



FULL SERVICE BUFFET SELECTIONS

KEEP AUSTIN WEIRD

Texas Smoked Shrimp over Cheesy Grits

Root Beer Ribs (DF)

Farmers Market Chopped Vegetable Salad (VV, GF, DF)
A Medley of Green Beans, Wax Beans, Tomato, Corn, Bell Peppers, Red Onions & Cucumber
with Champagne Chervil Vinaigrette

Shaved Brussels Sprouts Slaw (V, GF)

Garlic Cheese Bread (V)

EATALY

ALL VEGGIE, ALL GOOD

Pasta Primavera (VV, DF)
Fresh Spring Vegetables lightly steamed &
tossed with Penne Pasta
in our Zesty Marinara Sauce

Quinoa & Cheese Stuffed Eggplant Steak
with Red Pepper Coulis (V, GF)

Chilled Cucumber Soup (V, GF)

Chickpea Salad with Carrots & Dill (VV, GF)

Curly Endive & Frisee Salad (V, GF)
with Blackberries, Sunflower Seeds,
Goat Cheese & White Balsamic Vinaigrette

Fresh Mozzarella & Basil Stuffed Frenched Breast of
Chicken with Bruschetta Topping (GF)

Artichoke Arugula Pesto Orecchiette with Peas (V)

Carrot Coins, Zucchini & Yellow Squash
tossed with Lemon Thyme Butter (V, GF)

Simple Garden Salad (VV, GF, DF)
Iceberg & Romaine Lettuces tossed with
Tomato Wedges, Fresh Sliced Cucumbers, Shredded
Carrot & Red Cabbage
served with choice of Ranch Dressing (V) or Balsamic
Vinaigrette (VV, GF, DF)

Herbed Focaccia (V, DF)
with Olive Oil & Grated Parmesan

MMM...

Sous Vide Pork Tenderloin with Charred Lemon
Blueberry Gastrique (GF)

Boneless Chicken Breasts with Leek, Shallot & Carrot
in a Riesling Cream Sauce

Parslied Red Skin Potatoes (V, GF)

Apricot Glazed Brussels Sprouts (VV, GF, DF)

Wagner Spinach Salad (V, GF)
with Caramelized Onion, Crumbled Bleu Cheese,
Sliced Strawberries, Candied Walnuts &
Poppysseed Dressing

CAMPO E RUSCELLO

Italian Stuffed Flank Steak Board
Spinach, Red Pepper, Pesto, Pomodoraccio Tomatoes

Salmon en Papillote (GF, DF)
Leeks, Carrots, White Wine, Tarragon

Fingerling Potato Salad (VV, GF, DF)
Capers, Shallots, Chervil Vinaigrette

Beet Salad (V, GF)
Beets, Strawberries, Scallions, Goat Cheese

Olive Bread (V)
with Olive Oil & Herbed Butter

CUBANO MAMBO

Mojo Pork Enchiladas with Queso Fresco (GF)

Cuban Spiced Chicken Stew (GF, DF)
Peppers, Potatoes, Tomatoes, White Wine

Chorizo Plantain Rice (GF)

Mojito Grilled Fruit Salad (VV, GF, DF)

Chipotle Lime Corn Chips (VV, GF, DF)
with Grilled Pineapple Salsa & Sweet Heat Guacamole

SEOUL FOOD

Chili Lime Salmon (GF)
Honey, Garlic, Cumin

Korean BBQ Ribs (DF)

Chinese Shrunken Green Beans (VV, DF)
Stir Fried

Whole Wheat Linguini Pasta Salad (V, DF)
with Bean Sprouts, Pea Pods, Carrot, Rice Wine Vinaigrette

Kale Salad (V, DF)
with Spinach, Shiitake, Water Chestnuts, Toasted Cashews,
Mandarin Oranges & Black Sesame Miso Vinaigrette

BOURBON STREET

Jambalaya – a N’awlins Classic
Chicken & Andouille Sausage
sautéed with Mushroom, Green Pepper,
Tomato, Onion & Garlic
then simmered with Hel’s Cajun Dirty Rice

Maque Choux
Creamy Corn with Onion,
Celery, Pepper & Tomato

Tropical Fruit Salad
Kiwi, Mango, Papaya, Pineapple &
Mandarin Oranges

Full Size Cornbread Muffins
with Cinnamon Honey Butter

MEATLESS TO IMPRESS

Spaghetti Squash “Pasta”
topped with Fresh Tomato Basil Sauce

Spanish Omelet (Tortilla Española)
Egg, Potato & Onion
served Room Temperature

Avocado, Mango & Jicama
with Red Onion & Tomato

Orange Raspberry Mesclun Salad
Mesclun Mix of Baby Lettuces with
Orange Segments, Fresh Raspberries,
California Montrachet, Toasted Sunflower Seeds &
Grape Tomatoes tossed in Citrus Vinaigrette

OFF THE COAST OF MOROCCO

Three Onion & Gruyere Tart

Bacon Wrapped Pork Tenderloin Medallions
topped with Apple Cider Glaze

Costa Brava Chicken
1 oz pieces of Chicken with Pineapple, Onion, Tomato, Black Olives, Cumin & Cinnamon

Island Chopped Salad Bites
A mix of Romaine & Baby Spinach chopped with Mango, Peach & Blueberry
wrapped in Paper Thin Rice Paper & served with Orange Poppyseed Dressing

