

STARTERS

***Onion Rings Thin | Hand Cut | Dipped**

With Hog Island Sauce **3.99**

Stuffed Mushrooms 6.99

Broiled buttons and homemade stuffing

Narraguagus Nachos 5.99

Tortilla chips, cheese, pepper, onion, tomato, jalapeño

BBQ Nachos 8.99

Sweet Baby Ray's grilled chicken topped nachos

Fried Cheese 5.99

Fried mozzarella and homemade marinara

Wicked Wings 7.99

Wicked spicy bone-in chicken wings|drums, bleu cheese dip

Fried Clams 9.99

Tender local whole bellied clams, fried

~ **New~ Garlic Lovers Chevre 4.25**

Amazing soft seasoned goat cheese, **Garden Side Dairy**

Jonesboro with crackers

~**New~Dutch Special 5.99**

Crisp potato skins, mayo, curry sauce, and raw chopped onion

CHOWDER, SOUP, AND STEWS

All of our soups and stews are homemade and gluten free

LOBSTER OR CRABMEAT STEW-gf Your choice of meat with cream and butter

~~~Voted Yankee Magazine's Best Fish Chowder 2015...~~~

**FISH CHOWDER gf**-Haddock, potato, onion, cream, butter

**SOUP OF THE DAY**-please see daily specials list

# SALADS

Fresh healthy gluten free options, try one of our homemade gluten free dressings!

Grilled chicken 3.99 | Angus sirloin 10.99

**House Garden Salad-gf**

Romaine, baby spinach, grape tomatoes, cucumbers, carrots, purple onion **4.99**

\*\***New-Roque Bleu Wedge-gf**

Iceberg wedge, crisp bacon, chopped tomato, **Garden Side Dairy, Jonesboro** Roque

Bleu cheese **7.99**

**MOST POPULAR Goat Cheese Salad-gf** Romaine, cranberries, pecans, **Garden**

**Side Dairy, Jonesboro** goat cheese house vinaigrette **8.99**

**Classic Caesar Salad**

Romaine, garlic croutons, grape tomatoes, fresh parmesan, Caesar dressing **5.99**

**SPICY DOWNEAST CHICKEN SALAD**

All natural chicken dredged in SPICY Southwest spices, Monterey cheddar over house salad **8.99**

**EITHER LOBSTER OR CRABMEAT SALAD-gf**

**Jonesport** crab OR Maine lobster with a bit of mayo, lemon over house salad | Market

# Helen's Breakfast

Welcome! Since 1950 we have been working hard to bring you homemade items made with the highest quality ingredients, many local. Enjoy our breads, muffins, donuts, and biscuits made fresh daily in our bakery!

## OMELETS

Our omelets are made with three fresh Maine eggs (not egg product from a carton) and served with our own homemade bread.

**Basic Cheese 4.99**

**Ham, Sausage, or Bacon and Cheese 5.99**

**Meat Lover's** Basic cheese omelet with ham, bacon, sausage 6.99

**Helen's Classic** Ham, cheese, pepper, onions 6.29

**Farmers Friend** Garlic lovers chèvre, pepper, onion, mushroom, broccoli, baby spinach, tomato 7.99

**Mexicana** Sausage, tomato, cheese, pepper, onions, jalapeño, salsa, sour cream 7.99

## EGGS AND TOAST

Homemade toast options: White, wheat, raisin, biscuit

**Toast and Eggs:** One Egg 1.99 Two Eggs 2.75

**Ham and Eggs:** 8 ounce Smithfield Ham Hteak

One Egg 5.95 Two Eggs 6.45

**Sausage OR Bacon**

One Egg 3.99 Two Eggs 4.99

**NEW! Helen's Real Corned Beef Hash**

One Egg Two Eggs 5.45

**Steak and Eggs:** 8 ounce hand-cut sirloin

One Egg 10.99 Two Eggs 11.99

## BREAKFAST SANDWICHES

**Egg Muffin:**

Egg, cheese, bacon, sausage, or deli ham on a grilled English muffin **3.99**

**Add Ham Steak 1.99**

**Rianne Special:** One egg omelet with onions, cheese, and sausage on a croissant **5.35**

**Additions**

**Cheeses:** American, Cheddar, Feta, Bleu, Goat, Swiss, Parmesan .60

**Veggies:** Green peppers, baby spinach, tomato, onion, broccoli, mushrooms, jalapeños .50

**Meats:** Bacon, Sausage, Deli Ham 1.00 Ham Steak 1.99

**Seafood:** Shrimp, Crabmeat, Scallops, Lobster...Market Price

Egg White Only 1.50 Single Egg .75

