

Open Daily at 11:00AM
Serving Lunch & Dinner

 @Helen's Restaurant
of Ellsworth

HELEN'S RESTAURANT

ELLSWORTH, MAINE

55 Downeast Hwy
Ellsworth, ME 04605 | (207) 667-2433

www.HelensEllsworth.com

Appetizers

SAMPLER PLATE

Choose 3 for \$10

Homemade Deep-Fried Mushrooms, Onion Rings,
Mozzarella Sticks, Hot Wings, Popcorn Chicken, Fried
Cheese Curds, Broccoli Cheese Bites, Fried Pickles,
French Fries

FRIED WHOLE BELLY CLAMS - mkt price

POTATO SKINS

Deep-fried and topped with crisp bacon
and cheddar cheese - 10

FRESH DEEP-FRIED MUSHROOMS - 8

FRIED CHICKEN WINGS

Mild, Med, Hot - Sweet Chili Sauce - BBQ Sauce
(6) 6 | (12) 12 | (18) 18

CHEESE QUESADILLA - 5

MOZZARELLA STICKS - 8

BROCCOLI & CHEESE BITES - 7

HELEN'S POPCORN CHICKEN - 8

DEEP-FRIED PICKLES - 6.50

BBQ CHICKEN NACHOS

Tortilla chips topped with Monterey jack cheese, BBQ
chicken, black olives and jalapeños - 12

IRISH NACHOS

Thinly sliced potatoes deep fried and topped with
cheese and crispy bacon - 9

SPINACH-ARTICHOKE DIP

Served with chips - 7

Add Crab Meat - mkt price

POUTINE

French fries topped with beef gravy
& melted cheese - 7

FRIED CLAM STRIPS - 10

FRIED CHEESE CURDS - 8

Soups

FRENCH ONION SOUP CROCK - 5



Chowders

HADDOCK CHOWDER Cup 6 | Bowl 8

SEAFOOD CHOWDER* Cup 10 | Bowl 14

Stews

*Priced daily. Cup or Bowl

SCALLOP STEW* | **CRABMEAT STEW*** | **LOBSTER STEW***

Fresh Salads

Ranch, Blue Cheese, French, Italian, Caesar, Thousand Island,
Honey Mustard, Asian Sesame, Balsamic, Raspberry Vinaigrette,
Blood Orange Vinaigrette

SIDE GARDEN

Iceberg lettuce, tomato, cucumber and shredded cheese - 4

SIDE CAESAR - 5

CAESAR SALAD

Crisp romaine, croutons and parmesan cheese
topped with your choice of:

Chicken 14 | **Shrimp** (fried only) 15 | **Steak** 15

Lobster - mkt price

BLACKENED CHICKEN SALAD

Served over a bed of mixed greens
with cucumber and tomato - 14

BLACK & BLEU STEAK SALAD

Served over a bed of mixed greens with
cucumber and tomato and crumbled bleu cheese - 15

CHEF SALAD

Iceberg lettuce, turkey, ham, american & Swiss cheese,
hard boiled egg, tomato and cucumber - 12

MANDARIN CHICKEN SALAD

Grilled chicken, iceberg lettuce, mandarin oranges,
& chowmein noodles. Try our Asain sesame dressing
for the full experience - 13

HARVEST CHICKEN SALAD

Served on a bed of mixed greens with apples,
dried cranberries, candied walnuts, and feta cheese - 16

SWEET CHILI CHICKEN SALAD

Crisp romaine lettuce with crispy sweet chili chicken,
cucumbers, tomato, and shredded cheese - 15

COBB SALAD

One of our favorites! Mixed greens, avocado, bacon,
bleu cheese crumbles, tomato, cucumber, & boiled egg
topped with your choice of protein.

Chicken 18 | **Salmon** 22 | **Lobster** - mkt price



Lighter Side

*Items below served with potato and vegetable
upgrade to garden salad + \$2

FRIED POPCORN SHRIMP - 14

DEEP-FRIED WHOLE BELLY CLAMS - mkt price

SCALLOPS Fried, Broiled, or Sautéed - mkt price

FISH & CHIPS

Haddock, fries and cole slaw (or choose your
potato & vegetable) - 15

*Warning: consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness.
Gratuity of 18% will be automatically added to parties of 6 or more and bills over \$100

Fresh Seafood

Served with two of the following
Potato - Vegetable - Cole Slaw
Upgrade to Garden Salad - 2