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

Olive Tapenade with Flatbread Crackers

LAND & SEA

Panko Breaded Stuffed Chicken
Fresh Spinach, Roasted Red Peppers, Prosciutto & Smoked Gouda in Thyme Cream Sauce

Caribbean Grilled Salmon with Grilled Fruit Salsa

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

California Quinoa Salad
Red Onion, Pepper, Cilantro, Coconut & Almonds

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

RUSTIC & REFRESHING

Bone-In Farm to Table Chicken
Brown Sugar, Garlic & Lemon Juice

Sante Fe Corn Soufflé
Sweet Corn, Scallion & Roasted Red Pepper

Seasoned Fried Potato Wedges

Watermelon Salad
with Celery, Apple & Bleu Cheese in a Mint Vinaigrette

Farmers Market Chopped Vegetable Salad
with Champagne Chervil Vinaigrette

THE BIG ISLAND

Boneless Breast of BBQ Chicken
with Grilled Pineapple

Pulled Pork in a Tangy Vinegar BBQ Sauce

Coconut Lime Rice
topped with Toasted Almonds

Hawaiian Slaw

Soft & Sweet Rolls with Cinnamon Honey Butter

GASTROPUB

Choose 3 Types of Mini Burgers:

Thai Pork
with Pickled Cucumber Slaw & Sriracha Mayonnaise

Mint & Feta Lamb
with Tzatziki Sauce & Shaved Red Onion

Portobello Mushroom & Brown Rice
with Sriracha Mayonnaise & Gulden's Mustard

Bacon & Bleu Cheese Sirloin
with Ketchup, Gulden's Mustard & Sriracha Mayonnaise

Chicken Parmesan
topped with Tomato Basil Sauce & Mozzarella

Black Bean & Fresh Corn Salad with Red Pepper Strips
all tossed in Mango Dressing

Heirloom Tomatoes with Sliced Mozzarella & Pesto
sprinkled with Hawaiian Pink Sea Salt

Assorted Seasonal Melon Wedges

ROMAN HOLIDAY

Rosemary Chicken with Roasted Tri-Color Mini Sweet Peppers
in a Sauce of Shallot, Garlic & Fresh Oregano

Big & Hearty Italian Meatballs
with a Melty Buffalo Mozzarella Center in Diablo Sauce

Orecchiette Pasta
with Broccoli Rapini & Sautéed Baby Cremini Mushrooms in Extra Virgin Olive Oil

Deconstructed Israeli Salad
Heirloom Tomatoes, English Cucumbers, Chopped Parsley & Chive Batons
with Green Goddess Dressing

Housemade Herb Focaccia

FARMERS MARKET

Trout
stuffed with Spinach, Almond & Dried Fruits
topped with Peach Tarragon Salsa

Red Wine Braised Beef Pot Roast in Mushroom Bordelaise

Parslied Red Skin Potatoes

Farmers Market Chopped Vegetable Salad
with Champagne Chervil Vinaigrette

Housemade Tomato Rosemary Focaccia

SOUTH BY SOUTHWEST

Smoked Pork Loin
with Cherry Gastrique over Swiss Chard
garnished with
Crispy Pork Belly & Tobacco Onions

Dry Rubbed Chicken Kabobs in a BBQ Glaze

Vegetable Kabobs of Mini Tri-Color
Sweet Pepper, Grape Tomato & Onion

Twice-Baked Potato Cakes

Classic Wedge Salad
Iceberg Lettuce, Crispy Pancetta,
Grape Tomato, Bleu Cheese & Scallions
with choice of Bleu Cheese or Ranch Dressings

Jalapeño Cheddar Cornbread

A FABULOUS SUMMER BBQ

Sliced BBQ Brisket

Pulled BBQ Chicken

Truffled White Macaroni & Cheese with Herbs

Watermelon Salad
with Celery, Apple & Bleu Cheese
in a Mint Vinaigrette

Margarita Citrus Salad
Fresh Orange & Grapefruit Segments laid over
a touch of Mesclun Mix & Grilled Jicama
tossed in a Tequila Lime Vinaigrette

Hel's Housemade Soft & Sweet Rolls
with Cinnamon Honey Butter

AMALFI COAST

Oven Roasted Tilapia with Grilled Green Beans & Roasted Red Potatoes
in Charred Tomato Herb Vinaigrette

Lemon Basil Chicken
encrusted with Basil, Oregano & Thyme and sautéed in Virgin Olive Oil
accompanied by Lemon Basil Sauce

Long Grain & Wild Rice
with Pecans & Dried Wild Cherries

Caramelized Cauliflower Au Gratin

Simple Garden Salad
Iceberg & Romaine Lettuces tossed with Tomato Wedges,
Fresh Sliced Cucumbers, Shredded Carrot & Red Cabbage
served with choice of Ranch Dressing or Balsamic Vinaigrette

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

FIELD & STREAM

Grilled Salmon with Grainy Mustard & Honey Glaze

Herb Crusted Tender Beef Medallions
with Garlic & Shallots in Red Wine Demi-Glace

Ratatouille

A Classic Farmers' Vegetable Mélange with Eggplant, Zucchini, Summer Squash,
Tomatoes & Peppers stewed together with Savory Fresh Herbs

Fingerling Potatoes tossed with Caramelized Onions & Pork Belly
in Apple Cider Gastrique

Orange Raspberry Mesclun Salad

Mesclun Mix of Baby Lettuces with Orange Segments, Fresh Raspberry,
California Montrachet, Toasted Sunflower Seeds & Grape Tomato
tossed in Citrus Vinaigrette