# Helen's Breakfast

## PANCAKES AND FRENCH TOAST

Nanny D's (David's grandmother) pancake recipe! French toast is made with our own homemade bread!  
Add real maple syrup 1.00 Sugar Free Syrup Available

**Large Stack 4.99   Short Stack 3.99   Single 2.50**  
Add wild local blueberries 1.50   Add chocolate chips .99

## BELGIUM WAFFLE

A malted waffle with deep holes for syrup and butter 5.99 (please allow for additional time if more than one order/table)  
Make it even more special with strawberries, bananas, or blueberry topping and real whipped cream 7.99

## THE BIG "2"

Two pancakes or french toast, two eggs, two strips of bacon, and two sausage links 7.99

## BEVERAGES

Coffee, tea, hot chocolate 1.75  
Milk...skim, whole, chocolate 2.00  
Juice...orange, wild Maine blueberry,  
apple, cranberry, and tomato  
2.50

## SIDES

Home Fries 1.99  
8 ounce Hand-Cut Sirloin Steak 11.99  
8 ounce Smithfield Ham Steak 5.99  
4 Pieces Bacon or Sausage 2.99  
Real Corned Beef Hash 4.50

## STARTERS

Hearty bowl of oatmeal 2.99  
Add nuts and raisins or cranberries .75  
Fresh Fruit...see server for availability  
Organic Vanilla Yogurt with our  
Homemade Granola 4.50  
Bagel and Cream Cheese 1.75  
Homemade in our bakery every day!  
Muffins...  
blueberry, cranberry, bran 1.50  
Homemade Bread...  
white, wheat, or raisin toast 1.50  
Donuts...molasses, plain, or chocolate 1.50

20% Gratuity may be added to parties of 6 or more

# BURGERS and more...

Served with chips and a dill spear

## LITTLE "A"

antibiotic & hormone free Angus on toasted bun 4.99

## DOUBLE "A"

antibiotic & hormone free Angus a toasted bun 6.99

**\*\*MOST POPULAR!**

## HELEN'S CLASSIC HADDOCK BURGER

always fresh haddock-homemade tartar sauce-toasted bun 8.50

## BAD LITTLE FALLS BURGER

**gluten free** veggie burger, lettuce, tomato, and mayo on a toasted bun 5.99

## RUBICON REUBEN

corned beef on grilled rye, sauerkraut, Swiss, special sauce 6.99

## HOT DOG 3.50

## CHICKEN WRAP

hand dipped chicken breast, lettuce, tomato, cheddar, ranch 6.99

## CHICKEN QUESADILLA

chicken and cheddar in a grilled tortilla-side of lettuce, tomato, salsa, sour cream 7.99

# SIGNATURE SANDWICHES

Served with Maine fries and dill spear

## 1950'S 1/2 HOT BEEF SANDWICH

our classic slow roasted pot roast, gravy, homemade bread 6.99

## BOLD COAST STEAK SANDWICH

thinly sliced grilled sirloin, peppers, mushrooms, onions, mozzarella 8.99

## MAIN STREET CLUB

ham AND turkey double decker BLT 8.99

## SPICY CLIPPER CHICKEN SANDWICH

hand breaded fresh chicken breast, lettuce, tomato, bleu cheese, spicy sauce 8.99

## THE ROYAL BULLDOG

antibiotic & hormone free Angus beef with mushrooms, Swiss on a bun 6.99

## THE RUNNING RAIDER

antibiotic & hormone free Angus beef with onions, Swiss on grilled rye 6.99

# "DOWNEAST" SEAFOOD ROLLS

Served with Maine fries and dill spear

a real downeast treat, deep fried fresh local seafood in a grilled hot dog roll

FRIED SHRIMP 10.99

FRIED CLAM 12.99

FRIED SCALLOP 14.99

CRABMEAT ROLL Jonesport crabmeat with a bit of mayo 11.99

LOBSTER ROLL Maine lobster with a bit of mayo 14.99

# SIDES

Homemade Hand Cut|Dipped Onion Rings 3.99

Maine Fries, Baked, or Mashed Potato-gf 2.99

Maine Sweet Potato Fries-gf 3.99

\*\*\*Coleslaw-gf-house ground cabbage and carrots with our own dressing 2.50

