

HEL'S HIGH HOLIDAYS 2017

NEW YEAR HOLIDAY DINNER



Freshly Baked Round Challah (Plain or Raisin) (V)

Honey Crisp Apples & Honey (V, GF, DF)

Matzoh Ball Soup with Carrots, Parsley & Farfel

Local Homemade Kishke

CHOOSE ONE SALAD

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

Orchard Chopped Salad (V, GF)
with Chopped Romaine, Baby Spinach, Chopped
Apples, Pears, Walnuts, Dried Cranberries & a touch
of Gorgonzola with Raspberry Vinaigrette

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

CHOOSE ONE ENTREE

(Can be split in multiples of 4)

Chicken Milanese
Tender Medallions of Boneless Chicken Breast
covered with Panko Crumbs & lightly sautéed with
Split Roasted Grape Tomatoes & Capers
in Lemon Butter Wine Sauce

Oven Roasted Garden Vegetable Chicken (Bone-In)
with Fresh Herbs, Crushed Tomatoes, Green Pepper,
Onion & Mushrooms (GF, DF)

Roasted Vegetable Strudel (V)
Asparagus, Abalone Mushrooms, Cauliflower,
Caramelized Leeks, Roasted Red Pepper,
Smoked Gouda & Arugula
with Farm Stand Tomato Coulis

First Cut Brisket of Beef (5 oz pp) (DF)
sliced & served with Natural Brisket Gravy (2 oz pp)
(Carrot, Onion & Tomato Coulis available
for \$0.50 extra per person)

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

Pan Seared Cod (GF)
in Herbed Butter

CHOOSE TWO SIDE DISHES

Autumn Root Vegetable Smash (V, GF)
Carrot, Parsnip & Yukon Gold Potatoes smashed
with Roasted Garlic, Horseradish & Butter

Cinnamon Ginger Cayenne Roasted Sweet Potatoes,
Butternut Squash & Caramelized Brussels Sprouts
(VV, GF, DF)

Individual Parmesan Potato Galette (V)
Thinly Sliced Idaho Potatoes layered
with Parmesan Cheese, Cream & Butter

Oven Roasted Fingerling Sweet Potatoes (VV, GF, DF)
with Brown Sugar & Cinnamon

Grilled Asparagus (VV, GF, DF)
tossed with Extra Virgin Olive Oil, Sea Salt,
Cracked Pepper & Fresh Lemon

Quinoa with Dried Fruits
& Grilled Vegetables (VV, GF)

Artichoke Arugula
Pesto Orecchiette with Peas (V)

Spaetzle with Fresh Herbs (V)

Above package available for 8 or more
\$29.95 per Guest
(Must be ordered in multiples of 4)

Eggplant Timbale (V, GF)
Layers of Sautéed Eggplant,
Fresh Tomato Basil Sauce and
Parmesan & Mozzarella Cheeses

A TRADITIONAL "BREAK THE FAST"

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

Hel's Fabulous Egg Salad (V, GF)

Edye's Noodle Kugle
or Kugle Cupcakes (V)

Fresh Pita Triangles, Assorted Flatbread Crackers
& Our Housemade Bagel Chips (V)

(both available with or without Raisins)

Fresh Nova Lox Platter
served with Baskets of Bagels and Chive & Plain Whipped Cream Cheeses
accompanied by Sliced Tomatoes, Thinly Sliced Red Onions, Sliced Cucumbers, Marinated Greek Olives,
Scallions, Carrot Sticks & Capers with Sliced Muenster & Swiss Cheeses

Freshly Baked Assorted
Mini Muffins & Coffee Cakes (V)

Our Frittata of Zucchini, Mushroom & Vidalia Onion (V)
with Sautéed Green Pepper, Roasted Red Pepper,
Cream Cheese, Herbed Croutons & Jarlsberg Swiss Cheese

Crème Brulee French Toast Bites
with Raspberry (V)

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

\$24.50 per Guest - Minimum of 8 Guests
(Must be ordered in multiples of 4)