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

OSCAR NIGHT

Roasted Tenderloin of Beef
grilled over Hardwood Coals to Medium Rare & hand carved to order
accompanied by Roasted Garlic & Caramelized Onion and Horseradish Sauces
served with a basket of Freshly Baked Rolls

Chicken Spragle

Breast of Chicken wrapped around Fresh Asparagus Spears
with a Triple Cheese Sauce

Double Baked Potatoes with Sun-Dried Tomatoes
Fresh Idaho Potatoes whipped with Butter, Cream Cheese and a hint of Horseradish
piped on a Half Shell with bits of Sun-Dried Tomato

Spinach Soufflé Strudel

A delicate & light Spinach Soufflé
wrapped in paper thin Phyllo & baked to golden brown

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

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

COSTA DEL SOL

Lemon Basil Chicken
encrusted with Basil, Oregano & Thyme and sautéed in Virgin Olive Oil
accompanied by Lemon Basil Sauce

Trio of Seasonal Ravioli (Trio varies weekly)
with Diablo Sauce & Capers
served with Parmesan Cheese on the side

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

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

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

A PARISIAN HOLIDAY

Salmon Coulubiach
Fresh Fillet of Salmon layered with Wilted Swiss
Chard, Sautéed Mushrooms, Saffron Rice,
Shallots, Dill & Herbed Béchamel
all wrapped in a Flaky Light Puff Pastry

Turkey Florentine
Fresh Boneless Breast stuffed with Spinach &
Pine Nuts roasted, pre-carved & fanned
accompanied by Roasted Red Pepper Sauce

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

Fresh Steamed Green Beans
served chilled in a Mustard Sherry Dressing
with Roasted Red Pepper Garnish

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

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

SIMPLE & ELEGANT

Chicken Piccata
Boneless Breast of Chicken
sautéed in a Lemon Caper Beurre Blanc

Hand Carved Flank Steak
accompanied by Tarragon Mayonnaise,
Horseradish Sauce & Freshly Baked Rolls

Roasted Red Pepper & Saffron Risotto
with Morel Mushrooms, Asparagus Tips &
Confetti Peppers

Fresh Steamed Asparagus
with Asiago Cheese & Toasted Pine Nuts
in a Beurre Noisette

Spinach Salad
Mandarin Oranges & Slivered Almonds
on Fresh Spinach Greens
with Sweet & Sour Dressing

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

A MIDSUMMER NIGHT'S DELIGHT

Chicken Florentine
Boneless Breast of Chicken sautéed with Sherry Wine & Mushroom
served over Fresh Steamed Spinach

Grilled Salmon brushed with Fresh Herbs & Olive Oil
accompanied by Cucumber Dill Relish & Mustard Mayonnaise

Lemon & Olive Oil Orzo with Arugula & Ricotta
tossed in Lemon Vinaigrette

Fresh Zucchini, Yellow Wax Beans & Italian Summer Squash Wedges
sautéed in Lemon Thyme Butter
garnished with Ripe Grape Tomatoes

The Edgee Wedge Salad
with Iceberg Lettuce, Crisp Cucumbers, Shredded Purple Beets, Persimmons & Aged Cheddar
accompanied by Traditional Thousand Island Dressing

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

A MIDWINTER NIGHT'S DREAM

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

Chicken Florentine
Boneless Breast of Chicken sautéed with Sherry Wine & Mushroom
served over Fresh Steamed Spinach

Long Grain & Wild Rice with Pecans & Dried Wild Cherries

Oven Roasted Acorn Squash with a touch of Brown Sugar & Butter

Midwestern Mesclun Salad
with Grilled Asparagus, Squash & Fresh Grilled Corn
tossed with Dried Cherries, Wisconsin Goat Cheese & Balsamic Vinaigrette

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

CINCO de MAYO

Trio of Mini Quesadillas

Crab & Fresh Roasted Corn	Mushroom with Roasted Yellow & Red Peppers	Traditional Cheese with Fresh Chopped Jalapenos & Black Olives
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accompanied by Hel's Homemade Pico de Gallo

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

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

Authentic Spanish Rice
with Fresh Scallion, Crushed Tomato & Cumin

Margarita Citrus Salad
Fresh Orange & Grapefruit Segments laid over a touch of Mesclun Mix & Grilled Jicama
tossed in Tequila Lime Vinaigrette

A 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

THINK SPRING

Light & Flaky Mediterranean Herbed Tilapia
garnished with a Lemony Apple, Jicama & Radish Slaw

Nick's Oven Roasted Bone-In Greek Chicken Breast
with Artichoke Hearts & Roasted Lemon Wedges
glazed with Lemon, Oregano & Olive Oil

Citrus Basmati Rice
with Toasted Pine Nuts and Orange, Lemon & Lime Zest

Sweet Baby Spring Peas, Carrot Batons & Sunchokes
tossed in Lemon Herb Butter

Frisee & Belgian Endive Salad
with Heirloom Naval Orange Segments & Organic Honey Citrus Vinaigrette

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

CRAZY LAZY DAYS.....