Fresh Vegetable-gf 1.99

# SEAFOOD

Fresh LOCAL seafood is our speciality.

All seafood comes fried but can be broiled plain **gluten free**, or try our **Garlic Sesame**  
Served with salad OR Maine potato, rice, fresh vegetable, coleslaw

## HADDOCK

Always fresh wild Atlantic haddock **14.50**

\*\*\***A Local Favorite FISH N' CHIPS**\*\*\*

Classic fried haddock served with Maine fries and coleslaw **9.99**

## SCALLOPS

Cobscook Bay when possible

Small **17.99** Large **19.99**

## SMALL ATLANTIC SHRIMP

Small **13.99** Large **16.99**

## LOCAL WHOLE BELLY CLAMS

Small **14.99** Large **17.99**

## MAPLE GLAZED WILD SALMON-gf **14.99**

Wild caught salmon with maple glaze made with syrup from  
**Marshfield** and Raye's mustard from **Eastport**

**BELLAMY'S BOUNTY OF THE SEA**-Haddock, shrimp, scallops, and clams **27.99**

# MAINE LOBSTER Seasonal

Whole Lobsters Brought to us fresh DAILY from **Bucks Harbor** | SEASONAL, Market

**STEAMED LOCAL LOBSTER-gf** | Market Price

**LOBSTER STEW** lobster, cream, butter

**LOBSTER ROLL** lobster and mayo in a grilled hot dog roll and Maine fries

**LAZY LOBSTER-gf** lobster meat, melted butter, side house salad | Market Price

**LOBSTER SALAD-gf** lobster and mayo over house salad | Market Price

# PASTA

Homemade vegetarian gluten free marinara

**FETTUCINI ALFREDO** and salad **9.99**

**CHICKEN PARM** Hand breaded chicken breast, marinara, parmesan and salad **14.**

**SPAGHETTI** and **HOMEMADE MEATBALLS** and salad **14.**

# CHICKEN

Served with salad OR Maine potato, rice, fresh vegetable, coleslaw

**FRIED CHICKEN** Crispy golden four piece chicken dinner **9.99**

**CHICKEN CRITTERS** Hand breaded | dipped fresh chicken breast pieces **9.99**

**SPICY DOWNEAST TENDERS** breast meat dipped in our **SPICY** blend **9.99**

# BEEF

Served with salad OR Maine potato, rice, fresh vegetable, coleslaw

**HELEN'S CLASSIC POT ROAST-gf** Our slow roasted beef roast with gravy **9.99**

**BEEF LIVER AND ONIONS-gf** Smothered with grilled onions **9.99**

**FILET MIGNON-gf** 6 oz Certified Angus prime filet of beef **16.99**

**RIB EYE STEAK-gf** 14 oz hearty hand cut Certified Angus choice rib eye **23.99**

**SIRLOIN-gf** 8 oz hand cut choice Certified Angus grilled sirloin strip **18.**

# DESSERTS

made by hand in our bakery everyday

**Our wild baked blueberry pie has received great national reviews:**

**LIFE MAGAZINE**

**EVERYDAY WITH RACHEL RAY**

**NATIONAL GEOGRAPHIC TRAVELER**

**PARADE MAGAZINE**

**BANGOR METRO**

**MAINE MAGAZINE**

and most importantly YOU...

*~Famous Baked Wild Blueberry Pie~*

**Desserts vary seasonally and daily, please ask for availability**

## **Pies:**

Chocolate, Coconut, Banana, Graham Cracker,  
STRAWBERRY, Lemon Meringue, Custard, Pumpkin,  
Apple, Banana Split, Rhubarb  
Bread Pudding, Grape Nut Pudding

## **ICE CREAM:**

Vanilla or WILD Maine Blueberry (Seasonal)

## **HERMITS:**

Old fashioned molasses cookies with raisins and walnuts

## **MILK SHAKES:**

Vanilla, Chocolate, Strawberry, Coffee, and BLUEBERRY

**Cake, Cup Cakes, and Tarts on occasion**

# DRINKS

**COKE Fountain Drinks FREE Refill**

## **ORGANIC MAINE ROOT:**

Sarsaparilla, Ginger Brew, Root Beer

**Eli's Blueberry Soda**

**Moxie**

## **JUICES:**

Cranberry, Apple, Orange, Tomato

## **MILK:**

Skim or Whole, Chocolate

**Unsweetened Iced Tea | Blueberry Iced Tea | Cranberry Iced Tea**

**Lemonade or Blueberry Lemonade**