APPETIZERS

Traditional Gefilte Fish with Carrot Slice & Prepared Horseradish (Roasted Beet or Plain).....	\$7.50 ea
Chopped Liver Platter fully garnished & accompanied by Cocktail Rye (2 lb platter) (DF).....	\$29.95
Hel's Homemade Hummus with Pita, Carrot Sticks & Cucumber Rounds (serves 18-20) (VV, DF).....	\$25.95
Small Fresh Vegetable Crudite of Broccoli, Cauliflower, Asparagus, Carrot & other select Fresh Vegetables with Spring Scallion Dip (serves 14-18) (V).....	\$34.95
Petite Potato Latkes with Sour Cream & Applesauce (12 pcs) (V).....	\$14.95
Salmon Patties with Spicy Thai Mayonnaise (12 pcs).....	\$19.80
Vietnamese Spring Rolls Lettuce, Tofu, Sprouts, Noodles, Carrot, Cucumber, Peanuts, Thai Basil, Cilantro & Mint wrapped in Rice Paper served with Peanut Sauce (12 pcs) (VV, DF).....	\$19.80
Goat Cheese Pops rolled in Chopped Nuts & served with Jalapeño Jam (12 pcs) (V, GF).....	\$20.95
Devised Eggs – French: Shallot, Caper & Cayenne (V, GF) or Triple Onion (V) (12 pcs).....	\$18.00
Not Your Aba's Potato Skins – Spinach Soufflé (V) or Buffalo Chicken (GF) (12 pcs).....	\$23.40

A LA CARTE SELECTIONS

SALAD SELECTIONS

2 lb or 12 person minimum on all Salad Selections

Chilled Israeli Cous Cous Salad with Grilled Zucchini, Yellow Peppers & Grape Tomatoes, Chopped Pears, Jicama & Dried Cranberries (VV, DF).....	\$7.95/lb
Jerusalem Salad of Fresh Chopped Tomatoes & Cucumbers with Lemon & Parsley (VV, GF, DF).....	\$6.95/lb
Mediterranean Bulgur Wheat Salad with Kalamata Olives, Chives, Dijon Sherry Vinaigrette & Crumbled Feta (V).....	\$10.95/lb
Hel's Homemade Egg Salad (V, GF).....	\$6.95/lb
Chicken Salad with Red Flame Grapes & Pistachios (GF).....	\$13.95/lb
Tuna Salad with Fresh Pears & Walnuts (GF).....	\$13.95/lb
Salmon, Caper & Dill Salad (GF).....	\$13.95/lb
Whitefish Salad (GF).....	\$15.75/lb
Hel's Famous Caesar Salad with Freshly Grated Parmesan Cheese & Homemade Croutons (V).....	\$1.90/person
Fresh Baby Lettuces with Feta Cheese, Kadotta Fig, Grilled Red Onion & Roasted Cherry Tomato in Lemongrass Balsamic Vinaigrette (V, GF).....	\$2.25/person
Midwestern Mesclun Salad with Grilled Asparagus, Summer Squash & Fresh Grilled Corn tossed with Dried Cherries, Wisconsin Goat Cheese & Balsamic Vinaigrette (V, GF).....	\$2.50/person
Orange Raspberry Mesclun Salad with Orange Segments, Fresh Raspberries, California Montrachet, Toasted Sunflower Seeds & Grape Tomatoes in Citrus Vinaigrette (V, GF).....	\$3.50/person

SIDE SELECTIONS

2 lb minimum on all Side Dishes sold by the pound

~ Vegetable ~

Warm Grilled Vegetables with Balsamic Reduction (VV, GF, DF).....	\$12.50/lb
with Crumbled Goat Cheese (V, GF).....	\$13.50/lb
California Stir Fry with Lemon Herb Butter (V, GF).....	\$7.95/lb
Asparagus Gremolata oven roasted with Olive Oil & topped with Lemon Zest, Garlic & Flat Italian Parsley (VV, GF, DF).....	\$15.95/lb
Grilled Haricot Vert with EVOO & Sea Salt (VV, GF, DF).....	\$9.95/lb
Orange Glazed Broccoli & Carrot Sauté (V, GF).....	\$7.95/lb
Honey Roasted Parsnips sprinkled with Chopped Pistachio (VV, GF, DF).....	\$8.95/lb
Sous Vide Apricot Glazed Brussels Sprouts (VV, GF, DF).....	\$10.75/lb
Eggplant Timbale (serves 8-10) (V, GF).....	\$36.75