Whole Poached Norwegian Salmon
fully garnished & served with Cucumber Dill & Mustard Sauces

Blackened Extra Firm Tofu
seared with Nutritional Yeast & Cajun Spices
served with Wilted Spinach

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

Haricot Vert (French Green Beans)
with Top-On Baby Carrot & Caramelized Pearl Onion in Champagne 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

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

A TOUCH OF ELEGANCE

Seafood Coquille Gratinée
A Delicate Selection of Scallops, Crab & Jumbo Gulf Coast Shrimp in a Classic Sauce Americaine
accompanied by Puff Pastry Shells

Tips of Black Angus Tenderloin braised in Bordelaise
served over Herbed Orzo & tossed with Mushrooms

California Stir Fry
including Asparagus, Green, Red & Yellow Pepper, Carrot,
Broccoli, Cauliflower, Red Onion & Snow Pea
all tossed in Fresh Herb Butter

Mesclun Lettuces with Curly Endive, Crispy Leek & Grilled Fennel
in Sherry Mustard Vinaigrette

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

BLACK TIE OPTIONAL

A DELIGHTFUL DUET

Boneless Breast of Chicken
covered with Mushroom Duxelle
folded in five layers of Paper Thin Phyllo
accompanied by Tarragon Crème Sauce

Hand Carved Flank Steak
served with Tarragon Mayonnaise &
Horseradish Sauce & Freshly Baked Rolls

Haricot Vert
with Caramelized Pearl Onions &
Top-On Baby Carrot

Hel's Original Oven Roasted Fanned Potatoes

Spinach Salad
with Mandarin Oranges & Slivered Almonds
lightly tossed in Sweet & Sour Dressing

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

Chicken Paillards
Grilled Boneless Breast of Chicken
layered with Wilted Spinach
accompanied by Citrus Beurre Blanc & Mango Salsa

Grilled Petite Malaysian Lamb Rack
grilled to Medium Rare
hand carved & served with Mint Pesto

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

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

Baby Lettuces
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

FROM THE HEARTLAND

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

Stuffed Chicken

Boneless Breast of Chicken with skin wrapped around Hel's Fig, Pear & Apple Bread Stuffing
with a touch of Golden Raisins then oven roasted to golden brown
accompanied by Apple Cider Glacé

Spinach Soufflé Strudel

A delicate & light Spinach Soufflé wrapped in paper thin Phyllo & baked to golden brown

Wagner Spinach Salad

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

Hel's Specialty Bread Basket

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

A TOUCH OF THE MEDITERRANEAN

Chicken Marbella

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

Mustard Maple Salmon

Fresh Salmon Fillet Maple & Mustard Glazed & Grilled
accompanied by Grilled Fennel Garnish

Tagine Vegetables

Oven Roasted & Gently Simmered Carrots, Tomatoes, Cauliflower,
Zucchini, Eggplant, Pearl Onions & Radishes in a Spiced Tomato Broth

Simple Tuscan Orzo with Fresh Herbs

Spinach Salad with Mandarin Orange & Toasted Sliced Almonds
served with Sweet & Sour Dressing

Hel's Specialty Bread Basket

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

MANGÉ MANGÉ

Chicken Piccata

Boneless Breast of Chicken sautéed in a Lemon Caper Beurre Blanc

Hel's Homemade Vegetable Lasagna

filled with Bright, Fresh Vegetables & Ricotta, Parmesan & Mozzarella Cheeses

Hel's Famous Caesar Salad

with Freshly Grated Parmesan Cheese & Homemade Croutons

A Zesty Antipasto Platter

flowing with Pepperoncini, Mortadella, Genoa Salami,
Mozzarella and Black & Green Stuffed Olives

Herbed Focaccia

MANGÉ PRIMAVERA

Chicken Milanese with Tomatoes & Capers
in Lemon Butter Wine Sauce

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

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

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

Herbed Focaccia

MANGÉ PLUS!!

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

Roulades of Hand Carved Sirloin
with a Herbed Artichoke Stuffing
braised in Veal Stock & Fresh Tomato Basil Sauce
served over a bed of
Grilled Mushrooms, Onions & Sweet Peppers

Fresh Grilled Vegetables,
Crushed Tomatoes & Egg Fettuccine
tossed in Fresh Tomato Basil Sauce

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

Herbed Focaccia

PASTA-PASTA!!

A Variety of Pastas, Sauces & Accompaniments

Tri-Color Rotini Spinach Fettuccine

Red Pepper Linguine

Fresh Plum Tomato Basil Sauce with Grilled Vegetables

Gorgonzola Sauce with Fresh Grilled Fennel

Broccoli Florets

Grilled Portobello Mushrooms

Artichoke Hearts

Roasted Red Pepper

Fresh Chopped Plum Tomatoes

Italian Squash

Freshly Grated Parmesan Cheese

Toasted Pine Nuts

accompanied by

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

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

Focaccia
with Caramelized Onion, Beefsteak Tomato & Asiago Cheese
drizzled with Virgin Olive Oil

As a serving suggestion, try adding to Pasta Pasta:

Chicken Piccata
Boneless Breast of Chicken
sautéed in a Lemon Caper Beurre Blanc
or
Lemon Basil Chicken
encrusted with Basil, Oregano & Thyme
sautéed in Virgin Olive Oil
accompanied by Lemon Basil Sauce

A LA PROVENCE

Tilapia Provencal

Tender Tilapia Fillet dusted with Country Herbs, lightly sautéed & served Provencal Style with Tomatoes & Mushrooms over a bed of Wilted Spinach

Chicken Avignon

Boneless Breast of Chicken encrusted with Herbes de Provence then gently sautéed accompanied by Tarragon Crème Sauce

