

Welcome to Helen's

~Celebrating our 75th year, Machias, Me~

*gluten free options, ask us
Now using natural beef tallow

SEAFOOD

Served with your choice of two of the following: Baked, mashed potato, fries, slaw, fresh steamed vegetable, pickled beets
*gluten free fried + \$2. Now using beef tallow

Most Popular Fish and Chips

Crisp, lightly coated haddock, Maine fries, house made slaw and tartar 16.75

* Garlic Parmesan Broiled Haddock

Broiled haddock, Garlic Parmesan Stuffing on a bed of baby spinach 23.99

*Blueberry Maple Salmon

Charbroiled salmon with our Wild blueberry maple glaze featuring *Raye's Blueberry Harvest Mustard, Meka's blueberry jam, Maine maple syrup*, Aroostook mashed potatoes, baby spinach 23.99

New! Blackened Shrimp Alfredo

Our own blackened mix 25.

Fried Haddock Dinner

8 oz haddock, lightly coated 21.99

Cobscook Scallops

Hand breaded and fried or *Sautéed 28.75

Fried Local Whole Belly Clams

AC Inc clams, crispy golden perfection 26.75

*Crab Cakes with Chili Lime Aioli

Made here with local crab, house chili lime aioli 25.50
*gf fried +\$2

Shrimp Dinner Fried, gluten free fried, blackened, sautéed 25.

Pirate Sam Bellamy Platter

Haddock, scallops, shrimp, clams 38.75

sorry no substitutions, fried only, *gf fried +\$2

LOCAL LOBSTER 🦞, STEAMED CLAMS, 🦪 CRABMEAT
seasonal, market price

PASTA, CHICKEN, BEEF

Marinara + Meatballs

Homemade *meatballs and house *marinara, pasta 15.99

Baked Mac and Cheese

Made with *WICKED* sharp Cabot cheddar, side of slaw 12.
Add buffalo chicken, crab, lobster, market price

Chicken Alfredo

Grilled chicken, creamy Alfredo sauce, fresh parmesan over pasta 15.99

Comfort Bowl

Aroostook mashed potatoes, corn, chicken, cheese, beef gravy 12. Gluten free +\$2

The following served w/ choice of two sides:

Aroostook mashed potato, baked potato, fries,
slaw, fresh vegetable, pickled beets
*gf fried + \$2.

Most Popular Sticky Fingers *gf fried + \$2.

Critters tossed in our sticky sweet/spicy glaze 14.99

Chicken Critters *gf fried + \$2.

Individually breaded chicken tenders cooked lightly golden 13.99

*Beef Liver+Onions If you love it, here it is 14.99

*Homemade Meatloaf Dinner *gluten free* 16.99

*Classic Pot Roast Dinner Tender slow roasted, gravy 16.99

*12 oz Rib Eye Steak Prime, hand cut... 32.75

SIDES

*gluten free option | Now using beef tallow

*Sweet Potato Fries 4.69

*Maine French Fries Unseasoned crispy classic cut 3.79

Onion Rings + Hog Island Sauce

Trust us, you want these hand cut beauties with our homemade sauce 6.25
*gfo available for an extra \$2

Helen's Baked Mac + Cheese

Petite portion of our entree 7.

Cole Slaw

Cabbage, carrot with our homemade dressing 2.99

*Maine Mashed Potato 3.50

*Baked Potato, side of butter + sour cream 3.75

*Pickled Beets 2.99

*Fresh Steamed Vegetable 3.75

*Garden Salad 8.

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

*Chocolate Torte with Seasonal Fruit Glaze

*Homemade Pudding

Hermit Cookies

Mincemeat Turnovers

Buy to take home: Bread, Yeast Rolls



DRINKS

Coca Cola fountain and bottles, Moxie,
Hot/cold coffee+tea

Maine Root Blueberry, Ginger, Root Beer, Mandarin Bottles
Iced Teas, Lemonades

Milkshakes, Floats made with Giffords Ice Cream

~Wine, beer, cocktails...see our bar menu

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STARTERS

*=gluten free option | Now using beef tallow

New...Golden Deep Fried Mushrooms

Fresh, hand breaded with our own mix 11.

Chili Lime Shrimp

Crispy golden wild caught on a bed of baby spinach, sweet chili sauce, feta cheese, red onion 16.75 *gf fried + \$2.

Monster Mozzarella Sticks+Our Marinara 9.89

Side Baked Mac + Cheese

Petite portion of our extra sharp (cheese) entree 7.