SEAFOOD PLATTER

(fried, broiled or sautéed)

A generous portion of haddock, scallops,
shrimp and clams - *mkt price*
Add Lobster Meat - *mkt price*

SURF & TURF

Sirloin steak served with your choice of scallops,
clams, shrimp or fried haddock - 34
Add Lobster Meat - *mkt price*

WHOLE BELLY CLAMS

Deep-fried to perfection - *mkt price*

FRIED POPCORN SHRIMP - 17

FRESH ATLANTIC SALMON

Broiled - 21 | Onion Crusted - 22

LAZY LOBSTER

Chunks of lobster meat sautéed in butter - *mkt price*

HOT BOILED LOBSTER

Served with potato and vegetable or cole slaw.
Seasonal - Ask your server for availability and price

COMBINATION PLATE

(fried, broiled or sautéed)

CHOOSE TWO

Whole Belly Clams - *mkt* | Scallops - *mkt*
Shrimp - 11 | Haddock - 14
Add 4 oz sautéed lobster meat - *mkt price*

FRESH SCALLOP DINNER

Fried, Broiled or Sautéed in butter - *mkt price*

HADDOCK

Deep-fried, Blackened (.50) or Broiled - 18

COCONUT SHRIMP

Deep-fried in a coconut coating...delicious! - 16

FRIED CLAM STRIPS

Small 15 | Large 18

PARMESAN-CRUSTED BROILED HADDOCK - 19

BAKED-STUFFED HADDOCK

Seafood stuffing topped with Newburg sauce - 21

BAKED-STUFFED LOBSTER

Seasonal - Ask your server for availability and price



FISH TACOS

Two soft tortilla fish tacos with chipotle aioli,
your choice of Deep-Fried, Broiled or Blackened (.50),
served with pickled cabbage and mango salsa. Served
with fries. One 7.5 | Two 14

On a Roll

Served on a grilled sweet roll with potato chips.

LOBSTER ROLL - *mkt price*

Lightly mixed with mayo or hot butter

*Jumbo Lobster Roll - *mkt price**

TUNA ROLL - 7

CRABMEAT ROLL (seasonal) - *mkt price*

SCALLOP ROLL - *mkt price*

SHRIMP ROLL - 10

WHOLE-BELLY CLAM ROLL - *mkt price*

Chicken



CHICKEN PARMESAN Fresh chicken rolled in Italian
bread crumbs, deep-fried and blanketed with sauce,
served on a bed of pasta with a garden salad - 16.5

3-PIECE FRIED CHICKEN Breast, Wing and Thigh
served with potato and vegetable - 17

GRILLED BONELESS CHICKEN BREAST

served with potato and vegetable

Grilled - 13 | **BBQ** - 13.5 | **Blackened** - 13.5

QUESADILLA A flour tortilla filled with cheese,
tomato, mushroom, onion, green pepper and
your choice protein. Served with fries

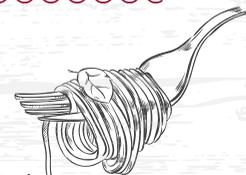
Chicken - 14 | **Shrimp** - 14.5 | **Buffalo Chicken** - 14.5

CHICKEN FINGERS White meat chicken, served with
potato & vegetable Sm.- 10 | Lg. - 12

Tossed in Buffalo or Sweet Chili Sauce + .75¢

Pasta

Served with garden salad.



ALFREDO A bed of linguine with creamy Alfredo sauce
and your choice of:

Grilled Chicken - 17 | **Scallop** - *mkt price* | **Lobster** - *mkt price*

SPAGHETTI with marinara sauce - 8

With Homemade Meatballs - 12.5

CHEESE RAVIOLI - marinara or alfredo - 14

Add Grilled Chicken - 16 Add Grilled Broccoli .30

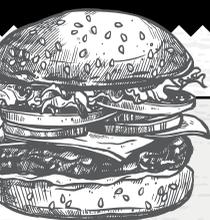
Vegetarian

5-CHEESE VEGETARIAN LASAGNA

Tender noodles, carrots, broccoli, spinach and onions
in a rich blend of ricotta, parmesan, mozzarella, cheddar
& American cheeses with a bread crumb topping.
Served with a side salad - 13

VEGETARIAN QUESADILLA Onion, mushroom,
green pepper, tomato and cheddar in a flour tortilla,
served with fries - 9