Skillet Seared Fingerling Potatoes

tossed with Zucchini, Cracked Olives & Plum Tomatoes

Fresh Baby Lettuces

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

Sliced Baguette, French Cheddar Bread & Olive Loaf

A TRADITIONAL CARVING BUFFET

Hand Carved Flank Steak

accompanied by Tarragon Mayonnaise & Horseradish Sauce

Hand Carved Fresh Roasted Boneless Glazed Turkey Breast served with Cranberry Apple Chutney & Apricot Moutarde

Fresh Baked Assorted Rolls

to include Sourdough, Rye, Pumpernickel & Wheat with Creamy Butter

Garlic Horseradish Duchess Potatoes

with Sun-Dried Tomatoes

California Stir Fry

including Asparagus, Green, Red & Yellow Pepper, Carrot, Broccoli, Cauliflower, Red Onion & Snow Pea all tossed in Fresh Herb Butter

Fresh Garden Salad

with mixed Garden Greens, Broccoli, Cauliflower, Carrots & Cherry Tomatoes served with Raspberry Vinaigrette & Ranch Dressing

RISING SUN

Fresh Halibut Fillet
marinated in Hel's Thai Marinade with Scallions & Garlic
then grilled over hardwood coals

Paillards of Chicken Satay over Napa Cabbage Sesame Confit
with Toasted Peanut Garnish

Asian Stir Fried Rice
with Shiitake Mushrooms, Water Chestnuts, Carrots, Scallions & Almonds

Haricot Vert & Caramelized Pearl Onions
tossed in a light Black Bean Garlic Sauce

Oriental Vegetable Salad
with Julienne Bok Choy, Water Chestnuts & Snow Pea in a Savory Sesame Dressing
topped with Crisp Fried Wonton Strips

Assorted Sliced Freshly Baked Breads & Fried Won Tons

A TOUCH OF CLASS

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

Hand Carved Flank Steak
accompanied by
Tarragon Mayonnaise & Horseradish Sauce
served with a basket of Freshly Baked Rolls

Eggplant Timbale
Layers of sautéed Eggplant, Fresh Tomato Basil Sauce
and Parmesan & Mozzarella Cheeses

Spanish Shrimp Skewers
Spicy Creole Shrimp grilled over hardwood coals
drizzled with Saffron Sauce

Portobello Mesclun Salad
Mesclun Mix of Baby Lettuces with
Grilled Portobello Mushrooms, California Montrachet,
Toasted Pine Nuts & Tear Drop Tomatoes
tossed in Balsamic Vinaigrette

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

FLORENTINE

Boneless Roast Leg of Spring Lamb
hand carved & served with
Cranberry Apple Chutney &
Traditional Mint Jelly
accompanied by Warm Pita Triangles

Chicken Florentine
Boneless Breast of Chicken
sautéed with Sherry Wine & Mushroom

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

Long Grain & Wild Rice
with Pecans & Dried Wild Cherries

Spinach Pecan Salad
with Crumbled Bleu Cheese,
Candied Pecans & Chopped Pears
with Poppyseed Dressing

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

SENSATIONAL SUMMER SYMPHONY

Fresh Halibut Fillet
marinated in Hel's Thai Marinade with Scallions & Garlic
then grilled over hardwood coals

Summer Lager Braised Short Ribs
slow cooked in Leinenkugel's Summer Shandy Beer & Fresh Spring Herbs until tender

Oven Roasted Tri-Colored Potatoes
tossed with Extra Virgin Olive Oil, Fresh Herbs & a touch of Crushed Garlic

Fresh Asparagus oven roasted with a touch of Extra Virgin Olive Oil
then lightly topped with a Gremolata of Lemon Zest, Fresh Garlic & Flat Italian Parsley

Orange Raspberry Mesclun Salad
Mesclun Mix of Baby Lettuces with Orange Segments, Fresh Raspberries, California Montrachet,
Toasted Sunflower Seeds & Grape Tomatoes tossed in Citrus Vinaigrette

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

CARIBBEAN CRAZE

Choose 2 Entrees:

Pulled Pork Sandwich
slow roasted for hours then gently pulled & dressed with Sweet & Tangy BBQ Sauce
accompanied by Freshly Baked Petite Rolls

Jerked Chicken Kabob
with Red Pepper & Zucchini
drizzled with Guava Sauce

Macadamia Mahi Mahi
encrusted with crushed Macadamias & Walnuts
sautéed & accompanied by Pineapple Salsa

accompanied by:

Steamed Black Rice
with Grilled Summer Squash, Chopped Tomatoes & Mango Chutney

Tamarind Vegetables
Slow Roasted Sweet Potato, Zucchini, Red & Yellow Pepper, Pearl Onion, Carrot & Merlinton
tossed in a Tamarind-Pineapple Reduction

Island Chopped Salad
A mix of Romaine & Baby Spinach chopped with Mango, Papaya & Blueberry
in Orange Poppyseed Dressing

Jerked Pineapple Rolls, Crusty Sourdough & King's Hawaiian Bread with Honey Butter

SPRING FLING

Boneless Breast of Chicken
sautéed with Thinly Sliced
Vidalia Onion & Roasted Fennel
garnished with Italian Flat Parsley &
Feta Cheese with Yogurt Blend Sauce

Pecan Grouper
encrusted with Chopped Pecans
sautéed & accompanied by Citrus Beurre Blanc

Herbed Quinoa
tossed with Red & Yellow Grape Tomatoes

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

Baby Spinach Salad
with Fresh Sliced Strawberries & Almonds
in Poppyseed Dressing

