



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

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

COCKTAIL HORS D'OEUVRES

PERFECT STARTERS

Hors d'oeuvres Strudel

Smoked Chicken, Fresh Asparagus, Camembert & Dried Wild Cherries in a Flaky Paper Thin Phyllo

Duck Confit Strudel

Leg of Duck Confit, Brandy Marinated Apricots & Fresh Thyme in a Flaky Paper Thin Phyllo

Roasted Vegetable Strudel (V)

Asparagus, Abalone Mushrooms, Cauliflower, Caramelized Leeks, Roasted Red Pepper, Smoked Gouda & Arugula with Farm Stand Tomato Coulis

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

Asparagus Beef Rolls (DF)

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

Gourmet Sliders with Crumbled Bleu Cheese, Caramelized Onions & Sautéed Mushrooms on Assorted Freshly Baked Buns

Our Original Sweet & Sour Meatballs (DF)

Chorizo Stuffed Dates wrapped in Cured Bacon (GF, DF)

Spicy Buffalo Wings
with Bleu Cheese Sauce & Celery Sticks

Balsamic Glazed Chicken Wings (DF)
Tender Baked Wings coated with Sweet Honey Balsamic Reduction & rolled in Toasted Sesame Seeds

Chilled Chicken Medallions (GF, DF)
wrapped around Grilled Fig & Pear
served with Savory Raspberry Sauce

Grilled Medallions of Mango Glazed Barbados Chicken
served with Dark Rum Kiwi Dipping Sauce (GF, DF)

Fresh Vegetable Crudite (V)
of Broccoli, Cauliflower, Asparagus, Carrots & other select Fresh Vegetables
accompanied by Spinach Spring Scallion & Roasted Red Pepper Dips

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

DIPS & SPREADS

Pesto Charlotte (V)
Our Fresh Basil and Mascarpone Torte layered with Fresh Basil Pesto
accompanied by Tomato Focaccia & French Bread

Hel's Spinach Spring Scallion Dip (V)
surrounded by Carrot Stix & Cucumber Stix
served with Freshly Baked Baguette Rounds

Herbed Goat Cheese Crock (V)
with Sun-Dried Tomato Basil Coulis
accompanied by Herbed Garlic Crostini

Hot Artichoke & Parmesan Dip (V)
accompanied by
Homemade Herbed Pita Chips

Hot Crab & Pimento Crock (GF)
served with Fresh Red & Yellow Tortilla Chips

Hel's Homemade Hummus (VV, DF)
drizzled with Virgin Olive Oil & garnished with Paprika
accompanied by Fresh Warm Pita Triangles

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

Build Your Own Appetizer Trio
accompanied by Fresh Pita Triangles, Flatbreads & Crusty Sourdough
Choose 3 from the following:
Hummus ~ Artichoke Tapenade ~ Whitefish Salad ~ Salmon, Dill & Caper Salad
Baba Ganoush ~ Mixed Olives ~ Bruschetta

Falafel Platter (VV, DF)
Hel's Delicious Falafel Patties
accompanied by Shredded Lettuce, Chopped Tomatoes, Tahini, Our Own Special Hot Sauce & Fresh Pita Bread

Chopped Liver Platter
with Chopped Egg & Onion accompanied by Cocktail Rye & Assorted Crackers

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

Fresh Crisp Red, Blue & Yellow Corn Chips (VV, GF, DF)
served with Hel's Homemade Pico de Gallo & Hel's Mango Salsa
(Available with Guacamole)

Yellow Corn Chips & Homemade Pico de Gallo (VV, GF, DF)

Sweet Potato Chips & Beet Chips (V)
served with Plantain Dipping Sauce

CHEESES

Warm Brie wrapped in Puff Pastry (V)
served with Preserves, Nuts, Apples, Pears & Baguette Slices

Midwestern Local Cheese Platter (V)
5 Local & Sustainable Cheeses
accompanied by Grainy Mustard, Preserves & Crackers

