

# Helen's Restaurant

## HOUSE CLASSICS

### **Farmers Friend Omelette - 8.25**

Peppers, onions, mushroom, spinach, broccoli, tomato, cheese, and toast

### **Helen's Classic Omelette - 6.50**

Ham, peppers, onion, cheese, and toast

### **Rianne Special Sandwich - 5.75**

Small omelette with onions, sausage, cheese, on a croissant

### **NEW...Studmill Special Omelette- 8.50**

Thinly sliced sirloin, peppers, onions, mushrooms, cheese, and toast

### **"Forgettable" Egg Sandwich - 4.25**

Egg, cheese on a grilled english muffin with bacon, sausage, or deli ham

### **Meat Lovers Omelette- 7.50**

Ham, bacon, sausage, cheese, and toast

### **Eggs Benedict - 8.00**

Poached eggs, ham on English muffin topped with Hollandaise

### **Crab Benedict - 12.00 (when available)**

Poached eggs, fresh local crabmeat on English muffin with Hollandaise

### **Big "2" - 8.50**

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

### **Bagel and Lox - 7.00**

Bagel with cream cheese, **Mainely Smoked Salmon**, tomato, red onion, capers

### **Wicked Wesley Waffle - 6.29**

Plain malted waffle with deep holes for syrup and butter

\$Add fresh strawberry sauce, blueberry sauce, bananas, bacon, nuts or cream

Please allow additional time if more than one order per table.

## **ADDITIONS**

Cheeses: American, cheddar, feta, bleu, Swiss, parmesan, goat

Veggies: Green pepper, baby spinach, tomato, onion, broccoli, mushroom, jalapeño

Meats: Bacon, sausage, deli ham, ham steak

Seafood: Shrimp, crabmeat, scallops, lobster...market

Egg white only 1.75

Raw or undercooked food may increase the risk of food borne illness.  
Please check with your physician with concerns about consuming raw or undercooked food.  
20% Gratuity may be added to parties of 6+

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## EGGS, PANCAKES, AND FRENCH TOAST

**8 oz Smithfield Ham Steak, Eggs, and Toast - 6.99**

**Sausage or Bacon, Eggs, and Toast - 4.95**

**Helen's Corned Beef Hash, Eggs, and Toast - 6.99**

**8 oz Sirloin, Eggs, and Toast - 12.99**

**Nanny D's Pancakes - Large 5.25 | Small 4.25 | Single 2.75**

Nanny D was David's grandmother, an amazing cook, and wonderful woman  
Add Blueberries, chocolate chips, or granola...\$

**French Toast - Large 5.25 | Small 4.25 | Single 2.75**

French toast is made with our homemade bread  
Delicious with bananas, pecans and real whipped cream...\$

### **ALA CARTE**

Oatmeal - 3.25 Add nuts, raisins, or cranberries - .75

Homemade Granola with Yogurt or Milk - 4.50

Bakery options include: white, wheat, raisin bread, biscuits, muffins, donuts

Bagel and Cream Cheese 1.99

Single Egg .75

Home Fried Potatoes 1.99

Sausage Links or Patties 2.99

Bacon 2.99

Helen's Corned Beef Hash 4.99

Real Maple Syrup and Sugar-free Syrup \$

### **BEVERAGES**

Coffee, tea, hot chocolate

White and chocolate milk

Juice...orange, wild blueberry, apple, cranberry, grapefruit, and tomato

Bloody Mary - our own mix with olive, pickled onion, celery, lemon and lime 9.

Screw Driver - Vodka and OJ 9.

Mimosa - Prosecco and OJ 9.

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# BURGERS

6 oz charbroiled hamburger patties are made in house from fresh Angus burger.  
Gluten free bread, buns and rolls available \$

**LITTLE "A"** Plain Jane fresh Angus burger on a soft kaiser | 5.25

**BIG "A"** Two fresh Angus burgers on a soft kaiser | 7.50

**HADDOCK BURGER** Fresh fried haddock on a soft kaiser roll, side of tartar | 9.99

**BAD LITTLE FALLS BURGER** Vegan and gluten free w/ spinach, tomato | 7.50

**\*New...THE BLUE GOAT** fresh Angus burger, grilled onions, bacon, Meka's blueberry jam, Raye's blueberry mustard, and Garden Side Dairy goat cheese 9.99

**ROYAL BULLDOG** Fresh Angus burger, mushrooms, Swiss on a Kaiser roll, fries | 7.75

**RUNNING RAIDER** Fresh Angus burger, grilled onions, and Swiss on rye, fries | 7.75

# SANDWICHES

Gluten free bread, buns and rolls available \$

**RUBICON REUBEN** | 6.99

Corned beef, grilled rye, sauerkraut, Swiss, Thousand Island

**\*New...MEATLOAF GRILLED CHEESE SANDWICH** | 6.99

Goey cheeses, our own meatloaf, homemade garlic bread with marinara for dipping

**SPICY CLIPPER CHICKEN WITH FRIES** | 9.99

Hand-breaded fresh chicken breast, lettuce, tomato, bleu cheese, and our spicy sauce on a kaiser