*1 lb Wings Your Way *bone in*

Honey mustard, Franks, BBQ, Sweet Chili, Sticky Sauce 14.

Fried Clams *gf fried + \$2.

AC Inc, fried whole belly clams with homemade tartar 17.50

*Dutch Special

Maine fries, our own curry ketchup, mayo, raw onion 8.85
(A throwback to the Barker's time in the Netherlands)

Onion Rings + Hog Island Sauce

Hand cut & breaded, homemade sauce 6.25 *gfo +\$2

Sticky Fingers *gf fried=\$2.

Boneless, hand breaded in our sweet+spicy glaze 10.50

FRESH SALADS

Add grilled chicken 6., 12 oz ribeye MKT, grilled salmon 13.

Classic Caesar

Romaine, parmesan, homemade garlic croutons, Caesar 7.99

*Spicy Downeast Chicken Salad

Romaine, tomato, cucumber, carrot, red onion and *spicy rubbed grilled chicken tenders 11.99

*Goat Cheese Salad

Romaine, cranberries, pecans, *Garden Side Dairy (Jonesboro)* goat cheese, and our house honey dijon vinaigrette 10.99

*Garden Salad

Romaine, cucumber, grape tomatoes, carrot, red onion 8.

Dressings

*Homemade Honey Dijon Vinaigrette,
*Homemade Balsamic Vinaigrette, Ranch, Bleu Cheese, Thousand island, Italian, Caesar

Add fresh lobster meat, crabmeat seasonal market price

Hand Helds

Gluten free bread, wraps, rolls, fried option +\$2

Little "A" Burger

Build your favorite burger with our plain charbroiled basic, fresh hand pressed patty in house, Fox Family chips 7.65
Add an extra patty for \$4 | Sub an *BEYOND* patty+2.75

Most Popular Haddock Burger *gf fried + \$2.

A classic Helen's staple, lightly coated fried haddock, our own tartar, Fox Family chips 12.50

Make it a MONSTER Haddock burger for \$17

Fan favorite Blue Goat Burger

Fresh ground,, charbroiled patty, grilled onions, bacon, Meka's blueberry jam, Raye's blueberry mustard + goat cheese *Garden Side Dairy* with Fox Family chips 13.55

Chicken Ranch Wrap (*gf fried, gf wrap + \$2.) 10.25

Meatloaf Grilled Cheese + Marinara

Our own meatloaf, gooey cheeses on our homemade garlic bread, homemade marinara for dipping 10.29

NEW!! Sticky Chicken Tacos

Three soft shells, spicy slaw, crispy sticky chicken, garlic aioli 12.

Haddock Tacos

Three soft tortillas, our spicy slaw, crispy haddock, garlic aioli 15.25

Clipper Chicken Sandwich *gf fried + \$2.

Crispy chicken breast, spicy clipper sauce, **bleu cheese**, lettuce, tomato with Fox Family chips 13.50

Fresh Local Lobster Roll or Crabmeat Roll

Market price, Make it a MONSTER

Crab Cake Burger+Chili Lime Aioli

Our own fried crab cake, lettuce, tomato, house chili lime aioli with Fox Family chips 13.99 *gf fried + \$2.

Half or Whole Hot Beef Sandwich

Classic Helen's slow roasted beef with gravy on homemade bread with fries 10.55/13.99

Rubicon Reuben

Corned beef, sauerkraut, Swiss, Thousand Island, rye bread with Fox Family chips 11.99

Spicy Chicken Quesadilla *gf tortilla+\$2.

Spicy grilled chicken, cheese, salsa, sour cream, lettuce, tomato 12.75

Pesto Grilled Cheese

Homemade grilled bread with mozzarella, basil pesto, spinach, tomato 9.50 Add chicken 6.

Award winning

*Haddock Chowder

Haddock, Maine potatoes, onion, butter, cream-always gluten free

~Add fresh local lobster, crabmeat MKT

~Ask your server for dairy free chowder

See daily specials list for homemade

*Soup of the day

Served with oyster crackers and homemade yeast roll

For Littles

10 and under only

*gf fried + \$2.

Kraft Mac n' Cheese 4.75

Kids Critters

2 hand breaded chicken tenders +fries 9.65

Spaghetti with homemade marinara 6.35

Cheese Quesadilla 7.

Half Grilled Cheese and Fries 5.35

Hot Dog + Fries 7.

Gluten free breading, buns, rolls, bread available

Kids Drink 2.55