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

A SPRING MENAGERIE

Petite Lamb Rack
Herb Encrusted Rack of Lamb
grilled to Medium Rare, sliced & fanned
accompanied by Chimichurri Sauce &
served at Room Temperature

Tuscan Chicken Stufati
Boneless Breast of Chicken
seared in Virgin Olive Oil
sliced & tossed with Tuscan White Beans,
Sweet Baby Peas, Artichoke Hearts,
Sun-Dried Tomatoes & Fresh Herbs

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

French Riviera Salad
Spring Mix of Baby Lettuces with
Fresh Steamed Green Beans, Chopped Eggs,
Kalamata Olives & Roasted Potatoes
accompanied by Niçoise Dressing

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

COSTA DEL SOL de VERANO

Lemon Basil Chicken
encrusted with Basil, Oregano & Thyme
sautéed in Virgin Olive Oil

Large Tail-On Citrus Marinated Shrimp Skewers (You Grill 'Em!)
served on a bed of Saffron Rice
accompanied by Tomato Cilantro Mint Salsa

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

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

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

A BOUNTIFUL HARVEST FEAST

Chicken Marbella

Boneless Breast of Chicken braised in White Wine with Fresh Coriander, Bay & Brown Sugar reduced with Garlic Clove, Capers, Prunes & Cracked Green Olives

Sesame Soy Salmon

Fresh Salmon Fillet pan seared in Sesame Soy Vinaigrette accompanied by Shiitake Corn Relish

Haricot Vert, Caramelized Pearl Onions & Roasted Baby Beets in a Champagne Vinaigrette

Duchess Sweet Potatoes with Brown Sugar & Orange Zest piped high & oven browned

Winter Chopped Salad

with Chopped Romaine, Baby Spinach, Chopped Apples, Pears, Walnuts, Dried Cranberries & a touch of Gorgonzola accompanied by Raspberry Vinaigrette

Hel's Specialty Bread Basket

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

WONDERFUL WINTER WHIMSY

Burgundy Marinated Kabobs

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

Lemon Basil Chicken Kabobs

with Fresh Grilled Lemon Wedges & Roasted Garlic

Fresh Butternut Squash roasted with

Butter, Brown Sugar & Hel's Secret Spices

Basmati Dill Rice with Toasted Almonds

Fresh Baby Spinach with Roasted Organic

Yellow Beets, Toasted Pecans, Crumbled Goat Cheese & Halved Grape Tomatoes with Mustard Maple Vinaigrette

Hel's Specialty Bread Basket

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

SOUTH AMERICAN SOIREE

Carbonada Criolla

Hel's Version of this Hearty Argentinean Stew Chunks of Tenderloin simmered with Tomatoes, Peppers, Potatoes, Squash, Corn, Peaches & Pears

South American Shrimp Skewers with Yellow

Peppers, Poblano Peppers & Star Fruit

Sweet Quinoa

with Dried Fruits & Grilled Vegetables

Portobello Mesclun Salad

Mesclun Mix of Baby Lettuces with Grilled Portobello Mushrooms, California Montrachet, Toasted Pine Nuts & Grape Tomato tossed in Balsamic Vinaigrette

Hel's Specialty Bread Basket

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

FEISTY AND FLAVORFUL

Oven Roasted Halibut with Tomato Concasse
over a bed of Fresh Steamed Lentils with a touch of Cumin

Blackened Extra Firm Tofu seared with Nutritional Yeast & Cajun Spices
served with Wilted Spinach

Lemon & Olive Orzo with Arugula & Ricotta
tossed in Lemon Vinaigrette

Tagine Vegetables
Oven Roasted & Gently Simmered Carrots, Tomatoes, Cauliflower,
Zucchini, Eggplant, Pearl Onions & Radishes in a Spiced Tomato Broth

Frisee & Belgian Endive Salad
with Heirloom Naval Orange Segments & Organic Honey Citrus Vinaigrette

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

MY BIG FAT GREEK MENU

Light & Flaky Greek Herbed Tilapia
garnished with a Lemony Apple, Jicama & Radish Slaw

Nick's Oven Roasted Bone-In Greek Chicken Breast
with Artichoke Hearts & Roasted Lemon Wedges
glazed with Lemon, Oregano & Olive Oil

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

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

Traditional Greek Salad
with Tomatoes, Cucumber, Feta, Kalamata Olives & Thinly Sliced Red Onion
accompanied by Lemon Pepper Vinaigrette

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

MOTHER EARTH

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

Warm Lentil Salad
Tender Petite Lentils, a touch of Dijon Mustard,
Sautéed White Onions & Goat Cheese
garnished with Fresh Parsley

Organic Golden & Red Baby Beets
oven roasted & tossed with Orange Lime Butter

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

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

A VEGETARIAN DELITE

Blackened Extra Firm Tofu
seared with Nutritional Yeast & Cajun Spices
served with Wilted Spinach

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

Organic Lentils served with Steamed Arugula &
Organic Wisconsin Goat Cheese

Fresh Asparagus oven roasted
with a touch of Extra Virgin Olive Oil
then lightly topped with a Gremolata of Lemon
Zest, Fresh Garlic & Flat Italian Parsley

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

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

.....AND THE LIVIN' IS EASY

Whole Poached Norwegian Salmon
fully garnished & served with Cucumber Dill and Mustard Sauces

