



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

Grilled 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

Grilled 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, Caper & 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).....