

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

FRIED WHOLE BELLY CLAMS - mkt price

POTATO SKINS

Deep-fried and topped with crisp bacon
and cheddar cheese - 12

FRESH DEEP-FRIED MUSHROOMS - 9

FRIED CHICKEN WINGS

Mild, Med, Hot - Sweet Chili Sauce - BBQ Sauce
(6) 12 | (12) 20 | (18) 25

CHEESE QUESADILLA - 6

MOZZARELLA CHEESE LOGS

fresh hand cut mozzarella (4) - 8 | (6) - 12

BROCCOLI & CHEESE BITES - 10

HELEN'S POPCORN CHICKEN - 8

DEEP-FRIED PICKLES - 8

BBQ CHICKEN NACHOS

Tortilla chips topped with Monterey jack cheese, BBQ
chicken, black olives and jalapeños- 14

IRISH NACHOS

Thinly sliced potatoes deep fried and topped with
cheese and crispy bacon - 10

SPINACH-ARTICHOKE DIP

Served with chips - 9

Add Crab Meat - mkt price

POUTINE

French fries topped with beef gravy
& melted cheese - 7

FRIED CLAM STRIPS - 13

FRIED CHEESE CURDS - 9

Fresh Salads

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

SIDE GARDEN

Spring mix lettuce, cucumber, tomato - 5

SIDE CAESAR - 6

CAESAR SALAD

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

CHICKEN 14 | **SHRIMP** (fried only) 17 | **STEAK** 16

LOBSTER - mkt price

COLD BEET SALAD

Cold Beets, feta cheese, dried cranberries,
walnuts, & apples, on mixed greens-14

BLACK & BLEU STEAK SALAD

Served over a bed of mixed greens with
cucumber and tomato and crumbled bleu cheese - 19

CHEF SALAD

Chopped Lettuce, turkey, ham, American & Swiss
cheese, hard boiled egg, tomato, cucumber - 16

SOUTHWESTERN CHICKEN SALAD

Grilled blackened chicken, spring mix lettuce, mexi
roasted corn, avocado, & tomato - 17

HARVEST CHICKEN SALAD

Served on a bed of mixed greens with apples,
dried cranberries, walnuts, and feta cheese - 17

SWEET CHILI CHICKEN SALAD

Crisp romaine lettuce with crispy sweet chili chicken,
cucumbers, tomato, and shredded cheese - 16

COBB SALAD

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

CHICKEN 22 | **SALMON** 26 | **LOBSTER** - mkt price



Soups

FRENCH ONION SOUP CROCK - 6



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***

Lighter Side

*ITEMS BELOW SERVED WITH POTATO AND VEGETABLE
UPGRADE TO GARDEN SALAD + \$2

FRIED POPCORN SHRIMP - 15

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) - 17

*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 SAUTEED)
A GENEROUS PORTION OF HADDOCK, SCALLOPS,
SHRIMP AND CLAMS - *mkt price*

SURF & TURF

Sirloin steak served with your choice of scallops, clams, shrimp or haddock - 35

FRESH SCALLOPS

deep fried, broiled or sauteed -mkt price

WHOLE BELLY CLAMS

Deep-fried to perfection - mkt price

FRIED POPCORN SHRIMP - 20

FRESH ATLANTIC SALMON

Broiled - 21 | Onion Crusted - 22

LAZY LOBSTER

Chunks of lobster meat sautéed in butter - mkt price

HOT BOILED LOBSTER

Seasonal - Ask your server for availability and price

COMBINATION PLATE

(fried, broiled or sautéed)

CHOOSE TWO

Whole Belly Clams - mkt | Scallops - mkt
Shrimp - 13 | Haddock - 15

HADDOCK

Deep-fried, Blackened (.50) or Broiled - 20

COCONUT SHRIMP

Deep-fried in a coconut coating...delicious! - 17

FRIED CLAM STRIPS

Small 16 | Large 19

PARMESAN-CRUSTED BROILED HADDOCK - 22

BAKED-STUFFED HADDOCK

Seafood stuffing topped with lobster cream sauce-26

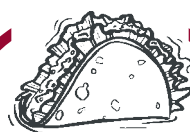
BAKED-STUFFED LOBSTER

Seasonal - Ask your server for availability and price

LOBSTER AUGRATIN

6oz of fresh picked lobster meat baked in a lobster cream sauce with a seasoned crumb topping - mkt price

