

Helen's Restaurant

~EST 1950 - 207.255.8423~

STARTERS

Chili Lime Shrimp

Crispy golden local shrimp over organic baby spinach, sweet chili sauce, feta cheese, red onion 14.99

Fried Cheese with Our Marinara 7.99

Wings Your Way-gfo

Bone-in, choose bbq, sweet chili, 9.99

Sticky Fingers

Boneless, hand breaded in our sweet/spicy glaze 8.99

Fried Clams AC Inc, golden goodness 13.99

Dutch Special-gfo

Fries, our own curry ketchup, mayo, onion 7.25
(A throwback to the Barker's time in the Netherlands)

Famous Fish Chowder-gfo

Award-winning chowder

BURGERS + SANDWICHES

Gluten free bread, rolls, and fried options, served with chips

Little "A" Plain Jane Hamburger

Fresh ground beef, hand pressed in house custom design yours 6.25

Haddock Burger A classic Helen's staple, fresh fried haddock with our own tartar 11.50

*Fan favorite Blue Goat Burger

Fresh ground sirloin, grilled onions, bacon, Meka's blueberry jam, Raye's blueberry mustard, + Garden Side Dairy goat cheese 10.99

Chicken Ranch Wrap

Hand breaded chicken, lettuce, tomato, cheese, ranch in a garlic herb wrap 8.50

Meatloaf Grilled Cheese + Marinara

Our own meatloaf, gooey cheeses on garlic bread, marinara for dipping 8.50

Clipper Chicken Sandwich

Crispy chicken breast, spicy clipper sauce, bleu cheese, lettuce, tomato on a soft bun 10.99

Fresh Local Lobster or Crab Salad Rolls, seasonal+market

New Homemade Crab Cake Burger

Made with fresh local crabmeat in house, fried 12.50

Half or Whole Hot Beef Sandwich

Classic Helen's slow roasted beef with gravy on homemade bread with one side 8.99/11.99

SEAFOOD

Served with your choice of two of the following: Real mashed potato, fries, slaw, vegetable. Ask about Gluten Free options

Fish and Chips Fresh haddock, fries, slaw 14.25

Fried New Brunswick Shrimp Sweet, local 18.50

Cobscook Scallops Fried or Sautéed 20.99

Fried Local Clams AC Inc, golden perfection 20.25

New Crab Cakes our own, fried, sooOo good 19.99

Garlic Parmesan Broiled Haddock

1 Broiled haddock topped with our Garlic Parm Stuffing 19.99

Pirate Sam Bellamy Platter

Haddock, scallops, shrimp, clams 33.99

PASTA, CHICKEN, BEEF

Homemade Spaghetti + Meatballs

Three homemade meatballs, homemade marinara on spaghetti 14.50

Chicken Alfredo Grilled chicken, creamy Alfredo sauce and fresh parmesan over pasta 14.50

The following are served w/ choice of two sides:

Real mashed potato, fries, slaw, vegetable

Chicken Critters Individually breaded chicken tenders cooked lightly golden (gluten free available\$) 11.25

***NEW-Sticky Fingers** Critters tossed in our sticky sweet/spicy glaze 12.25

Beef Liver+Onions If you love it, here it is 12.99

Homemade Meatloaf Real comfort food 13.99

Classic Pot Roast Dinner Tender slow roasted 12.99

14 oz Rib Eye Steak Prime, hand cut 28.99

FRESH SALADS

Add grilled chicken 4.99, Add 14 oz ribeye \$18.

Classic Caesar-gfo

Romaine, fresh shredded parmesan, croutons 6.99

Spicy Downeast Chicken Salad-gfo

Romaine, tomato, cucumber, carrot, red onion and spicy rubbed grilled chicken tenders 10.99

Goat Cheese Salad-gfo

Romaine, cranberries, pecans, Gardenside Dairy goat cheese, and our house honey dijon vinaigrette 9.65

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SIDES

gfo=gluten free option

Sweet Potato Fries-gfo 3.99

French Fries-gfo Unseasoned classic cut 2.99

Onion Rings + Hog Island Sauce

Trust us, you want these hand cut beauties with our homemade sauce 4.99 gfo available for an extra \$2

Helen's Classic Cole Slaw-gfo Fresh ground with our own dressing 2.79

Mashed Potato-gfo 2.99

Fresh Vegetable-gfo Chefs choice 2.99

Save your fork...

Fresh from our own bakery

Award Winning Baked Wild Blueberry Pie

Strawberry Pie

Raspberry Pie

Chocolate Pie

Coconut Pie

Vanilla Graham Cracker Pie

Chocolate Coconut Graham Pie

Lemon Meringue Pie

Banana Split Pie

Hermit Cookies

Mincemeat Turnovers

Ask about availability, seasonal specialties

Coke Products, Maine Root Blueberry or Ginger Brew

Lemonade, Tomato, Orange, Apple, Cranberry Juices

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

Roasters Choice Coffee: Add Caramel, Vanilla, Hazelnut Black, Decaf and Herbal Teas

Wine and Beer

Terrazaz Malbec

Ca Donini Pino Noir

Rosatello Moscato

Oyster Bay Sauvignon Blanc

Shooting Star Chardonnay

Ruffino Pino Grigio

Sam Draft 4.5

Bud Lite Draft 3.5

Baxter IPA Draft 5.5

Allagash White Draft 5.5

Geaghan's Draft:

Smilin Irish Bastard 5.5

Irish Red 5.5

Corona 4.5

Angry Orchard 4.5

Bud, Bud Lite 3.

Mich Ultra 3.5

Coors Lite 3.5

Kaliber nonalcohol

House Wine is Salmon Creek-Pino Grigio, Chardonnay, Merlot, Cab 7.

1/2 Carafe and Full Carafe available

Signature Cocktails and Full Bar

Foggy Bottom-Pineapple, Malibu, Hypnotic 10

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

House Margarita-Tequila, fresh lime, house simple syrup 5, Large 10

Downeast Sunset-Cranberry, Orange Vodka, Amaretto, Orange Juice \$10

Plus all your favorite mixed drinks from our full bar, add \$1 for takeout

Thank you for joining us!

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