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

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

TARTS

Pancetta, Asparagus & Herbed Ricotta Tart

Three Onion & Gruyere Tart (V)
Caramelized Red Onions, Vidalia Onions & Shallots
in a Light Egg Custard with Melted Gruyere Cheese

Tomato & Goat Cheese Tart (V)

SEAFOOD

Southwestern Grilled Shrimp (GF, DF)
served with Blackened Avocado Lime Aioli

Gulf Coast Shrimp (GF)
with Cocktail Sauce, Remoulade & Fresh Lemon Wedges

Hel's Shrimp Sampler (GF)
Gulf Coast Shrimp, Southwestern Grilled Shrimp & Pan Seared Dill Shrimp
served with Fresh Lemon Wedges, Cocktail Sauce, Remoulade & Avocado Lime Aioli

Grilled Shrimp & Zucchini Skewers (GF)
served chilled with our Fabulous Basil Garlic Aioli

Coconut Shrimp Skewers
with Pineapple Ginger Dipping Sauce

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

Sushi Sampler
featuring California Rolls, Kamehachi Rolls,
Kappa Maki, New York Maki,
Spicy Tuna Rolls & Tempura Shrimp Rolls

Tuna Poke with Rice Crackers & Wonton Chips (DF)

Ceviche Trio (GF, DF)
Shrimp ~ Scallop ~ Finfish
accompanied by Tortilla Chips & Plantain Chips

Whole Poached Norwegian Salmon (GF)
fully garnished & served with Mustard Mayonnaise & Cucumber Dill Sauces

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 Sauces

Oysters Rockefeller
Fresh Blue Point Oysters topped with Classic Rockefeller Garlic Spinach
with a touch of Heavy Cream & Freshly Grated Asiago Cheese

2-Bite Maryland Crab Cakes with Cajun Tartar Sauce (DF)
Lemons, Tabasco, Greens

ABBONDANTE E DELIZIOSI

Simplest Antipasto Platter
Pepperoncini, Mortadella, Genoa Salami,
Mozzarella, Eggplant, Roasted Red Pepper, Olives & Crostini

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

Gourmet Antipasto Platter
Pomodoraccio Roasted Tomatoes, Molinari Salami, Dry Aged Cappelletti,
Baby Artichoke Hearts, Prosciutto wrapped Asparagus drizzled with Balsamic Vinaigrette,
Olives, Peppadew Peppers, Reggiano Parmesan and Crostini

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

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

Bruschetta Platter (V)
Tomato, Fresh Mozzarella, Basil, Balsamic Reduction & Crusty Sourdough

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

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

FLATBREADS

Gorgonzola, Pear & Walnut Flatbread (V)
garnished with Fresh Arugula

Chicken Pesto Flatbread
with Buffalo Mozzarella, Fresh Plum Tomato & Toasted Pine Nuts

Prosciutto, Pesto & Smoked Mozzarella Flatbread

Roasted Tomato & Goat Cheese Flatbread (V)
with Herbs & Virgin Olive Oil

Rosemary Flatbread (V)
with Wild Mushrooms, Caramelized Onions, Truffle Salt & Extra Virgin Olive Oil
topped with Shaved Parmigiano-Reggiano

Three Onion & Pork Belly Flatbread
Flatbread Crust brushed with Orange Cayenne Marmalade
then topped with Pork Belly, Grape Tomatoes, Caramelized Onions, Green Onions & Crispy Fried Shallots

GOURMET PIZZAS

(All Pizzas are 11" and cut into 8 Wedge-Shaped Pieces)

Four Cheese (V)
Caramelized Onion and Roasted Red & Yellow Peppers with Cilantro Pesto & Four Cheeses

Pizza Napoli
Nicoise Olives, Spicy Marinara, Prosciutto,
Gorgonzola Crumbles & Parmesan