~ Rice, Potato & Pasta ~

Hel's Original Oven Roasted Fanned Potatoes (12 pcs) (V, GF).....	\$14.95
Garlic Potato Kale Cakes.....	\$16.95/doz
Whipped Brandied Sweet Potatoes with Candied Pecans (V, GF).....	\$7.95/lb
Long Grain & Wild Rice with Pecans & Dried Wild Cherries (V, GF).....	\$7.95/lb
Moroccan Cous Cous with Dried Fruits & Sautéed Vegetables (VV, DF).....	\$7.95/lb
Lemon & Olive Oil Orzo with Arugula & Ricotta (V).....	\$7.95/lb
Yukon Gold Potato & Heirloom Carrot Smash (V, GF).....	\$7.95/lb
Butternut Squash & Parsnip Smash (V, GF).....	\$7.95/lb
Edye's Noodle Kugle with or without Raisins (5 lb pan) (V).....	\$34.95
Tortilla Española – Spanish Omelet with Potato, Eggs, Roasted Red Pepper & Caramelized Onion (2 lb tin serves 8) (V, GF, DF).....	\$14.95

~ Other Specialties ~

Matzoh Balls (5 pcs).....	\$7.25
Chicken Soup with Chopped Parsley, Slivered Carrot & Matzoh Farfel (DF).....	\$5.50/qt
Whole Kishke (approx 1 lb).....	\$11.95
Cheese Blintzes with Blueberry & Strawberry Compote and Sour Cream (V).....	\$29.95/doz
Our Frittata of Zucchini, Mushroom & Vidalia Onion (serves 10-15) (V).....	\$28.95



HEL'S KITCHEN | catering
www.helskitchen.com

HOUSEMADE AUTUMN SOUPS

Creamy Portobello Mushroom (V)

Tomato Bisque with Wild Rice (V, GF)

Butternut Squash (V, GF)

Classic Potato Leek with Fresh Chive Garnish (V)

All Soups served with Oyster Crackers

\$17.95 per 1/2 gallon
(serves 6-8)



ENTRÉE SELECTIONS

Pesce All'Ebraica – (8) 3 oz pieces	\$59.95
Italian-Style Tilapia oven roasted with Olive Oil, Red Wine, Pine Nuts, Honey & Drunken Raisins (serves 6-8 as 1 of 2 entrees or 3-4 as full entrée) (GF, DF)	
Salmon Provençal – (8) 3 oz pieces	\$65.95
Dusted with Country Herbs, lightly sautéed & served Provençal Style with Tomatoes & Mushrooms over Wilted Spinach (serves 6-8 as 1 of 2 entrees or 3-4 as full entrée) (GF)	
True Cod in Thai Marinade oven roasted with Scallions & Garlic – (8) 3 oz pieces.....	\$59.95
(serves 6-8 as 1 of 2 entrees or 3-4 as full entrée) (DF)	
Cedar Planked Chermoula Salmon Side marinated in Cinnamon, Cumin, Allspice & Turmeric.....	\$57.95
(1.5 lbs serves 6-8 as 1 of 2 entrees or 3-4 as full entrée) (GF, DF)	
Fresh Nova Lox Platter served with Baskets of Bagels and Chive & Plain Whipped Cream Cheeses	\$9.95/person
accompanied by Sliced Tomatoes, Thinly Sliced Red Onions, Sliced Cucumbers, Marinated Greek Olives, Scallions, Carrot Sticks & Capers with Sliced Muenster & Swiss Cheeses (12 person minimum)	
First Cut Brisket of Beef sliced & splashed with Natural Brisket Gravy (DF)	\$27.95/lb
(2 lb minimum)	
Brisket Gravy or Carrot, Onion & Tomato Coulis (DF).....	\$5.95/pint
Belgian Ale Braised Short Ribs (DF).....	\$103.95
slow cooked in Belgian Beer & Fresh Herbs until fork tender & bursting with flavor (serves 6-8 as 1 of 2 entrees or 3-4 as full entrée)	
Xinomarvo Braised Lamb (4 oz) over Herbed Polenta (3 oz) with Pomegranate Seed Garnish	\$14.95/person
(12 person minimum)	
Apricot Glazed Turkey Breast (served warm or cold)	\$115.95
accompanied by Apple Onion Chutney & Sage Thyme Mustard (serves 16-20 as 1 of 2 entrees or 8-10 as full entrée)	
Chicken Marbella	\$5.00/pc
with Coriander, Bay, Brown Sugar, Garlic Cloves, Capers, Olives & Prunes (4 oz boneless breast) (GF, DF)	
Oven Roasted Mediterranean Chicken with Artichoke Hearts & Roasted Lemon Wedges	\$5.00/pc
glazed with Lemon, Oregano & Olive Oil (4 oz boneless breast) (GF)	
Bone-In Farm to Table Chicken Breast with Brown Sugar, Garlic & Lemon Juice (GF, DF).....	\$5.00/pc
Oven Roasted Garden Vegetable Chicken (Bone-In).....	\$29.95/order
with Fresh Herbs, Crushed Tomatoes, Green Pepper, Onion & Mushrooms (1 order includes 4 Breasts, 2 Thighs, 2 Wings & 2 Legs) (GF, DF)	
Roasted Vegetable Strudel	\$14.95
Asparagus, Abalone Mushrooms, Cauliflower, Caramelized Leeks, Roasted Red Pepper, Smoked Gouda & Arugula with Farm Stand Tomato Coulis (V)	

