



## **Beginnings**

### **Lamb Spring Rolls 22**

Roasted Lamb | Cabbage | Carrots | Asparagus | Tzatziki Sauce

### **Charcuterie 26**

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

### **Mini Beef Wellington 24**

Beef Tenderloin | Mushroom Duxelle | Red Wine Demi

### **Seared Sea Scallops 22 GF**

Adobo Marinated Cabbage | Fresh Chimichurri

## **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

### **Spring Fin & Feather 15 GF**

Arugula & Baby Kale | Roasted Beets | Pistachios | Goat Cheese  
Lemon Dill Vinaigrette

# Entrees

## **Seared Duck Breast 46 GF**

Tangerine Marinated Duck Breast | Snow Peas | Rice Pilaf  
Orange Bigarade Sauce

## **Curried Jack Fruit 32 v**

Jack Fruit | Stir Fried Vegetables | Barley

## **Shrimp Primavera 56**

Sauteed Shrimp | Cherry Tomatoes | Peas | Carrots | Penne  
Garlic & Ramp Pesto Sauce

## **Chicken Marsala 38 GF**

Roasted Chicken Breast & Thigh | Asparagus & Mushrooms | Mashed Potatoes  
Marsala Wine Sauce

## **Filet Mignon 62 GF**

8oz Center Cut Filet | Zucchini & Squash | Lemon Asparagus Risotto  
Balsamic Drizzle

## **Rainbow Trout 44 GF**

Poached Trout | Grilled Broccolini | Bacon Risotto | Apple Cider Reduction

# Finale

## **Green Tea Crème Brulee 15 GF**

Green Tea Custard | Caramelized Sugar

## **Blueberry Elderflower Semifreddo 15**

Blueberry Elderflower Ice Cream | White Chocolate | Fresh Blueberries

## **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 6 or more*

# Helen's

AT SEVEN SPRINGS MOUNTAIN RESORT

Four Course 80

## 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 | Housemade Caesar Dressing | Parmesan Crisp  
White Anchovy

### **Spring Fin & Feather GF**

Arugula & Baby Kale | Roasted Beets | Pistachios | Goat Cheese | Lemon Dill Vinaigrette

## Entrees

### **Seared Duck Breast GF**

Tangerine Marinated Duck Breast | Snow Peas | Rice Pilaf | Orange Bigarade Sauce

### **Curried Jack Fruit V**

Jack Fruit | Stir Fried Vegetables | Barley

### **Shrimp Primavera**

Sauteed Shrimp | Cherry Tomatoes | Peas | Carrots | Penne | Garlic & Ramp Pesto Sauce

### **Chicken Marsala GF**

Roasted Chicken Breast & Thigh | Asparagus & Mushrooms | Mashed Potatoes  
Marsala Wine Sauce

### **Filet Mignon GF**

8oz Center Cut Filet | Zucchini & Squash | Lemon Asparagus Risotto | Balsamic Drizzle

### **Rainbow Trout GF**

Poached Trout | Grilled Broccolini | Bacon Risotto | Apple Cider Reduction

## Finale

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Green Tea Custard | Caramelized Sugar

### **Chocolate Blitz**

Chocolate Mousse | Chocolate Shell | Cookie Crumble | Fresh Fruit

# Helen's

AT SEVEN SPRINGS MOUNTAIN RESORT

## 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

Elderflower Citrus Fizz 18

Tito's | Elderflower Liqueur  
Grapefruit & Lime Juice | Simple Syrup | Club Soda

French Fig 18

Figenza Vodka | Chamboard | Pineapple Juice

Bubbly Pink Lady 16

Bacardi | Grenadine | Lemon Juice | Egg White  
Strawberry Boba

Strawberry Lemon Margarita 18

Casamigos Blanco | Limoncello | Cointreau | Sours  
Muddled Strawberries

Pacific Island Mule 18

Pomela Vodka | Lime & Grapefruit Juice  
Gingerbeer

## Beer

Stella Artois 9

Fat Tire 9

Goose Island IPA 9

Angry Orchard 7

Miller Lite 6

Stell 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

Marc Bredif Vouvray, Chennin Blanc, France 15

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

Harvey & Harriet, Red Blend, CA 16

Black Cabra, Malbec, Argentina 14

Chateau Tassin, Bordeaux, France 14

Brady Vineyard, Petite Syrah, CA 15

Finca Fabian, Tempranillo, Castilla, Spain 16

Featured Red – Please Ask Server 16

### Wine Flights

Worldly Whites 18

Riesling | Chenin Blanc | Sauvignon Blanc

West Coast Red 22

Pinot Noir | Petite Syrah | Cabernet

Refreshing Rosés 18

Cielo | Decoy | Vidal Fleury

Bubbly Flight 22

Brut | Prosecco | Brut Rosé