,  
Fresh Lemon Wedges & Avocado Lime Mayonnaise

#### Scallop Ceviche

Citrus Marinated Baby Bay Scallops displayed in 5 oz Up Martini Glasses  
on a bed of Shredded Chinese Cabbage  
dressed with Sweet Rice Wine Vinegar

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

### A LA CARTE

Freshly Shucked Oysters  
with Horseradish Sauce & Cocktail Sauce

Nantucket Smoked Scallops  
Market Price

Salmon Tartare  
served on a Ceramic Oriental Soup Spoon with Dill Crème Fraiche

Maryland Crab Cakes  
with Cajun Tartar Sauce & Mustard Mayonnaise

## MEXICAN STATION

*Feliz Fiesta Mexicana*

*Enjoy these South of the Border Delights served from a Buffet  
decorated with Sombreros, Maracas & Sarapes*

Hel's Steak & Chicken Fajitas  
with Fresh Flour Tortillas surrounded by Grilled Peppers & Onions  
accompanied by  
Guacamole, Salsa, Sour Cream, Cheddar Cheese,  
Chopped Olives, Scallions, Tomatoes & Warm Flour Tortillas

Cheddar & Chihuahua Cheese Enchiladas  
topped with Sliced Black Olives & Scallions

Authentic Spanish Rice with Fresh Scallion, Crushed Tomato & Cumin

Fresh Crisp Red, Blue & Yellow Corn Chips  
served with Hel's Homemade Pico de Gallo

## A LA CARTE

Black Beans with Goat Cheese

Refried Beans with Cheddar

Mexican Fiesta Wraps  
Flour Tortilla stuffed with Roasted Turkey, Guacamole, Salsa,  
Sour Cream, Shredded Lettuce & Cheddar Cheese

## OKTOBERFEST

*Our Heartiest Station!!*

Homemade German Potato Salad

Fresh Bratwurst steamed in Beer & Leon's Knockwurst  
served over Red Cabbage Sauerkraut  
with Grilled Onions on the side

Our Chef Sautéing Live  
Petite Medallions of Chicken Schnitzel  
sautéed until golden brown  
accompanied by Calvados (Apple Brandy) Sauce

## MEDITERRANEAN STATION

*A Variety of Middle Eastern & Mediterranean ideas*

Warm Falafel Patties  
served with Tahini, Tomatoes, Chopped Lettuce & Warm Pita

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

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

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

## A LA CARTE

Tabbouleh with Fresh Mint

Grilled Petite Malaysian Lamb Rack  
hand carved & served with Mint Pesto Sauce

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

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

## CARVING STATION

*Hel's Chefs hand carving sumptuous meats to order  
accompanied by a variety of freshly baked rolls*

Hand Carved Flank Steak  
accompanied by  
Tarragon Mayonnaise & Horseradish Sauce

Hand Carved Apricot Glazed Turkey Breast  
accompanied by  
Cranberry Apple Chutney & Apricot Moutarde

A Basket of Freshly Baked Rolls  
to include Pumpernickel, Whole Wheat & Petite Pain

## A LA CARTE

Garlic Horseradish Mashed Potatoes

Oven Roasted Fanned Potatoes

Double Baked Potatoes with Sun-Dried Tomatoes

## ORIENTAL STATION

*A collection of Simple Traditional Eastern ideas  
decorated with Fans & Oriental Lanterns*

### Sesame Chicken

Boneless Breast of Chicken covered with Crisp Panko Sesame  
drizzled with Teriyaki Plum Sauce

### Traditional Fried Rice

with Diced Carrots, Soy Sauce & Eggs

### Blackened Shrimp & Scallop Spring Rolls

accompanied by Ginger Dipping Sauce

Hel's Turkey Pot Stickers with Our Own Special Dipping Sauce

## A LA CARTE

### Thai Spring Rolls

A Delicate Blend of Oriental Vegetables, Water Chestnuts & Chinese Cabbage  
all tossed in a Savory Sesame Dressing & wrapped in Paper Thin Rice Paper

### Asparagus Beef Rolls

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

### Oriental Salad

with Julienne Bok Choy, Water Chestnuts &  
Sno Pea in a Savory Sesame Dressing  
topped with Crisp Fried Wonton Strips

### Oriental Pasta Salad

Ginger, Sesame, Sno Pea & Mushrooms  
with Black Mushroom Linguine  
in Rice Wine Vinaigrette

## MOO SHOO STATION

*A Collection of Simple Traditional Oriental Ideas  
Decorated with Fans & Oriental Lanterns.*

Two Moo Shoo Chefs preparing to order:

### Peking Duck

### Vegetable Moo Shoo

Steamed Moo Shoo Vegetables in Bamboo Steamer

with Traditional Accompaniments:

Steamed Moo Shoo Pancakes in Bamboo Steamer

Plum Sauce

Soy Sauce

Red Chile Paste

Scallion Brushes

AN ITALIAN TRATTORIA

*Mamma Balducci would be proud!!*

*A Sumptuous Buffet adorned with Pastas, Olive Oils, Vinegars, Fresh Vegetables & Breads*

Blackened Chicken & Artichoke Hearts  
on Parsley Garlic Fettuccini with Alfredo Sauce & Roasted Red Pepper Garnish

Red Pepper Linguini  
with Tomato Basil Sauce & Fresh Grilled Vegetables  
and Toasted Pine Nuts

-OR-

Wild Mushroom Ravioli  
with Grilled Fennel Gorgonzola Sauce  
garnished with Fresh Sliced Pears & Walnut