BEYOND BURGER: (*vegan*) lettuce and tomato - 9



Build a Burger

served with chips

1/4 Lb. - 7 | 1/2 Lb. - 11

Add Cheese .50¢ American, Swiss, Cheddar, Pepper Jack

Deluxe: lettuce, tomato, mayo +.75¢

Cajun: blackened seasoning, bleu cheese, lettuce, tomato +2.50

Rodeo: onion ring, American cheese, BBQ +2.50

Habanero: pepper jack, jalapeño, bacon +3.00

The Hancock: bacon, mushrooms, Swiss +2.50

Deep-Fried Chicken Burger: fresh chicken breast, breaded, fried golden - 7

Haddock Burger: broiled or deep-fried - 9

Rachel: fried haddock topped with homemade coleslaw, Swiss cheese, and thousand Island - 11

Gluten Free

please ask your server for our variety of gluten free options

BROILED HADDOCK BURGER
on UTZ bun with sweet potato fries - 13

GRILLED BBQ CHICKEN BREAST
on UTZ bun with side salad - 13.50

TUNA MELT on UTZ Bun with melted swiss - 9

Sandwiches

Served with chips.

NOT served
after 5pm

B.L.T. - 7.5

OPEN-FACED REUBEN - 8

GRILLED CHEESE - 4.5

Add Bacon or Ham - 7

GRILLED BBQ CHICKEN SANDWICH

On a toasted bun - 7.5

HOT PASTRAMI ON RYE - 8

TUNA MELT Chunk white tuna with melted Swiss cheese - 8

Add Tomato and Bacon - 10

1/2 SANDWICH & SOUP: 1/2 turkey BLT, ham BLT, tuna melt or grilled cheese with your choice of crock of french onion soup 9 OR cup of haddock chowder 11

- Helen's Favorites -

Items below served with fries.

Upgrade to Sweet Potato Fries +2.00
or Homemade Onion Rings +1.50

PHILLY CHEESE STEAK

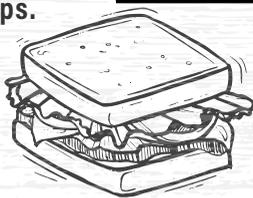
with mushrooms, peppers and onions - 11

HOT BEEF SANDWICH & GRAVY with fries - 10

HOT DOG & FRIES - 6

POT ROAST SUB Slow-roasted beef on a sub roll with American cheese. Served with fries - 10

JOIN THE CLUB Choose turkey OR ham. Served with fries - 12



Steak & Pork

Items below served with choice of two:
Potato - Vegetable - Coleslaw - (Add Salad+2)

MIXED GRILL A grilled shrimp skewer, 1/2 rack of baby back ribs and your choice of:
Flat Iron Steak 32 | BBQ Chicken Breast 28

PRIME RIB 14 oz. (priced daily)

FILET MEDALLIONS 9 oz. - 25

Add Mushroom Burgandy Sauce +1.50

BABY BACK RIBS

1/2 rack of baby back ribs 21



Items below served with choice of two:
Potato - Vegetable - Coleslaw
Upgrade to Garden Salad + 2.00

GRILLED CENTER-CUT PORK CHOPS
with Alice's applesauce - 15

BEEF LIVER & ONIONS - 13.5 | **Add Bacon +1.00**

HAMBURGER STEAK 12 oz. Ground fresh daily - 16
Add Gravy, Green Pepper, Mushroom, Onions .30 each

POT ROAST Like grandma used to make - 14.5

FLAT IRON STEAK 6 oz. - 13.5

GRILLED HAM STEAK - 14

Load
your baked
potato with sour
cream, butter,
bacon & cheddar
cheese for
\$1.50

NOT served
after 5pm

Wrap it Up!

Choose from: Plain, Tomato Basil or Spinach.
All wraps served with fries. **Upgrade to Sweet Potato Fries+2.00 or Homemade Onion Rings +1.50**

BLT-AVOCADO WRAP Bacon, lettuce, tomato, avocado and pesto mayo - 9.5

BUFFALO CHICKEN WRAP Crispy buffalo chicken, lettuce, tomato and ranch - 10.5

CHICKEN CAESAR WRAP Grilled chicken, romaine, crouton,s parmesan cheese and caesar - 9.5

TUNA SALAD WRAP Tuna, lettuce, tomato - 10

SWEET CHILI CHICKEN WRAP

crispy chicken tossed in sweet chili sauce, lettuce, tomato cucumbers, shredded cheese & ranch served with sweet potato fries - 10.5

HADDOCK BURGER WRAP Coleslaw, tartar, cheese - 13

On the Side

French Fries

Sm 3 | Lg 5

Onion Rings

Sm 4.5 | Lg 7

Sweet Potato Fries

Sm 4 | Lg 6

Vegetable 2.5

Baked Potato 2.5

Coleslaw 3

Mashed Potato 2.5

Apple Sauce 2

Cottage Cheese 2

You'll want to save room for dessert!

