

Helen's

AT SEVEN SPRINGS MOUNTAIN RESORT

Beginnings

Smoked Salmon Carpaccio 22

Capers | Candy Cane Beets | Arugula | Creamy Horseradish | Crostini

Charcuterie 26

Cured Meats | Fine Cheeses | Greek Olives | Honey | Fresh Fruit | Grain Mustard
Crostini

Spanish Octopus 24 *GF*

Fingerling Potatoes | Scallions | Lime Aioli

Chef's Feature Flatbread 20

Soups

Helen's Famous Crab Bisque 15

Jumbo Lump Crab Meat | Whipped Potato | Potato Gaufrette

Chef's Soup du Jour 13

Salads

Caesar Salad 15

Romaine | Parmesan Cheese | Buttered Croutons | Housemade Caesar Dressing
Parmesan Crisp | White Anchovy

Winter Fin & Feather 15 *GF*

Arugula & Baby Kale | Cranberries | Apples | Quinoa | Feta Cheese | White
Balsamic Vinaigrette

Entrees

Lamb Ragu 44

Braised Lamb Loin | Roasted Vegetables | Pappardelle Pasta

Vegetable Stir Fry 32 *GF, VG*

Stir Fried Vegetables | Jasmine Rice | Tofu | Edamame | Yum Yum Sauce

Shrimp & Scallops 62 *GF*

Seared Shrimp & Scallops | Parsnip Puree | Winter Succotash | Sauce Americaine

Chicken Supreme 38

Roasted Chicken Breast & Thigh | Tri Color Baby Carrots | Mashed Potatoes

Supreme Sauce

Filet Mignon 60 *GF*

8oz Center Cut Filet | Saffron Risotto | Green Beans | Godart Sauce

Sea Bass Oscar 64 *GF*

Seared Sea Bass | Jumbo Lump Crab | Asparagus | Fingerling Potatoes
Bearnaise Sauce

Finale

Snickerdoodle Crème Brulee 15

Cinnamon Vanilla Custard | Caramelized Sugar | Snickerdoodle Cookie

Baked Alaska 16

Brandy Brushed Vanilla Cake | Butter Pecan Ice Cream | Toasted Meringue

Chocolate Blitz 15

Chocolate Mousse | Chocolate Shell | Cookie Crumble | Fresh Fruit

Sorbet 12 *GF, VG*

Housemade Fruit Sorbet | Fresh Fruit | Lemon Zest

**Consuming Raw or under cooked meats, eggs or shellfish can increase risk of foodborne illness*

*** 22% gratuity will be added to parties of 8 or more*

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AT SEVEN SPRINGS MOUNTAIN RESORT

First Course

Helen's Famous Crab Bisque

Jumbo Lump Crab Meat | Whipped Potato | Potato Gaufrette

Chef's Soup du Jour

Second Course

Caesar Salad

Romaine | Parmesan Cheese | Buttered Croutons | House-made Caesar Dressing | Parmesan Crisp | White Anchovy

Winter Fin & Feather

Arugula & Baby Kale | Cranberries | Apples | Quinoa | Feta Cheese | White Balsamic Vinaigrette

Entrees

Lamb Ragu

Braised Lamb Loin | Roasted Vegetables | Pappardelle Pasta

Vegetable Stir Fry *GF, VG*

Stir Fried Vegetables | Jasmine Rice | Tofu | Edamame | Yum Yum Sauce

Shrimp & Scallops *GF*

Seared Shrimp & Scallops | Parsnip Puree | Winter Succotash | Sauce Americaine

Chicken Supreme

Roasted Chicken Breast & Thigh | Tri Color Baby Carrots | Mashed Potato |

Supreme Sauce

Filet Mignon *GF*

8oz Center Cut Filet | Saffron Risotto | Green Beans | Godart Sauce

Finale

Chocolate Blitz

Chocolate Mousse | Chocolate Shell | Cookie Crumble | Fresh Fruit

Snickerdoodle Crème Brulee

Vanilla Cinnamon Custard | Caramelized Sugar | Snickerdoodle Cookie

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Signature Cocktails

Helen's Old Fashioned 20

Knob Creek Bourbon | Raw Sugar | Bitters
Orange Peel | Luxardo Cherry

Maple Manhattan 23

Woodford Reserve Bourbon | Maple Syrup
Sweet Vermouth | Bitters

Lavender Lemon Martini 18

Absolut Vanilla Vodka | Lavender Syrup | Lemon

Espresso Martini 20

Tito's Vodka | Kahlua | Espresso | Simple Syrup

Three Amigos Margarita 22

Casamigos | Avion | Patron | Grand Marnier
Simple Syrup | House Sours

Seasonal Cocktails

Winter Spiced Negroni 20

Hendrick's Gin | Sweet Vermouth
Cappelletti | Cinnamon & Clove

Abominable Snowman 18

Absolut Vanilla | Kahlua | Cocoa Liquor
Heavy Cream

Nutcracker 18

Frangelico | Chambord | Simple Syrup
Almond Milk

Dirty Skier 18

Malibu Rum | Creme de Cacao | Cream of Coconut

Peppermint Patty 18

Creme de Cacao | Creme de Menthe
Vanilla Crown | Hot Chocolate | Whipped Cream

Beer

Stella Artois 9

Fat Tire 9

Goose Island IPA 9

Angry Orchard 7

Miller Lite 6

Stella Artois Non-Alcoholic 7

Seasonal – Please ask server 9

Wines by the glass

Sparkling

Barton & Guestier, Blanc De Blanc, France 12

Conti Ricatti, Prosecco, Veneto, Italy 12

Mumm Napa, Brut Rose, Napa Valley, CA 15

Rosé

Vidal Fleury, Rosé, Cotes du Rhone, France 14

Cielo, Rosé, Veneto, Italy 13

Decoy, Rosé, Sonoma, CA 14

White

Chateau Des Tourtes, Bordeaux Blanc, France 14

Trefethen, Chardonnay, Napa Valley, CA 15

Infinitus, Moscato, Spain 14

Urban "NWS", Riesling, Mosel, Germany 13

Hans Baer, Gewürztraminer, Germany 14

Alverdi, Pinot Grigio, Veneto, Italy 13

Taonga, Sauvignon Blanc, Marlborough, NZ 12

Vivi, Vermentino, Montecarlo, Italy 14

Featured White – Please Ask Server 16

Red

Decoy Limited, Cab, Alexander Valley, CA 18

Corti Benedettine, Merlot, Veneto, Italy 16

Iris, Pinot Noir, Willamette Valley, OR 16

The Zin, Zinfandel, Lodi, CA 14

Cordero con Piel, Malbec, Mendoza, Argentina 14

Chateau Tassin, Bordeaux, France 14

Peachy Canyon, Paso Robles, CA 15

Finca Fabian, Tempranillo, Castilla, Spain 16

Featured Red – Please Ask Server 16

Wine Flights

Worldly Whites 18

Riesling | Bordeaux Blanc | Sauvignon Blanc

West Coast Red 22

Pinot Noir | Zin | Cabernet

Refreshing Rosés 18

Cielo | Decoy | Vidal Fleury

Bubbly Flight 22

Brut | Prosecco | Brut Rosé