



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

ASIAN STATION

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

Asian Salad

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

Asian Pasta Salad

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

MOO SHOO STATION

*A Collection of Simple Traditional Asian Ideas
Decorated with Fans & Asian 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

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

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