

# Helen's Restaurant

~EST 1950~

\*Gluten free option, ask about our gluten free breading for fried food

## STARTERS

### Chili Lime Shrimp *OR* Scallops

Crispy golden local shrimp over organic baby spinach, sweet chili sauce, feta cheese, red onion 15.50

Fried Cheese with Our Marinara 8.50

### \*Wings Your Way-gfo

Bone-in PLAIN or toss +\$1 buffalo, bbq, sweet chili 11.25

### *New* Sticky Fingers

Boneless, hand breaded in our sweet+spicy glaze 9.45

Fried Clams AC Inc, golden goodness 15.25

### Dutch Special-gfo

Fries, our own curry ketchup, mayo, onion 7.99  
(A throwback to the Barker's time in the Netherlands)

### Famous Fish Chowder-gfo

Award-winning chowder

## FRESH SALADS

\*Add grilled chicken 5.99

\*Add 14 oz ribeye MKT

\*Add grilled salmon 12.99

### Classic Caesar-gfo

Romaine, parmesan, croutons 7.25

### \*Spicy Downeast Chicken Salad-gfo

Romaine, tomato, cucumber, carrot, red onion and spicy rubbed grilled chicken tenders 11.50

### \*Garden Side Goat Cheese Salad-gfo

Romaine, cranberries, pecans, Garden Side Dairy goat cheese, and our house honey dijon vinaigrette 9.99

### \*Garden Salad

Romaine, cucumber, grape tomatoes, fresh shredded carrot, red onion 6.99

*See Specials for Seasonal Salads*

## BURGERS + SANDWICHES

\*Gluten free bread, rolls, and fried options

Little "A" Plain Jane Hamburger Fresh ground beef, hand pressed in house with *Fox Farm* potato chips 6.65

### Haddock Burger

A classic Helen's staple, fresh fried haddock with our own tartar with *Fox Farm* potato chips 11.75

*Fan favorite* Blue Goat Burger Fresh ground, hand pressed burger, grilled onions, bacon, Meka's blueberry jam, Raye's blueberry mustard + goat cheese *Garden Side Dairy* 12.

### Chicken Ranch Wrap

Hand breaded chicken, lettuce, tomato, cheese, ranch in a garlic herb wrap with *Fox Farm* potato chips 8.99

### Meatloaf Grilled Cheese + Marinara

Our own meatloaf, gooey cheeses on garlic bread, homemade marinara for dipping 8.99

### Clipper Chicken Sandwich

Crispy chicken breast, spicy clipper sauce, bleu cheese, lettuce, tomato on a soft bun with *Fox Farm* potato chips 12.

Fresh Local Lobster Roll or Crabmeat Roll, seasonal+market

### *New* Homemade Crab Cake Burger with Chili Lime Aioli

Our own fried crab cake, lettuce, tomato, chili lime aioli with *Fox Farm* potato chips 13.75

### Half or Whole Hot Beef Sandwich

Classic Helen's slow roasted beef with gravy on homemade bread with fries 9.5/12.5

### Pesto Grilled Cheese

Homemade grilled bread with mozzarella, basil pesto, spinach and tomato 8.99

## *Kiddos-under 10 ONLY*

*Kraft Mac n' Cheese 4.*

*Critters: 2 hand breaded chicken tenders +fries 8.99*

*Pasta: Spaghetti with homemade marinara 5.*

*Half Grilled Cheese and Fries 4.60*

*\*Salad: Romaine, cucumber, tomato, carrot 6.75*

*Hot Dog + Fries 5.*

*Gluten free breading, buns, rolls, bread available*

*Kids Drink 1.99*

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## SEAFOOD

Served with your choice of two of the following: Aroostook mashed potato, fries, slaw, fresh steamed vegetable, pickled beets

**Fish and Chips** Fresh haddock, fries, slaw 14.99

**\*New Blueberry Maple Salmon**

Charbroiled salmon with our own Wild blueberry maple glaze featuring *Raye's Blueberry Harvest Mustard, Meka's blueberry jam, and Chandler Sugar Shack maple syrup* over Aroostook mashed potatoes and baby spinach 19.99 gfo

**Fried Shrimp** Wild caught Atlantic shrimp, hand breaded and fried 20.99

**Cobscook Scallops** Hand breaded and fried or \*Sautéed 22.99

**Fried Local Clams** AC Inc clams, golden perfection 23.99

**New Crab Cakes with Chili Lime Aioli** our own crab cakes, fried served with our chili lime aioli 21.50

**Garlic Parmesan Broiled Haddock**

Broiled haddock topped with our Garlic Parmesan Stuffing on a bed of baby spinach 20.99

**Pirate Sam Bellamy Platter**

Haddock, scallops, clams, shrimp 35.99 *sorry no substitutions, fried only*

**LOCAL Whole LOBSTER AND STEAMED CLAMS, seasonal market**

## PASTA, CHICKEN, BEEF

**Homemade Spaghetti + Meatballs** Three homemade meatballs, homemade marinara on spaghetti 14.85

**Chicken Alfredo** Grilled chicken, creamy Alfredo sauce and fresh parmesan over pasta 14.85

The following are served w/ choice of two sides: Real mashed potato, fries, slaw, vegetable

**Chicken Critters** Individually breaded chicken tenders cooked lightly golden (gluten free available\$) 11.99

**NEW-Sticky Fingers** Critters tossed in our sticky sweet/spicy glaze 12.99

**\*Beef Liver+Onions** If you love it, here it is 12.99

**Homemade Meatloaf** Real comfort food 14.99

**Classic Pot Roast Dinner** Tender slow roasted 14.99

**\*14 oz Rib Eye Steak** Prime, hand cut... Market Price

## SIDES

\*gfo=gluten free option

**\*Sweet Potato Fries** 4.25

**\*French Fries** Unseasoned classic cut 3.25

**Onion Rings + Hog Island Sauce**

Trust us, you want these hand cut beauties with our homemade sauce 4.99 \*gfo available for an extra \$2

**\*Helen's Classic Cole Slaw**

Fresh ground with our own dressing 2.99

**\*Maine Mashed Potato** 2.99

**\*Pickled Beets** 2.99

**\*Fresh Vegetable-gfo** Chefs

choice 3.50

**\*Garden Salad** 6.99

*Save your fork...!*

Fresh from our own bakery

**Award Winning Baked Wild Blueberry Pie**

**Strawberry Pie**

**Raspberry Pie**

**Chocolate Pie**

**Coconut Pie**

**Vanilla Graham Cracker Pie**

**Chocolate Coconut Graham Pie**

**Lemon Meringue Pie**

**Banana Split Pie**

**\*Chocolate Torte with Strawberry Glaze**

**\*Homemade Pudding**

**Hermit Cookies**

**Mincemeat Turnovers**

**Ask about seasonal**

**items**

## DRINKS

*Fountain or bottle Coca Cola Products, Moxie,  
Maine Root Blueberry, Ginger, Root Beer Bottles, Iced Teas,  
Lemonades, Milkshakes, Floats, Sparkling Water*

*~FULL BAR~*