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

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

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

Spinach Salad with Mandarin Orange & Slivered Almonds tossed with Sweet & Sour Dressing

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

A SIMPLE AUTUMN DELIGHT

Seafood Cassoulet

Hel's lighter interpretation of this French Classic combines
Jumbo Gulf Coast Shrimp, Snow Crab & Baby Bay Scallops
with a traditional blend of White Beans, Plum Tomato, Carrots & Fresh Herbs
to create this Hearty Autumn Cassoulet

Burgundy Marinated Tenderloin Kabobs

Chunks of Beef Tenderloin alternated with Mushrooms & Zucchini
grilled to medium rare with Chimichurri Sauce
served over Argentinean Saffron Rice

Haricot Vert with Carrot Batons & Caramelized Pearl Onions
in Champagne Vinaigrette

Fresh Baby Spinach with Roasted Organic Yellow Beets, Toasted Pecans, Sliced Pears,
Crumbled Goat Cheese & Halved Grape Tomatoes with Mustard Maple Vinaigrette

Hel's Specialty Bread Basket

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

WINTER BISTRO

Grilled Salmon brushed with Fresh Herbs & Olive Oil
accompanied by Basil Garlic Aioli

Saffron Chicken

Tender Boneless Breast of Chicken simmered in White Wine with Saffron, Dijon & Leek
and served over Steamed Spinach with a touch of Cream

Lemon & Olive Oil Orzo with Arugula & Ricotta
tossed in Lemon Vinaigrette

Warm Grilled Vegetables

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

Winter Chopped Salad

with Chopped Romaine, Baby Spinach, Chopped Apples,
Pears, Walnuts, Dried Cranberries & a touch of Gorgonzola
accompanied by Raspberry Vinaigrette

Hel's Specialty Bread Basket

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

LITTLE ITALY

Chicken Marsala
Tender Medallions of Chicken Breast
sautéed with Marsala Wine & Fresh Sliced Mushroom

Jumbo Stuffed Shells
A Delicious Blend of Five Cheeses, Fresh Italian Herbs & Chopped Spinach cooked to Al Dente
served with Tomato Basil Sauce

California Stir Fry
including Asparagus, Green, Red & Yellow Pepper,
Carrot, Broccoli, Cauliflower, Red Onion & Snow Pea
all tossed in Fresh Herb Butter

Simple Garden Salad
Iceberg & Romaine Lettuces tossed with Tomato Wedges,
Fresh Sliced Cucumbers, Shredded Carrot & Red Cabbage
served with choice of Ranch Dressing or Balsamic Vinaigrette

Herb Focaccia

SUMMER IN SISTER BAY

Dijon & Panko Encrusted Pike
Fresh Pike Fillet encrusted with Panko Crumbs & a touch of Dijon
then baked to golden crisp

Lemon Basil Chicken
encrusted with Basil, Oregano & Thyme & sautéed in Virgin Olive Oil
accompanied by Lemon Basil Sauce

Parslied New Potatoes
Baby Potatoes steamed & tossed with Fresh Parsley & Butter

Midwestern Mesclun Salad with Grilled Asparagus, Summer Squash & Fresh Grilled Corn
tossed with Dried Cherries, Wisconsin Goat Cheese & Balsamic Vinaigrette

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

PLAY IT AGAIN SAM

Pumpkin Seed Encrusted Striped Bass
with Citrus Pomegranate Reduction

Chicken Marbella

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

Tagine Vegetables

Oven Roasted & Gently Simmered Carrots,
Tomatoes, Cauliflower, Zucchini,
Eggplant, Pearl Onions & Radishes
in a Spiced Tomato Broth

Spinach Salad

with Mandarin Orange & Slivered Almonds
with Sweet & Sour Dressing

Hel's Specialty Bread Basket
Chef's Selection of

Assorted Breads, Rolls & Crackers
accompanied by Butter

POSITANO

Oven Roasted Mediterranean Bone-In Chicken Breast
with Artichoke Hearts, Fingerling Potatoes &
Roasted Lemon Wedges
glazed with Lemon, Oregano & Olive Oil

Tuscan Marinated Flank Steak
grilled to Medium Rare

fanned & displayed and served at room temperature
beautifully presented on oversized wood boards

garnished with

Portobello Mushrooms & Pickled Onions
accompanied by Chimichurri Sauce &
Tarragon Toasted Bistro Rolls

Eggplant Timbale

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

Mesclun Lettuces with Curly Endive,
Crispy Leek & Grilled Fennel
in Sherry Mustard Vinaigrette

Hel's Specialty Bread Basket
Chef's Selection of

Assorted Breads, Rolls & Crackers
accompanied by Butter

NOT YOUR FATHER'S MEAT & POTATOES

Belgian Ale Braised Short Ribs

slow cooked in Leffe Beer & Fresh Spring Herbs until fork tender & bursting with flavor

Crème Fraiche Mashed Potatoes

Gently Steamed Yukon Gold Potatoes with a touch of Crème Fraiche, Garlic, Horseradish & Butter

Sante Fe Corn Soufflé

Yellow & White Sweet Corn, Scallion & Roasted Red Pepper

Iceberg Wedge Salad

with Chopped Tomato, Sliced Cucumber, Sliced Red Onion & Crispy Bacon
served with choice of Bleu Cheese or Thousand Island Dressing

Freshly Baked Assorted Rolls with Butter

CORTONA COMFORTE

Tuscan Chicken over Pici Pasta
Tender Filets of Chicken Breast grilled & sliced
atop Provençal Vegetables with a Sprinkling of Asiago Cheese served over Pici Pasta

