



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

HEL'S ALFRESCO MENU

For those occasions when there is no time or inclination to start cooking, the following menus have been designed ALFRESCO – to be served just as they arrive – no heating, no preparation, no muss, no fuss.

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. So go ahead, pick up the phone and order your alfresco menu today – you'll be serving like a pro the moment we arrive.

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

A GARDEN PARTY

Roasted Tenderloin of Beef
hand carved & fanned on wood board
accompanied by Roasted Garlic &
Caramelized Onion and Horseradish Sauces
and assorted Freshly Baked Rolls

Salmon En Croute
Whole Norwegian Salmon Fillet
lightly poached with Fresh Spinach,
Asparagus & Baby Bay Shrimp
wrapped in a Light Puff Pastry
accompanied by
Mustard Mayonnaise & Cucumber Dill

Roasted New Potato Salad
with Peppers, Onions & Artichoke Hearts
in Balsamic Vinaigrette

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

Frisee & Belgian Endive Salad
with Navel Orange Segments, Radishes &
Almonds in Citrus Vinaigrette

A DAY AT THE SPA

Chilled Sweet Spring Pea Soup
with Fresh Whole Sweet Peas &
Crème Fraiche Garnish

Full Size Sandwiches
of
Fresh Vegetables drizzled with
Raspberry Vinaigrette on Croissant
&

Chicken Waldorf Salad
A delightful blend of Fresh Granny Smith
Apples, Celery, Black Diamond Walnuts &
Boneless Breast of Chicken in a
Sweet & Tangy Dressing on Sage Ciabatta

Mediterranean Bulghur Wheat Salad
with Kalamata Olives, Chives,
Dijon Sherry Vinaigrette & Crumbled Feta

Fresh Mozzarella Caprese
Fresh Sliced Plum Tomato & Buffalo Mozzarella
with Virgin Olive Oil & Basil Chiffonade
accompanied by Garlic Crostini

OUR FAVORITE COMBO

Petite Sandwiches

Sliced Fresh Roasted Turkey Breast
with Raspberry Mayonnaise
on Whole Wheat Roll

Fancy Albacore Tuna Salad
with Fresh Anjou Pears & Black Diamond Walnuts
on Whole Wheat Roll

Roasted Sirloin with Horseradish Sauce on Petite Pain

Grilled Vegetable Crudite
including Eggplant, Carrots, Broccoli, Cauliflower,
Yellow, Red & Green Peppers, Red Onions, Squash & Asparagus
accompanied by Sour Cream Plantain & Roasted Red Pepper Dipping Sauces

Baby Lettuces with Fresh Kadotta Fig, Feta Cheese, Roasted Cherry Tomato & Grilled Red Onion
in Lemongrass Balsamic Vinaigrette

Boneless Breast of Chicken Salad with Red Flame Seedless Grapes & Pistachios

A Sweeping Display of Fresh Fruit to include
Honeydew Melon, Cantaloupe, Watermelon, Seedless Grapes, Fresh Pineapple & Select Strawberries

Freshly Baked Assorted Rolls & Mini Muffins

PICNIC IN THE PARK

Gourmet Sandwiches

Choose 3 Varieties:

Fresh Roasted Turkey Breast & Havarti Cheese
with Crisp Romaine, Cranberry Apple Chutney
& Dijon Mustard on Asiago Focaccia

Roasted Sirloin with Caramelized Onion,
Field Greens, Roasted Red Pepper and
a touch of Basil Pesto on Onion Ciabatta

Honey Baked Ham & Jarlsberg Swiss
rolled with Hot & Sweet Mustard on Onion Ciabatta

Fresh Grilled Vegetables, Buffalo Mozzarella & Sun-Dried Tomato Pesto served on Asiago Focaccia

Wagner Spinach Salad
with Caramelized Onion, Crumbled Bleu Cheese, Sliced Strawberries,
Candied Walnuts & Poppyseed Dressing

Bowtie Pasta Salad with Sun-Dried Tomatoes, Artichoke Hearts, Kalamata Olives,
Walnuts, Shredded Parmesan Cheese & Ricotta Salata

Sweet Potato Chips & Beet Chips
served with Plantain Dipping Sauce

Fresh Fruit Kabobs of Cantaloupe, Honeydew & Strawberry
garnished with Red Flame Grapes

NAPOLI

Lemon Basil Chicken
encrusted with Basil, Oregano & Thyme
sautéed in Virgin Olive Oil, sliced & fanned over
Arugula, Baby Spinach & Mâche
drizzled with Meyer Lemon Basil Vinaigrette
(Served at Room Temperature)

Norwegian Salmon Fillet
poached in White Wine & Dill
served chilled with Moutarde des Chanoines &
Lemon Wheels

Chilled Israeli Cous Cous Salad
with Fresh Grilled Zucchini, Yellow Peppers,
Grape Tomatoes, Fresh Chopped Pears,
Jicama & Dried Cranberries

Vegetarian Antipasti Platter
A flowing display of Grilled Asparagus,
Red Onion, Eggplant & Italian Squash
alongside Roasted Red Pepper,
Herbed Goat Cheese & Fresh Mozzarella
and our Eggplant Timbale
accompanied by Garlic Crostini, Mediterranean
Olives, Basil Pesto & Balsamic Vinaigrette