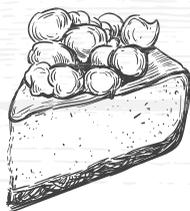
AWARD-WINNING PIES

Our bakers, two of whom have been part of the Helen's family for more than 20 years, are up early each morning to make from scratch Helen's famous pies and desserts for the day.

Make any Pie A La Mode!

Helen's Cream Pies

- BANANA CREAM PIE
- CHOCOLATE CREAM PIE
- GRAHAM CRACKER CREAM PIE
- COCONUT CREAM PIE
- CHOCOLATE COCONUT GRAHAM CRACKER PIE
- BANANA SPLIT PIE



Seasonal Fresh Berry Pies

- AWARD-WINNING BLUEBERRY PIE
- STRAWBERRY CREAM PIE
- RASPBERRY CREAM PIE
- BLUEBERRY CREAM PIE
- STRAWBERRY-RHUBARB PIE

Other Favorites

- PUMPKIN PIE / CUSTARD PIE / APPLE PIE / LEMON MERINGUE PIE / HOMEMADE CAKE
- TOLL HOUSE PIE / GLUTEN FREE CHOCOLATE CAKE / CHOCOLATE LAVA CAKE / HOMEMADE CREAM PUFFS (AVAILABLE FRIDAYS)

Beverages

*Indicates free refills



SODA* Coke Products: Coke ▪ Diet Coke ▪ Sprite ▪ Gingerale ▪ Orange ▪ Lemonade ▪ Root Beer ▪ Raspberry Iced Tea

Milk ▪ Chocolate Milk ▪ Apple Juice ▪ Coffee* ▪ Tea* ▪ Iced Tea* ▪ Root Beer Float ▪ Blueberry Lemonade

Beer



DOMESTICS \$5.5

Bud / Bud Light / Coors Light
Michelob Ultra / Miller Lite / PBR

IMPORTS \$5.5

Corona

CRAFT BREWS \$6.5

Goose Island IPA / Angry Orchard
Sam Adams Boston Lager / Sam Adams Seasonal

MAINE BREWS \$8

Geaghan's Bangor Brown Ale / Seasonal Fog Town
Geaghan's Honey Blonde Ale
Shipyards Export Ale / Allagash White

WE ALSO OFFER A VARIETY OF

Mixed Drinks

BLOODY MARY

BLUEBERRY MARGARITA

PINA COLADA

LONG ISLAND ICED TEA



SEX ON THE BEACH

COSMOPOLITAN

SCREWDRIVER

WHITE RUSSIAN

GIN MARTINI

Customer Favorite!

BLUEBERRY LEMONADE RUM REFRESHER

Wine



HOUSE WINES

Almaden

Cabernet / Merlot

Chardonnay / Pinot Grigio / White Zinfandel
Glass \$6 | Half Carafe \$14 | Full Carafe \$18

WHITE WINES

Drumheller Chardonnay

Crisp and refreshing.

Food pairings: Fresh crab or lemon and herb-crusted halibut

Ruffino-Pinot Grigio

Medium bodied, lively, and elegant.

Food pairings: Seafood, shellfish or white meat

Shooting Star Sauvignon Blanc

Flavors of passion fruit, pineapple, and pink grapefruit.

Food pairings: Seafood dishes or chicken

Primo Amore Moscato

A sweet, crisp and traditional moscato.

Food pairings: Desserts

RED WINES

Fetzer Cabernet Sauvignon

Flavors of passion fruit, pineapple, and pink grapefruit.

Food pairings: Seafood dishes or chicken

Drumheller Merlot

Balanced in style, this wine is structured, yet lively.

Food pairings: Steak, burgers, pork, grilled fare

Red Truck Pinot Noir

Medium bodied with aromas of dark berries blending with spice and bing cherry for a rich finish.

Food pairings: Poultry, seafood plates, braised lamb and pork

OTHERS

14 Hands Rose

Refreshing flavors of melon and strawberries, followed closely by a kick of citrus in the finish.

Food pairings: Seafood



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