



**Helen's**  
**Restaurant**

*Celebrating 70 Years!*  
111 Main Street, Machias, ME  
(207) 255 - 8423

# Helen's Restaurant

## HOUSE CLASSICS

### Farmers Friend Omelette - 8.75

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

### Helen's Classic Omelette - 6.75

Ham, peppers, onion, cheese, and toast

### Rianne Special Sandwich - 5.89

Small omelette with onions, sausage, cheese, on toast

### NEW...Studmill Special Omelette- 8.75

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

### "Forgettable" Egg Sandwich - 4.50

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

### Meat Lovers Omelette- 7.99

Ham, bacon, sausage, cheese, and toast

### Eggs Benedict - 8.50

Poached eggs, ham on English muffin topped with Hollandaise

### Big "2" - 8.75

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

### Bagel and Lox - 8.00

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

### Wicked Wesley Waffle - 6.50

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: Smoked salmon, crabmeat, scallops, lobster...market

Egg white only 1.89

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+

# Helen's Restaurant

## EGGS, PANCAKES, AND FRENCH TOAST

8 oz Smithfield Ham Steak, Eggs, and Toast - 7.50

Sausage or Bacon, Eggs, and Toast - 5.25

Helen's Corned Beef Hash, Eggs, and Toast - 7.50

Nanny D's Pancakes - Large 5.50 | Small 4.50 | Single 2.99

Nanny D was David's grandmother, an amazing cook, and wonderful woman

Delicious when you add +\$ BLUEBERRIES, chocolate chips, granola, blueberry or strawberry sauce, banana, bacon, nuts, cream +\$

French Toast - Large 5.25 | Small 4.25 | Single 2.75

French toast is made with our homemade bread

Delicious when you add +\$ BLUEBERRIES, chocolate chips, granola, blueberry or strawberry sauce, banana, bacon, nuts, cream +\$

## ALA CARTE

Oatmeal - 3.50 Add nuts, raisins, or cranberries - .75

Homemade Granola with Yogurt or Milk - 4.50

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

Bagel and Cream Cheese 1.99

Single Egg .90

Home Fried Potatoes 2.50

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, apple, cranberry, grapefruit, and tomato

Bloody Mary - our own mix 9.

Screw Driver - Vodka and OJ 9.

Mimosa - Prosecco and OJ 9.

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# STARTERS

Chicken and seafood can be fried with our <sup>gfo-gluten free option</sup> gluten free breading for an extra \$2.00 but fryer is not celiac safe

## STUFFED MUSHROOMS | 7.50

Broiled buttons and homemade stuffing

## NARRAGUAGUS NACHOS-gfo | 6.75 Add bbq chicken + 3.75

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

## CHILI LIME SCALLOPS OR SHRIMP | 13.99

Your choice of scallops or shrimp, chili lime sauce, feta cheese and red onion on a bed of baby spinach

## FRIED CHEESE | 6.75

Fried mozzarella with homemade marinara

## \*New...IRISH NACHOS-gfo | 7.99

Crispy potato skins, cheese, bacon, sour cream and green onions

## WINGS YOUR WAY | 8.75

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

## WICKED WINGS | 8.75

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

## \*Local favorite DUTCH SPECIAL-gfo | 6.25

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

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

## FRIED CLAMS | 11.99

Local whole belly clams with our own tartar sauce

Delicious gluten free breading available +\$

## MACHIASPORT STEAMED CLAMS-gfo | MARKET, SEASONAL

## HELEN'S ONION RINGS | 4.50

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

Delicious gluten free breading available +\$

# CHOWDER AND SOUP

Made fresh in house every day

## FAMOUS FISH CHOWDER-gfo Chowder is available with no cream by request

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 SOUP-gfo see specials list for today

# SALAD

<sup>gluten free options-gfo</sup>  
House made dressings are honey dijon-gfo and balsamic-gfo  
Add chicken 4.75 | Filet 15.00 | Lobster or Crabmeat Market, Seasonal

## CLASSIC CAESAR | 6.50

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 | 9.50

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

## ROQUE BLEU WEDGE-gfo | 9.25

Iceberg, smoky bacon, tomato, crumbled bleu cheese

## LOBSTER SALAD-gfo | Market CRABMEAT Salad-gfo | Market

Romaine, baby greens, tomato, cucumber, carrot, red onion, chilled seafood choice with a bit of mayo