All above Entrée Selections sold by the piece must be ordered in multiples of 4

THE SWEET STUFF & CHALLAH

COOKIES & DESSERT BARS

Chocolate Chip Cookies ~ Oatmeal Raisin Cookies
Blackout Cookies ~ Peanut Butter Cookies ~ Lemon Cookies
Macadamia Nut & White Chocolate Cookies
Pretzel Caramel Chocolate Chip Cookies ~ Sugar Cookies
Andes Chocolate Mint Cookies ~ Fudgy Brownies
Sea Salt Caramel Brownies ~ Cheesecake Swirl Brownies
White Chocolate Toffee Blondies ~ S'mores Bars
Turtle Bars ~ Lahina Clouds ~ Apricot Nut Bars
Lemon Delites ~ Raspberry Lemonade Bars
Raspberry Oatmeal Triangles
\$13.80 per Dozen
(1/2 dozen minimum per selection)

PETITE PASTRIES

Chocolate Eclairs ~ Budino Bites
Assorted Rugelah ~ Mini Cream Puffs
Chocolate Truffle Tartlets ~ Key Lime Tartlets
Lemon Tartlets ~ Limoncello Panna Cotta Tarts
Mini Fresh Fruit Cheesecakes
Mini Crème de Menthe Cheesecakes
Petite Apple Strudels ~ Petite Cherry Strudels
\$16.80 per Dozen
(1 dozen minimum per selection)

OTHER SPECIALTIES

A Sweeping Display of Fresh Fruit to include
Honeydew Melon, Cantaloupe, Watermelon, Seedless Grapes, Fresh Pineapple & Select Strawberries
Small (serves 12-16) \$45.95 Medium (serves 25-30) \$69.95

Freshly Baked Plain or Raisin Challah (1 lb round loaf)	\$6.50
Traditional Honey Cake with Orange Zest Glaze (serves 10-14)	\$14.95
Apple Olive Oil Cake (serves 12-16).....	\$29.95
Carrot Walnut Layer Cake with Cream Cheese Frosting (serves 16-20).....	\$34.95
Frosted Chocolate Banana Cake (serves 8-10).....	\$17.95
Best Damn Lemon Cake draped with Chocolate Ganache (serves 12-16).....	\$19.95
Sea Salt Caramel Flourless Chocolate Cake (serves 10-12).....	\$29.95
Killer Chocolate Raspberry Cake (serves 16-20).....	\$34.95
Cheesecake – Turtle or Pumpkin (serves 12-16)	\$34.95
Mousse – Lemon, Chocolate or Espresso (serves 12-16)	\$36.50
Citrus Panna Cotta with Balsamic Strawberries (serves 20-25).....	\$34.95
White Chocolate Cranberry Bread Pudding (serves 12-16).....	\$29.95
Caramel Apple Galette (serves 10-12).....	\$29.95
Sweet Raspberry Sauce (8 oz).....	\$6.95

CONTEMPORARY JEWISH ENTERTAINING

Born from our deep understanding of the cultures and traditions that infuse and inform modern Jewish entertaining, comes this exceptional service within Hel's Kitchen Catering. Our 32 years of experience along Chicagoland's North Shore gives our Contemporary Jewish Entertaining staff a strong background in the foods, traditions and stories that make Jewish entertaining unique. From the simplest family gathering to the most meaningful life cycle events, we celebrate and respect this traditional culture while bringing an air of cutting-edge sophistication to your Jewish affair.

L'SHANA TOVA (5778)

ALL OF US AT HEL'S KITCHEN WISH YOU A FRUITFUL & HEALTHY NEW YEAR

All Rosh Hoshana orders must be placed by Thursday, September 14
for pick up or delivery on Wednesday, September 20 & Thursday, September 21.
No additions or deletions will be accepted after Friday, September 15 at 12:00pm.

All "Break the Fast" orders must be placed by Monday, September 25
for pick up or delivery on Saturday, September 30.

No additions or deletions will be accepted after Tuesday, September 26.
Deliveries will take place within various three (3) hour time frames
between 9:00am and 6:00pm.