

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](http://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

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## 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

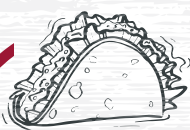
### PARMESAN-CRUSTED BROILED HADDOCK - 19

### 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

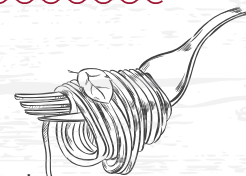
**Chicken** - 14 | **Shrimp** - 14.5 | **Buffalo Chicken** - 14.5

**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

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## 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.

**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

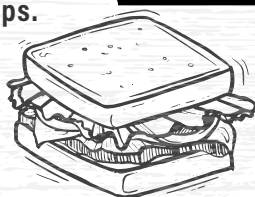
with mushrooms, peppers and onions - 11

**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



NOT served  
after 5pm

## 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

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# 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
- Shipyard 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.

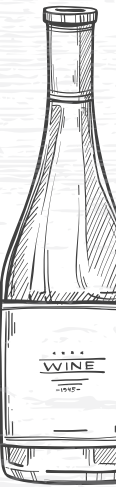
*Food pairings: Poultry, seafood plates, braised lamb and pork*

### 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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