

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”