

Helen's Restaurant

*DINE IN-TAKE OUT-DELIVERY 207-255-8423

gfo=gluten free option...All of our chicken and seafood can be fried gluten free add \$2

STARTERS

- Chili Lime Shrimp OR Scallops 13.99
Your choice of scallops or shrimp, sweet sauce, feta
cheese and red onion
- Fried Cheese with Marinara 6.79
- Wings Your Way 8.79
- Wicked Wings 8.79
- Sticky Fingers (boneless) 7.99
- Fried Clams 11.99
- Narraguagus Nachos-gfo 6.79
- BBQ Chicken Nachos-gfo 10.50
- Dutch Special-gfo 6.99
Fries, curry ketchup, mayo and onion
- Famous Fish Chowder-gfo

BURGERS + SANDWICHES

- Little "A" Plain Jane hamburger 6.29
- Haddock Burger 9.99
- Blue Goat Burger 10.99
Fresh ground Sirloin, grilled onions, bacon,
Meka's blueberry jam, Raye's blueberry mustard,
+ Garden Side Dairy goat cheese
- Chicken Wrap 8.29
Hand dipped chicken, lettuce, tomato, cheese,
ranch in a garlic herb wrap
- Meatloaf Grilled Cheese + Marinara 7.79
- Spicy Clipper Chicken Sandwich 9.99
Chicken breast, spicy sauce, bleu cheese, lettuce,
tomato on a soft bun
- Monster Lobster Roll w/ Whole Tail 17.99
- Homemade Crab Cake Burger 11.99

SIDES

- Sweet Potato Fries 3.99-gfo
- French Fries 2.99-gfo
- Onion Rings + Hog Island Sauce 4.50
- Helen's Classic Cole Slaw 2.50-gfo
- Mashed Potato or Vegetable 2.60-gfo

SEAFOOD

- Fried-Broiled-Sauteed
Served with your choice of sides
- Fish and Chips 12.99
- Native New Brunswick Shrimp 17.25
- Cobscook Scallops 17.99
- Fried Local Clams 17.99
- Homemade Crab (Jonesport) Cakes
16.99
- Garlic Parmesan Haddock 18.99
- Sam Bellamy Platter 30.99

PASTA, CHICKEN, BEEF

- Homemade Spaghetti + Meatballs 12.99
- Chicken Alfredo 12.99
- Chicken Parmesan 12.99
- Chicken Critters 10.99
- *NEW-Sticky Fingers 11.99
- Beef Liver and Onions 10.99 gfo
- Homemade Meatloaf 12.99
- Classic Pot Roast Dinner 11.99

FRESH SALADS

- Add grilled chicken 4.75
- Classic Caesar 6.50-gfo
Romaine, shredded parmesan, croutons
- Spicy Downeast Chicken Salad 9.99-gfo
Romaine, tomato, cucumber, carrot, red onion and
spicy rubbed chicken tenders
- Goat Cheese Salad 9.50-gfo
Romaine, cranberries, pecans, goat cheese, and our
house honey dijon vinaigrette

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“Save your fork, the best is yet to come”

Fresh from our bakery every day

FAMOUS BAKED WILD BLUEBERRY PIE

Strawberry Cream Pie

Raspberry Cream Pie

Chocolate Cream Pie

Coconut Cream Pie

Chocolate Coconut Graham Cracker Pie

Vanilla Graham Cracker Pie

Lemon Meringue Pie

Banana Split Pie

Hermit cookies, mincemeat turnovers, bread and rolls

Ask about seasonal favorites and availability

DRINKS

Coca-Cola Bottle or Fountain Sodas

Bottled Maine Root: Sarsapilla, Ginger Brew, Root Beer

Juices: Lemonade, Grapefruit, Tomato, Orange, Apple, Cranberry

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

Roasters Choice Coffee: Add Caramel, Vanilla Hazelnut

Black, Decaf, Green, Herbal Teas

Beer and Wine

Terrazaz Malbec 28.

Ca Donini Pino Noir 28.

Rosatello Moscato 26.

Oyster Bay Sauv Blanc 26.

Shooting Star Chardonnay 26.

Ruffino Pino Grigio 26.

Graham's Tawny Port 6.

Sam Draft 4.

Bud Lite Draft 3.

Baxter IPA Draft 5.

Allagash White Draft 5.

Corona 4.5

Heineken 4.5

Angry Orchard 4.5

Bud, Bud Lite 3.

Mich Ultra 3.5

Coors Lite 3.5

Signature Cocktails

Foggy Bottom-Pineapple, Malibu, Hypnotic \$8

Log Drive-Domaine de Canton (ginger), vodka, fresh lime, house simple syrup \$10

House Margarita-Tequila, fresh lime, house simple syrup \$5

Downeast Sunset-Cranberry, Orange Vodka, Amaretto, Orange Juice \$8

Plus all your favorite mixed drinks