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

MOROCCAN MEDLEY

Chicken Pastilla
A Rich Blend of Braised Chicken, Saffron Rice, Dried Apricot & Aromatic Spices
baked in Phyllo & finished in a Garlic-Jus Rôti

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

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 Flowers
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

FEAST

Pork Tenderloin brushed with Pommery Mustard & wrapped in Serrano Ham
served over Braised Fennel with Mustard Seed

Sweet Potato Gnocchi with Crispy Sage Leaves

Tender Top-On Candied Carrots

Midwestern Mesclun Salad
with Grilled Asparagus, Autumn Squash & Fresh Grilled Corn
tossed with Dried Cherries, Wisconsin Goat Cheese & Balsamic Vinaigrette

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

UNDER THE TUSCAN SUN

Veal Milanese
seasoned & breaded Veal Cutlet
pan fried & garnished with Grape Tomatoes & Spinach

Tuscan Chicken over Pici Pasta
Tender Filets of Chicken Breast grilled & sliced
atop Provençal Vegetables with a Sprinkling of Asiago Cheese served over Pici Pasta

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

Heirloom Tomatoes
with Sliced Mozzarella & Pesto
sprinkled with Hawaiian Pink Sea Salt

Pane
Sun-Dried Tomato Focaccia,
Italian Breadsticks & Crisp Parmesan Lavosh

WITH AN ASIAN FLAIR

Sesame Crusted Chicken sliced & fanned over Citrus Infused Quinoa Salad

Pan Seared Miso Glazed Fresh Atlantic Salmon
served with Steamed Edamame

Steamed Black Rice
with Bean Sprouts, Scallions, Water Chestnuts, Egg & Red Pepper

Sugar Snap Peas & Julienned Carrots
with Sweet Mirin Glaze & Black Sesame Seeds

Baby Spinach & Napa Cabbage with Crunchy Mandarin Noodles
dressed with Rice Wine Vinaigrette

BAR-BEE-CUUUE

Slow-Cooked, Espresso-Rubbed Baby Back Ribs

Jamaican Jerked Bone-In Spring Chicken
grilled & served with
Cilantro Lime Piquant Sauce

Chef Josh's White Macaroni & Cheese
Parmesan, Mozzarella & Smoked Gouda Cheese
with Fresh Chopped Herbs

Green Bean Salad with Grilled Corn

Watermelon Salad
with Celery, Apple & Bleu Cheese
in a Mint Vinaigrette

Hawaiian Rolls with Jalapeño Butter

THREE AMIGOS

Trio of Shrimp on a Kabob
Grilled, Chile Rubbed & Tequila Lime

Trio of Tamales
Pork, Chicken & Cheese

Beef & Three Cheese Mini Burritos

Mexican Corn
Mini Ears of Corn with Mayonnaise, Cheese,
Lime Juice & Cayenne Pepper

Margarita Citrus Salad
Fresh Orange & Grapefruit Segments laid over
a touch of Mesclun Mix & Grilled Jicama
tossed in a Tequila Lime Vinaigrette

POLLO & PESCE SPREAD

Oven Roasted Herbed 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 White Wine, Caper Brown Butter & Toasted Almonds
with Pommes Frites Garnish

Poached Baby Vegetables
Baby Carrots, Onions, Zucchini, Patty Pan Squash & Red Peppers poached until tender

Oven Roasted Fingerling Potatoes
tossed with Extra Virgin Olive Oil, Fresh Herbs & a touch of Crushed Garlic

Mesclun Lettuces with Curly Endive, Roasted Leek & Grilled Fennel
in Sherry Mustard Vinaigrette

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

GRAZING BY THE SHORE

Herb Crusted Tender Beef Medallions
with Wild Mushroom Au Jus

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

Lemon & Olive Oil Orzo with Arugula & Ricotta
tossed in Lemon Vinaigrette

Asparagus, Cherry Tomatoes &
Bleu Cheese Salad
Poached Asparagus & Cherry Tomatoes
drizzled with Citrus Dressing & sprinkled with
Bleu Cheese Crumbles

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

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

SUMMER SOIREE

Belgian Ale Braised Short Ribs
slow cooked in Belgian Beer & Fresh Spring
Herbs until fork tender & bursting with flavor

Grilled Atlantic Salmon
brushed with Fresh Mint & Virgin Olive Oil
served with Pineapple Chutney

Coconut Rice
with Key Lime, Coconut & Toasted Almonds

Fresh Asparagus oven roasted
with a touch of Extra Virgin Olive Oil
then lightly topped with a Gremolata of Lemon
Zest, Fresh Garlic & Flat Italian Parsley

Zesty Summer Salad
Red Leaf, Frisee, Ricotta Salata,
Drunken Cherries, Mandarin Oranges,
Grape Tomatoes & Candied Pecans
with Orange Poppyseed Dressing

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

PORK 'N PESCE

Smoked Pork Loin with a Cherry Gastrique
sautéed with Swiss Chard with Crispy Pork Belly

Hoisin Glazed Mahi Mahi
over Braised Bok Choy with a Cucumber Cilantro Red Pepper Garnish

Fresh Asparagus oven roasted with a touch of Extra Virgin Olive Oil
then lightly topped with a Gremolata of Lemon Zest, Fresh Garlic & Flat Italian Parsley

Chef John's Crispy Twice Baked Potato Cake

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

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