

HEL'S HIGH HOLIDAYS 2019

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

Fresh Baby Lettuces (V, GF)
with Feta Cheese, Kadota Fig, Grilled Red Onion &
Roasted Cherry Tomato
in Lemongrass Balsamic Vinaigrette

CHOOSE ONE ENTREE

(Can be split in multiples of 4)

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

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

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

Mustard Maple Salmon (GF, DF)
Salmon Fillet Maple & Mustard Glazed & Grilled
accompanied by Crispy Leek Garnish

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)

Oven Roasted Fan Potatoes (V, GF)
Idaho Baking Potatoes fan sliced & Oven Roasted
to Golden Brown in an Onion Paprika Butter

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

Moroccan Cous Cous (VV, DF)
Medley of Fresh Sautéed Vegetables & Dried Fruits
combined with Cous Cous
in a Curried Red Pepper Marinade

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

Oven Roasted Asparagus Gremolata (VV, GF, DF)
Lemon Zest, Garlic & Parsley

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

Grilled Green Beans Almondine (V, GF)
lightly tossed with Sautéed Sliced Almonds

A TRADITIONAL "BREAK THE FAST"

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

Hel's Fabulous Egg Salad (V, GF)
Cocktail Rye, Assorted Flatbread Crackers

Individual 4 oz Edye's Noodle Kugel (V)
(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)

A Sweeping Display of Fresh Fruit (VV, GF, DF)
Honeydew Melon, Cantaloupe, Watermelon,
Seedless Grapes, Pineapple & Strawberries

(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 Hummus with Za'atar Pita Crisps & Carrot, Celery & Cucumber Sticks (serves 18-20) (VV, DF)	\$21.95
Small Fresh Vegetable Crudite of Broccoli, Cauliflower, Asparagus, Carrot & other select Fresh Vegetables with Spring Scallion Dip (serves 14-18) (V).....	\$34.95
Full Size Potato Latkes with Sour Cream & Applesauce (12 pcs) (V).....	\$14.95
Bite Size Salmon Patties with Mustard Aioli (12 pcs).....	\$19.80

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 Bulghur 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).....	\$14.95/lb
Tuna Salad with Fresh Pears & Walnuts (GF).....	\$14.95/lb
Salmon, Caper & Dill Salad (GF).....	\$14.95/lb
Whitefish Salad (GF).....	\$15.75/lb
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
Portobello Mesclun Salad with Mesclun Mix of Baby Lettuces with Grilled Portobello Mushrooms, California Montrachet, Toasted Walnuts & Grape Tomato tossed in Balsamic Vinaigrette (V, GF).....	\$2.75/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
Grilled Asparagus (VV, GF, DF) tossed with EVOO, Sea Salt, Cracked Pepper & Lemon.....	\$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
Caramelized Brussels Sprouts with Shallots, Garlic & Fresh Thyme (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
Oven Roasted Fingerling Potatoes with Diced Kosher Salami & Caramelized Onions (GF, DF).....	\$8.95/lb
Whipped Brandied Sweet Potatoes with Streusel Topping (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
G'dempte Parslied Red Skin Potatoes & Carrots splashed with Brisket Gravy (DF).....	\$7.95/lb
Butternut Squash & Parsnip Smash (V, GF).....	\$7.95/lb
Individual 4 oz Edye's Noodle Kugel with or without Raisins (6 pcs) (V)	\$11.95

~ 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
Hel's Special Frittata of Zucchini, Mushroom & Vidalia Onion (serves 10-15) (V).....	\$28.95
Hel's Orange Blitz Soufflé garnished with Fresh Sliced Strawberries (15 blintzes) (V)	\$44.95



HEL'S KITCHEN | catering
www.helskitchen.com

HOUSEMADE AUTUMN SOUPS

Creamy Portobello Mushroom (V)	Chicken Spaetzle & Kale
Cauliflower Cashew with Red Chili Oil (VV, GF, DF)	Winter Squash with Spiced Pepitas (V, GF)

All Soups served with 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 (GF, DF)	
(serves 6-8 as 1 of 2 entrees or 3-4 as full entrée)	
Salmon Provençal – (8) 3 oz pieces	\$65.95
Dusted with Country Herbs, lightly sautéed & served Provençal Style with Tomatoes & Mushrooms over Wilted Spinach (GF)	
(serves 6-8 as 1 of 2 entrees or 3-4 as full entrée)	
Mustard Maple Salmon garnished with Crispy Leeks (GF, DF) – (8) 3 oz pieces.....	\$65.95
(serves 6-8 as 1 of 2 entrees or 3-4 as full entrée)	
Fresh Nova Lox Platter served with Baskets of Bagels and Chive & Plain Whipped Cream Cheeses	\$11.95/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
Boneless Belgian Ale Braised Short Ribs slow cooked with Fresh Herbs until fork tender (DF)	\$103.95
(serves 6-8 as 1 of 2 entrees or 3-4 as full entrée)	
Apricot Glazed Turkey Breast (served warm or cold)	\$125.95
accompanied by Cranberry Apple 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).....	\$29.95/order
(1 order includes 4 Breasts, 2 Thighs, 2 Wings & 2 Legs)	
Oven Roasted Garden Vegetable Chicken (Bone-In).....	\$29.95/order
with Fresh Herbs, Crushed Tomatoes, Green Pepper, Onion & Mushrooms (GF, DF)	
(1 order includes 4 Breasts, 2 Thighs, 2 Wings & 2 Legs)	
Roasted Vegetable Strudel	\$14.95
Asparagus, Abalone Mushrooms, Cauliflower, Caramelized Leeks, Roasted Red Pepper,	
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 ~ Orange Cranberry Bars
Raspberry Oatmeal Triangles

\$13.80 per Dozen

(1/2 dozen minimum per selection)

PETITE PASTRIES

Chocolate Eclairs ~ Budino Bites
Assorted Rugelach ~ Mini Cream Puffs
Chocolate Truffle Tartlets ~ Key Lime Tartlets
Lemon Tartlets ~ Limoncello Panna Cotta Tarts
Mini Fresh Fruit Cheesecakes
Red Velvet or Lemon Ginger Mini Bundt Cakes
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 with Honey Drizzle (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
Flourless Chocolate Cake dusted with Powdered Sugar (serves 10-12)	\$27.95
Killer Chocolate Raspberry Cake (serves 16-20)	\$34.95
Hummingbird Cake (serves 16-20)	\$34.95
Tiramisu Trifle (serves 16-20)	\$44.95
Italian Plum Tart (serves 6-8)	\$19.95
Cheesecake – Turtle or Pumpkin (serves 12-16)	\$34.95
Mousse – Raspberry, Chocolate or Espresso (serves 12-16)	\$36.50
Classic Bread Pudding with Toffee Sauce (serves 12-16)	\$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 more than three decades 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 (5780)

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

All Rosh Hoshana orders must be placed by Tuesday, September 24
for pick up or delivery on Sunday, September 29 & Monday, September 30.

No additions or deletions will be accepted after Wednesday, September 25 at 12:00pm.

All "Break the Fast" orders must be placed by Friday, October 4 for pick up or delivery on Wednesday, October 9.

No additions or deletions will be accepted after Monday, October 7.

Deliveries will take place within various three (3) hour time frames between 9:00am and 6:00pm.