**1950's 1/2 HOT BEEF SANDWICH WITH FRIES** | 6.99

Classic slow roasted pot roast with gravy on our homemade bread

**MAIN STREET CLUB WITH FRIES** | 9.50

Double-decker BLT with ham

**CHICKEN WRAP** | 7.99

Hand-dipped chicken with lettuce, tomato, cheddar and ranch in a garlic herb wrap

**BOLD COAST STEAK SANDWICH WITH FRIES** | 9.75

Thinly-sliced sirloin, grilled peppers, mushrooms, and onions in a sub roll with mozzarella

**CHICKEN QUESADILLA** | 7.99

Chicken and cheddar in a grilled tortilla with lettuce, tomato, salsa, and sour cream

# "DOWNEAST" SEAFOOD ROLLS

A real Downeast treat served in a grilled roll (gluten free roll \$) with fries and dill spear

**FRIED CLAM ROLL** Local whole belly clams, hand breaded and fried | 13.99

**CRABMEAT ROLL** Local crabmeat mixed with a bit of mayo | 14.99

**LOBSTER ROLL** Local lobster meat mixed with a bit of mayo | 15.99

# SIDES

**ONION RINGS** Hand cut and lightly coated onion rings | 4.25

**BAKED POTATO, MASHED POTATO, FRENCH FRIES, RICE-gfo** | 2.99

**SWEET POTATO FRIES-gfo** | 3.99

**FRESH STEAMED VEGETABLE OF THE DAY-gfo** | 2.50

**COLESLAW-gfo** Cabbage & carrots ground fresh daily, tossed in our secret sauce | 2.50

20% GRATUITY MAY BE ADDED TO PARTIES OF 6 OR MORE. RAW OR UNDERCOOKED FOOD MAY INCREASE THE RISK OF FOOD-BORNE ILLNESS.

PLEASE CHECK WITH YOUR PHYSICIAN WITH CONCERNS ABOUT CONSUMING RAW OR UNDERCOOKED FOODS.

# STARTERS

gfo-gluten free option

## STUFFED MUSHROOMS | 7.25

Broiled buttons and homemade stuffing

## NARRAGUAGUS NACHOS-gfo | 6.50 Add bbq chicken + 3.50

Generous portion- corn tortilla chips layered with cheese, peppers, onion, tomato, and jalapeño

## FRIED CHEESE | 6.50

Fried mozzarella with homemade marinara

## WINGS YOUR WAY | 8.55

Plain crispy bone-in wings with your choice of dipping sauce

## WICKED WINGS | 8.55

Wicked spicy bone-in wings with a crispy coating, bleu cheese dip

## \*Local favorite DUTCH SPECIAL-gfo | 5.99

Crispy potato skins, curry sauce, mayo and raw chopped onions

A throw back to David and Julie's days in Holland

## FRIED CLAMS | 10.99

Local whole belly clams with our own tartar sauce

## HELEN'S ONION RINGS | 4.25

Fresh hand cut and dipped onions with our special Hog Island Sauce

# CHOWDER AND SOUP

Made fresh in house every day and gluten free options-gfo

## FAMOUS FISH CHOWDER-gfo

Our Haddock chowder is simply made with only potato, onions, butter, dill, cream

\*Add \$ lobster and/or crabmeat to your haddock chowder | Market price

## HOMEMADE SOUPS-gfo vary daily and are all gluten free

# SALAD

Fresh healthy gluten free options-gfo

Add chicken 4.50 | 10 oz Angus Sirloin 11.99 | Lobster or Crabmeat Market, Seasonal

## CLASSIC CAESAR | 6.25

Romaine, garlic croutons, grape tomatoes, fresh grated parmesan, classic caesar dressing

## SPICY DOWNEAST CHICKEN SALAD-gfo | 9.99

Romaine, organic baby spinach, tomatoes, cucumbers, carrot, red onion, spicy grilled chicken

## Most Popular! GOAT CHEESE SALAD-gfo | 9.25

Romaine, cranberries, pecans, Garden Side Dairy goat cheese, house vinaigrette

## ROQUE BLEU WEDGE-gfo | 8.99

Iceberg, smoky bacon, tomato, crumbled bleu cheese

## LOBSTER SALAD-gfo | 27.99 CRABMEAT Salad-gfo | 17.50

Romaine, organic baby spinach, tomatoes, cucumbers, carrot, red onion with chilled seafood choice mixed with a bit of mayo