Grilled Seasonal Fruit Salad
with Heller Organic Lavender Honey

Herbed Focaccia

A NIGHT AT RAVINIA

Norwegian Salmon Fillet
poached in White Wine & Dill
served chilled with Moutarde des Chanoines &
Lemon Wheels

Tuscan Marinated Flank Steak
grilled to Medium Rare
fanned & displayed and served at room temperature
beautifully presented on oversized wood boards
garnished with
Mediterranean Olives & Sweet Grape Tomatoes
accompanied by Chimichurri Sauce &
Tarragon Toasted Bistro Rolls

Mediterranean Bulghur Wheat Salad
with Kalamata Olives, Chives,
Dijon Sherry Vinaigrette & Crumbled Feta

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

Sunflower Crisps & Flatbread Crackers

THE ORIGINAL COMBO

Boneless Breast of Chicken Salad
with Red Flame Seedless Grapes & Pistachios

Fancy Albacore Tuna Salad
with Fresh Anjou Pears & Black Diamond Walnuts

Hel's Famous Pasta Salad
with Five Vegetables, Two Cheeses & Sun-Dried Tomatoes

A Sweeping Display of Fresh Fruit to include
Honeydew Melon, Cantaloupe, Watermelon, Seedless Grapes,
Fresh Pineapple & Select Strawberries

Freshly Baked Petite Croissants, Petite Pain & Whole Wheat Rolls

ALMOST ALFRESCO

Petite Sandwiches

Sliced Fresh Roasted Turkey Breast
with Raspberry Mayonnaise on Whole Wheat Roll

Roasted Sirloin
with Horseradish Sauce on Petite Pain

Honey Baked Ham & New York Cheddar
with Hot & Sweet Mustard on Petite Rye Roll

Hel's Homemade Vegetable Lasagna
filled with Bright, Fresh Vegetables & Ricotta, Parmesan & Mozzarella Cheeses

Wild Rice Salad
with Pecans, Sno Peas, Mandarin Oranges & Dried Wild Cherries
drizzled in Tangerine Vinaigrette

Hel's Fabulous Chopped Salad
with California Flat Leaf Spinach & Romaine Lettuce
tossed with Chopped Carrots, Celery, Broccoli, Peppers,
Tomatoes, Olives, Scallions, Garbanzo Beans & Mozzarella Cheese
accompanied by Balsamic Vinaigrette

A Sweeping Display of Fresh Fruit to include
Honeydew Melon, Cantaloupe, Watermelon, Seedless Grapes,
Fresh Pineapple & Select Strawberries

Herbed Focaccia

AN AMERICAN FEAST

Apricot Glazed Turkey Breast
fanned & displayed and served at room temperature
on beautifully garnished oversized wood boards
accompanied by
Cranberry Apple Chutney & Apricot Moutarde
and Assorted Freshly Baked Rolls

Flank Steak
fanned & displayed and served at room temperature
on beautifully garnished oversized wood boards
accompanied by
Tarragon Mayonnaise & Horseradish Sauce
and Assorted Freshly Baked Rolls

Orange Penne Pasta Salad
with Julienne Leek, Carrot & Broccoli tossed in Our Homemade Orange Leek Emulsion

Star Slaw
featuring Crispy Sno Peas & Cabbage Slaw
with Sesame Oil, Rice Vinegar & freshly grated Orange Zest

Yellow & Red Grape Tomatoes
tossed with Buffalo Mozzarella & Hel's Famous Homemade Basil Pesto

THE NEW COMBO

Petite Sandwiches

Sliced Fresh Roasted Turkey Breast
with Raspberry Mayonnaise
on Whole Wheat Roll

Fancy Albacore Tuna Salad
with Fresh Anjou Pears & Black Diamond Walnuts
on Whole Wheat Roll

Roasted Sirloin
with Horseradish Sauce on Petite Pain

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

Hel's Famous Pasta Salad
with Five Vegetables, Two Cheeses & Sun-Dried Tomatoes

Boneless Breast of Chicken Salad
with Red Flame Seedless Grapes and Pistachios

A Sweeping Display of Fresh Fruit to include
Honeydew Melon, Cantaloupe, Watermelon, Seedless Grapes,
Fresh Pineapple & Select Strawberries

Freshly Baked Assorted Rolls, Raisin Pumpernickel & Flatbread Crackers

LIGHT & ELEGANT

Norwegian Salmon Fillet poached in White Wine & Dill
with Moutarde des Chanoines & Lemon Wheels

Chilled Chicken Medallions wrapped around Grilled Fig & Pear
served with Savory Raspberry Sauce

Basil Cream Potato Salad
Tangy Basil Cream Mayonnaise with Watercress, Shallots & Capers
tossed with Quartered Red Skin New Potatoes

Grilled and Chilled Vegetable Skewers
topped with Toasted Cashews
drizzled with Raspberry Vinaigrette

Limestone Lettuce
with Artichoke Heart, Heart of Palm, Fresh Sliced Strawberries & Crispy Walnuts
in a Raspberry Walnut Vinaigrette

Hel's Specialty Bread Basket to include
Tomato Basil Bread, Petite Croissants, French Cheddar Bread,
Crusty Sourdough & Assorted Muffins