Pizza Margharita (V)
A delicious light combination of Tomato,
Buffalo Mozzarella & Fresh Basil

Sausage & Wild Mushroom
A perfect blend of four varieties of Wild Mushrooms & Slightly Spicy Italian Sausage

MINI 4" TACOS

Beef Picadillo

Blackened Fish with Red Cabbage & Tequila Lime Aioli

Pulled Chicken

Korean BBQ Pulled Pork

Shredded Beef

PETITE SANDWICHES

Bacon Cheddar Egg Salad – Leaf Lettuce – Mini Croissant

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)

WARM Pulled Pork – Pickled Veggies – Cilantro – Sriracha Aioli – Banh Mi Roll

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

Avocado Chicken Salad – Leaf Lettuce – Pretzel Roll

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

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

Sirloin – Horseradish Parmesan Peppercorn Spread – Arugula – Onion Roll

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

Applewood Smoked Ham – Swiss – Hot & Sweet Mustard – Pretzel Roll

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

BISTRO SANDWICHES

Avocado Chicken Salad – Leaf Lettuce – Mini Pretzel Roll

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

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

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

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

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

Applewood Smoked Ham – Swiss – Hot & Sweet Mustard – Mini Pretzel Roll

Corned Beef – Swiss – Russian Dressing – Mini Pumpernickel Roll

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

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

TEA SANDWICHES

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

Whipped Cream Cheese (V)
on Raisin Pumpernickel Bread

Cucumber & Boursin (V)
on Savory Walnut Bread

Blackened Shrimp with Avocado Lime Mayonnaise on Wheat Grain Bread

Chicken Pistachio Salad on 7 Grain Bread

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

Open Faced 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

GRILLED CHEESE SANDWICHES

3 Cheese on Multigrain

Bacon, Tomato & Cheddar on White

Brie, Pear & Lavender Blueberry Jam on Challah

Muenster, Caramelized Onions & Sautéed Spinach on Sourdough Bread

Pot Roast, Smoked Gouda & Caramelized Onions on Herbed Bread

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

with Roasted Red Pepper, Shredded Leaf Lettuce,
Smoked Chicken, Spring Scallion, BBQ Ranch Dressing
& Pepper Jack Cheese wrapped in a Flour Tortilla

Mexican Fiesta

A Flour Tortilla filled with Guacamole, Roasted
Turkey, Refried Beans, Sour Cream, Salsa,
Shredded Lettuce & Cheese

Turkey Club

Fresh Roasted Turkey with Crisp Applewood Bacon,
Beefsteak Tomato, Thinly Sliced English Cucumber &
Crisp Romaine Lettuce wrapped up with Mayo
in a Flour Tortilla

Grilled Sirloin

Our Chargrilled Sirloin sliced thin & wrapped with
Tarragon Mayonnaise, Chopped Lettuce,
Shredded Cheddar, Diced Tomato & Red Onion Confit
wrapped in a Tomato Tortilla

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

Reuben

The finest Kosher Style Lean Corned Beef
wrapped up with Hel's Homemade Cole Slaw,
Freshly Grated Swiss, 1000 Island Dressing &
a Kosher Dill Pickle in a Spinach Tortilla

Grilled Portobello Cocktail Wraps (VV)

with Avocado, Hummus, Cucumber, Pomodoraccio Tomatoes & Mixed Greens in a Spinach Tortilla

Smoked Salmon

Nova Lox, Thinly Sliced Cucumber, Whipped Cream Cheese, Capers & Scallions
wrapped in a Flour Tortilla

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

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

Center Cut Pork Tenderloin
garnished with Caramelized Plantain, Roasted Beets & Fresh Radishes
accompanied by Cranberry Apple Chutney & Horseradish Grainy Mustard

Spiral Sliced Honey Glazed Ham
garnished with Grilled Pineapple & Orange Wedges
accompanied by Hot & Sweet Mustard