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# BURGERS

Gluten free bread, buns and rolls available \$

gfo=gluten free option, chicken and seafood can be fried with our gluten free breading for an extra \$2.00 but fryer is not celiac safe

LITTLE "A" Plain Jane fresh ground sirloin on a soft kaiser | 5.50

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

\*THE BLUE GOAT Ground sirloin, grilled onions, bacon, Meka's blueberry jam, Raye's blueberry mustard, and Garden Side Dairy goat cheese 10.50

BAD LITTLE FALLS BURGER Vegan and gluten free w/ spinach, tomato | 8.99

IMPOSSIBLE BURGER Impossibly meat like, made with only veggies | 8.99

ROYAL BULLDOG Fresh ground sirloin, mushrooms, Swiss on a Kaiser roll, fries | 8.99

RUNNING RAIDER Fresh ground sirloin, grilled onions, and Swiss on rye, fries | 8.99

# SANDWICHES

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RUBICON REUBEN | 7.50

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

\*Staff favorite...MEATLOAF GRILLED CHEESE | 7.25

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

SPICY CLIPPER CHICKEN SANDWICH WITH FRIES | 10.99

Hand-breaded fresh chicken breast, lettuce, tomato, bleu cheese, 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 | 9.75

CHICKEN BURGER CLUB WITH FRIES | 10.99

CHEESE BURGER CLUB WITH FRIES | 10.99

CHICKEN WRAP | 8.25

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

BOLD COAST STEAK SANDWICH WITH FRIES | 9.99

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

CHICKEN QUESADILLA Chicken and cheese grilled tortilla side of lettuce, tomato 8.25

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

FRIED CLAM ROLL Local whole belly clams, hand breaded and fried | 14.99

CRABMEAT ROLL Local crabmeat mixed with a bit of mayo | Market

LOBSTER ROLL Local lobster mixed with butter or mayo | Market

# SIDES

gfo=gluten free option

ONION RINGS Hand cut and lightly coated onion rings | 4.50...Available gluten free +\$

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

SWEET POTATO FRIES-gfo | 3.99

FRESH STEAMED VEGETABLE OF THE DAY-gfo | 2.60

COLESLAW-gfo Cabbage & carrots ground fresh daily, homemade dressing | 2.50

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# SEAFOOD

Choice of two of the following baked potato, garlic red skin mashed potato, french fries, garden veggie rice, vegetable, coleslaw  
Seafood preparations-Fried, broiled with garlic sesame, broiled with lemon, blackened, sautéed in butter  
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**FISH AND CHIPS** | 12.99

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

**HADDOCK DINNER** Fresh wild caught Atlantic haddock | 16.99

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

**SHRIMP** New Brunswick Small 17.25 | Large 19.25

**SCALLOPS Cobscook** Small 17.99 | Large 19.99

**WHOLE BELLY CLAMS**-fried only Small 17.99 | Large 19.99

**BELLAMY'S BOUNTY OF THE SEA** | 30.99

Shrimp, haddock, scallops, and clams-fried only, sorry no substitutions

**COMBINATION PLATTER** | 27.99

Choose two of your favorites: clams, scallops, haddock, shrimp

**SURF AND TURF** | 29.99

Hand cut filet mignon and your choice of clams, scallops, haddock, or shrimp

**1 1/4 lb LOBSTER**-gfo | MARKET, SEASONAL

**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 | 14.99

**CHICKEN PARMESAN**

Fried hand breaded chicken, marinara, salad, garlic bread | 14.99

**FETTUCCHINE ALFREDO**

with salad, garlic bread | 11.99 Add veggies, steak, seafood or chicken

## CHICKEN

Choice of two of the following baked, mashed, french fries, garden veggie rice, vegetable, coleslaw  
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**STICKY FINGERS** Fresh hand breaded chicken tenders tossed in our own

finger licking sweet and spicy sauce 11.99

**CHICKEN CRITTERS**

Fresh hand breaded and dipped chicken breast pieces | 10.99

**SPICY DOWNEAST TENDERS**-gfo

Grilled tenders in our SPICY gluten free rub | 10.99

## BEEF

Choice of two of the following baked, mashed, french fries, garden veggie rice, vegetable, coleslaw  
Gluten free gravy available \$

**MEATLOAF DINNER** Our own recipe topped with gravy | 11.99

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

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

**FILET MIGNON**-gfo charbroiled prime filet of beef | 19.99

**RIB EYE STEAK**-gfo 14 oz charbroiled hand cut choice rib eye | 25.99

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