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# SEAFOOD

Served with salad OR choose two of the following: baked, mashed, french fries, rice, vegetable, coleslaw  
*Seafood preparations-Fried, \$gluten free fried, broiled with garlic sesame, broiled with lemon*  
*gfo=gluten free option*

## \*FISH AND CHIPS | 11.99

The local favorite...fresh wild caught Atlantic haddock served with fries and slaw

**HADDOCK DINNER** Fresh wild caught Atlantic haddock | **15.99**

**BROILED HADDOCK WITH GARLIC PARMESAN STUFFING** | **17.99**

**SCALLOPS** Cobscook

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

**WHOLE BELLY CLAMS**-fried only

Small **16.99** | Large **18.99**

**BELLAMY'S BOUNTY OF THE SEA** | **29.99**

Haddock, scallops, and clams-sorry no substitutions

**COMBINATION PLATTER** | **26.99**

Choose two of your favorites: clams, scallops, haddock

**SURF AND TURF** | **29.99**

10 oz Hand cut prime sirloin and your choice of clams, scallops, or haddock

**ALWAYS LOCALLY SOURCED 1 1/4 lb LOBSTER-gfo** | **MARKET**

1 1/4 lb lobster served with drawn butter

**MACHIASPORT STEAMED CLAMS-gfo** | **MARKET, SEASONAL**

Small soft shell clams with drawn butter and broth, *no sides included*

## PASTA

Homemade Marinara is vegetarian and **gluten free**

**SPAGHETTI & HOMEMADE MEATBALLS** with house salad, garlic bread | **14.50**

**CHICKEN PARMESAN** Hand breaded chicken, marinara, salad, garlic bread | **14.50**

**FETTUCCHINE ALFREDO** with salad, garlic bread | **10.99** Add Chicken 4.50

## CHICKEN

Served with salad **OR** choice of two of the following baked, mashed, french fries, rice, vegetable, coleslaw

**CHICKEN DINNER** Deep fried or charbroiled boneless, skinless breast | **10.50**

**CHICKEN CRITTERS** Fresh hand breaded and dipped chicken breast pieces | **10.50**

**SPICY DOWNEAST TENDERS** Grilled tenders in our SPICY rub | **10.50**

## BEEF

Served with salad **OR** choice of two of the following baked, mashed, french fries, rice, vegetable, coleslaw  
*Gluten free gravy available \$*

**MEATLOAF DINNER** Our own recipe topped with gravy | **10.99**

**HELEN'S CLASSIC POT ROAST** Slow roasted with gravy | **10.99**

**BEEF LIVER AND ONIONS-gfo** Smothered with grilled onions | **10.99**

**FILET MIGNON-gfo** 6 oz charbroiled prime filet of beef | **17.99**

**RIB EYE STEAK-gfo** 14 oz charbroiled hand cut choice rib eye | **24.99**

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# DESSERTS

Made by hand in our bakery everyday

**FAMOUS BAKED WILD BLUEBERRY PIE** honorable mentions:  
Life Magazine, National Geographic Traveler, Everyday with Rachael Ray, Parade Magazine, Food 52, Bangor Metro, #visitmaine, #MaineThing, Yankee Magazine, #thiswildidea, Downeast Magazine, Farmland Trust Magazine, Bangor Daily News, and most importantly...YOU!

## PIES and BAKERY ITEMS

Wild Baked Blueberry

Strawberry, Chocolate, Coconut, Vanilla Graham Cracker

Chocolate-Coconut-Graham Cracker, Banana Split, Lemon Meringue

Hermit cookies, donuts, muffins, biscuits, rolls, breads

## DRINKS *FREE refills for Coca-Cola fountain drinks*

**Coca-Cola Fountain Soda** Coke, Diet Coke, Fanta Orange, Seagrams Ginger Ale, Barq's Root Beer, Sprite, **Bottled Moxie**

**Organic Maine Root Brand** Sarsaparilla, Blueberry, Ginger Brew, Root Beer

**Juices:** Blueberry, Cranberry, Apple, Orange, Tomato, Grapefruit

**Unsweetened or Sweet Iced Tea: Add Blueberry, Raspberry or Cranberry**

**Lemonade: Add Blueberry, Raspberry**

**Roasters Choice Coffee: Add Caramel, Vanilla, Hazelnut**

**Tea: Lipton Black, Decaf, Bigelow Green Tea**

**Milkshakes** Blueberry, Chocolate, Vanilla, Strawberry, Coffee

*\*Full bar menu available*

## CHILDREN'S MENU *for children 12 and under ONLY*

**Kraft Mac N' Cheese** with drink 4.00

**Spaghetti and Sauce** with drink 4.50

**Hot Dog and Fries** with drink 4.00

**Chicken Critters and Fries** with drink 4.50

**Half Grilled Cheese and Fries** with drink 4.00

**Fish and Fries** with drink 6.50

*“Pies you'll remember the rest of your life”*