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

Hel's Sausage & Cheese Board
A bountiful array of Pepperoni, Salami & Summer Sausage
with Havarti, New York Cheddar, Muenster & Jarlsberg Swiss Cheeses
accompanied by Grey Poupon, Honey Mustard & Crackers

Charcuterie & Cheese Board
Chef's Selection of 4 Local Cured Meats with Manchego & Herbed Chevre
along with Cornichons, Fig Jam, Grainy Mustard & Harvest Bread

TAPAS

Almond & Guava Empanadas (V)

Sweet Onion Empanadas (V)

Sirloin Empanadas with Raisins & Cracked Green Olives

Seafood Ceviche in Cucumber Cups (GF)

Shrimp ~ Scallop ~ Finfish

Spanish Paella (GF, DF)

Saffron Rice infused with White Wine, Chicken Stock & Simple Spices
tossed together with Tender Chunks of Chicken, Sautéed Shrimp, Andouille Sausage & Roasted Vegetables

Paella with Shrimp & Crab (GF, DF)

Albondigas (DF)

Bison, Beef & Pork Meatballs with Charred Tomato Sauce

Fire Roasted Chorizo Stuffed Mini Peppers (GF)

Blistered Shishito Peppers with Browned Butter, Lemon & Parmesan (V, GF)

Potato Cheese Cigars (V)

Spinach & Manchego Stuffed Mushrooms (V)

Southwestern Grilled Shrimp (GF, DF)
with Avocado Lime Aioli

“Really Big” (12/15) Shrimp (GF)
in Red Pepper Garlic Butter

Prosciutto Wrapped Asparagus Spears with Boursin Cheese & Lemon Zest (GF)

Grilled Beef Tenderloin Bites

with Wild Mushrooms, Caramelized Onion, Bleu Cheese Crumbles & Cabernet Thyme Jus

Chicken Kabobs over Moroccan Cous Cous
Chicken Breast marinated in White Wine,
Yogurt, Garlic & Fresh Herbs
served over a bed of Moroccan Cous Cous

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

Serrano Ham Wrapped Peach Slices (GF, DF)

Tortilla Española (V, GF, DF)

Spanish Omelet with Potato, Eggs, Roasted Red Pepper & Caramelized Onion

Spanish Garlic Potato Salad (V)

Mixed Mediterranean Olives (VV, GF, DF)

Tapas Sampler

featuring Goat Cheese Stuffed Figs wrapped in Serrano Ham, Spinach & Manchego Stuffed Mushrooms,
Spanish Garlic Potato Salad, Garlic Shrimp, Costa Brava Chicken & Grilled Cumin Rubbed Beef Kabobs

SUSHI

PLATTERS

Sushi Sampler

featuring California Rolls, Kamehachi Rolls, Kappa Maki, New York Maki,
Spicy Tuna Rolls & Tempura Shrimp Rolls

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.....
California Roll	Snow Crab, Avocado & Cucumber.....
Chicago Crazy Roll	Tuna, Yellowtail, Salmon, Crab, Cucumber, Lettuce & Masago.....
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.....
Rainbow Roll	Crab, Avocado & Cucumber wrapped outside with Tuna, Salmon, Whitefish & Shrimp (8 Pieces).....
Spicy California Roll	Snow Crab, Avocado, Cucumber & Spicy Mayonnaise.....
Spicy Tuna Roll	Tuna & Spicy Mayonnaise.....
Spicy Tuna Deluxe	Spicy Tuna Roll with Avocado & Cucumber.....
Spider Roll	Fried Softshell Crab & Cucumber (5 Pieces).....
Summer Roll	Tuna, Yellowtail, Green Pepper, Avocado, Masago, Cilantro, Spicy Mayonnaise, Spicy Sesame Oil & Lime (5 Pieces).....
Tekka Maki	Tuna.....
Tempura Shrimp Roll	Shrimp Tempura, Scallions, Mayonnaise & Cucumber (5 Pieces).....