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

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

PASTA BAR

*Decorated as festively as the Trattoria*

*This station gives your guests all of the options they could possibly want.*

*3 Pastas, 2 Sauces and lots of Topping choices*

*A delicious Salad & Garlic Bread complete this wonderful Pasta experience*

Tri-Color Rotini

Spinach Fettuccine

Red Pepper Linguine

Fresh Plum Tomato Basil Sauce with Grilled Vegetables

Gorgonzola Sauce with Fresh Grilled Fennel

Grilled Chicken Breast

Broccoli Florets

Grilled Portobello Mushrooms

Artichoke Hearts

Roasted Red Pepper

Fresh Chopped Plum Tomatoes

Italian Squash

Freshly Grated Parmesan Cheese

Toasted Pine Nuts

Panzanella

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

Herbed Focaccia

A LA CARTE

Blackened Shrimp

## GAUCHO STATION

*An Argentinean Red Meat Experience*

Two Types of Traditional Empanadas:

Sirloin with Raisins & Cracked Green Olives    Veal with Quince Red Pepper & Cinnamon Apples

Matambre

Traditional Chilled Argentinean Sirloin Roulades with Chimichurri Sauce

Burgundy Marinated Kabobs

Chunks of Tenderloin alternated with Mushrooms & Zucchini  
grilled to medium rare

## SALAD STATION

*A Collection of Simple, Light & Beautifully displayed Salads to accompany our Heartier Stations*

Lightly Poached Asparagus Spears, Hearts of Palm, Tear Drop Tomatoes & Alfalfa Sprouts  
sprinkled with Raspberry Walnut Vinaigrette

Sliced Plum Tomato & Fresh Buffalo Mozzarella  
with Ribbon of Basil Pesto

Baby Lettuces & Spinach Salad  
tossed with Fresh Grilled Vegetables, Crispy Walnuts & Fresh Raspberries  
drizzled with a Raspberry Walnut Vinaigrette

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

## APPETIZER DELI STATION

*Fresh Hot Corned Beef Sandwiches & More*

Our Chef slicing & preparing live  
Hot David Berg Corned Beef Sandwiches  
with Horseradish Mustard, Yellow Mustard & Spicy Brown Mustard  
on Rosen's® Rye & Onion Rolls

Dill Pickles

Pickled Tomatoes

Creamed Herring with Apples & Onions

Dr. Brown's Cream Soda & Black Cherry Soda  
displayed on Ice

## MARTINI MADNESS

4 uniquely exciting interactive stations that can be incorporated into almost any event. The following menus are all served in Oversized Up Martini Glasses by our impeccably attired staff. Whether adding to your cocktail hour or using as part of a complete station party, these buffets are certain to add a special touch that your guests will remember long after the end of the affair.

### MASHED POTATO BAR

Our Chef scooping up your choice of Garlic Horseradish, Sun Dried Tomato or just Old Fashioned Mashed Potatoes (Choose One) surrounded by a tantalizing array of toppings including

Sautéed Mushrooms    Steamed Broccoli    Caramelized Onions    Roasted Red Pepper  
Shredded Cheddar Cheese    Crumbled Bacon    Horseradish    Chopped Asparagus  
Roasted Garlic    Crumbled Bleu Cheese    Sour Cream    Fresh Chives  
Red Caviar & Black Caviar

### SHAKEN, NOT STIRRED

Choose from a variety of crisp Garden Greens and a bountiful selection of toppings to be “Shaken, Not Stirred” by our own tuxedoed Mr. Bond with your choice of any of our fabulous homemade dressings.

Mesclun Mix of Baby Lettuces

Fresh Spinach Leaves    Romaine Lettuce    Artichoke Hearts    Red Pepper  
Hand Cut Grilled Chicken Breast    Blackened Shrimp    Sliced Mushrooms    Baby Corn  
Broccoli    Carrots    Cauliflower    Red Onion    Alfalfa Sprouts  
Bean Sprouts    Sliced Cucumber    Hearts of Palm  
Homemade Garlic Croutons  
Choice of 3 Dressings

## SUNDAE BAR – GROWN UP STYLE

Begin with either our Rocky Road Brownie or Freshly Baked Chocolate Chip Cookie.  
Add a scoop of French Vanilla Ice Cream and then the fun begins.  
Cherries Jubilee, Bananas Foster, Brandied Apples & Hot Fudge  
are just some of the toppings available to complete this upscale dessert extravaganza.

Other toppings include

Crushed Heath Bars	Crumbled Oreos	Nonpareils
Chopped Reeses	Chopped Pecans	Chocolate Chips
Gaufrette Cookie Garnish		

## SATURDAY BAR – GROWN UP STYLE

Our own tuxedoed Mr. Bond is back again!! This time serving up something with a little more firepower than what was in the Garden.  
Cosmopolitans, Martinis, Chocolate-Tinis & Apple-Tinis, Gibsons & Manhattans are all prepared to your precise specifications and garnished with your choice of Onion, Almond, Anchovy, Queen or Garlic Olives.  
Cherries, Onions & Twists, of course, as well.

<u>GINS</u>	<u>VODKAS</u>	<u>BOURBONS</u>	<u>VERMOUTHS</u>
Tanqueray Silver	Kettle One	Basil Hayden	Martini & Rossi
Bombay Sapphire	Absolute (Citron too)	Knob Creek	(What Else!!)
	Grey Goose		

\* Bleu Cheese Olives available at an additional charge