**SEASONAL - ADD 4OZ OF LOBSTER MEAT TO ANY
ENTREE - MKT PRICE**



FISH TACOS

Fresh haddock (your choice of deep fried, broiled or blackened) on a soft tortilla with pickled cabbage, mango salsa and chipotle aioli. Served with fries. One 8 | Two 15

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 - 18

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

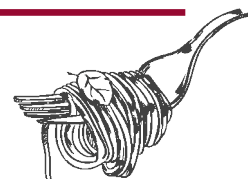
CHICKEN - 14 | SHRIMP - 14.5 | BUFFALO CHICKEN - 14.5

CHICKEN FINGERS 5 White meat chicken tenders, served with potato & vegetable 14

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 - 18 | SCALLOP - mkt price | LOBSTER - mkt price

SPAGHETTI with marinara sauce - 10

With Homemade Meatballs - 15

CHEESE RAVIOLI - marinara or alfredo - 16

Add Grilled Chicken - 18 Add Grilled Broccoli .30

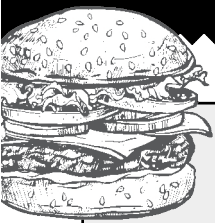
Vegetarian

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

6 oz burger - 9

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

HABAÑERO: pepper jack, jalapeño, bacon +3.00

HANCOCK: bacon, mushrooms, Swiss +3.00

DEEP-FRIED CHICKEN BURGER: fresh chicken breast, breaded, fried golden - 9

HADDOCK BURGER: broiled or deep-fried - 12

RACHEL: fried haddock topped with homemade coleslaw, Swiss cheese, and thousand Island - 15

GLUTEN FREE

please ask your server for our variety of gluten free options

BROILED HADDOCK BURGER

on Udi's bun with chips - 13

GRILLED BBQ CHICKEN BREAST

on Udi's bun with side salad - 13.50

TUNA MELT on Udi's Bun with melted swiss - 11

Sandwiches

SERVED WITH CHIPS.

LOBSTER ROLL - on a toasted sweet roll-mkt price

CRAB ROLL - on a toasted sweet roll-mkt price

B.L.T. - 8.50

OPEN-FACED REUBEN - 13

GRILLED CHEESE - 5

Add Bacon or Ham - 8

GRILLED BBQ CHICKEN SANDWICH

On a toasted bun - 8

HOT PASTRAMI ON RYE - 12.50

TUNA ROLL Chunk white tuna with mayo on a toasted sweet roll - 8 make it a melt -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 12 OR cup of haddock chowder 14



- Helen's Favorites -

ITEMS BELOW SERVED WITH FRIES.

Upgrade to Sweet Potato Fries +2.50
or Homemade Onion Rings +1.50

PHILLY CHEESE STEAK with mushrooms, peppers and onions - 14.50

HOT BEEF SANDWICH & GRAVY with fries - 12

HOT DOG & FRIES - 7.50

JOIN THE CLUB Choose turkey OR ham.

Served with fries - 14

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)

SIRLOIN STEAK 10 oz. - 23

FILET MIGNON MEDALLIONS 9 oz. - 27

Add Mushroom Burgandy Sauce +1.50

BABY BACK RIBS 1/2 rack of baby back ribs 21

SIRLOIN TIPS sauted with peppers, onions,
mushrooms in garlic butter - 23



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 - 15 | **Add Bacon +1.00**

HAMBURGER STEAK 12 OZ. GROUND FRESH DAILY - 18
Add Gravy, Green Pepper, Mushroom, Onions .30 each

POT ROAST LIKE GRANDMA USED TO MAKE - 15.5

FLAT IRON STEAK 6 OZ. - 13.5

COUNTRY FRIED STEAK - 15

LOAD
YOUR BAKED
POTATO WITH SOUR
CREAM, BUTTER,
BACON & CHEDDAR
CHEESE FOR
\$1.50

Wrap it Up!

CHOOSE FROM: PLAIN, TOMATO BASIL OR SPINACH.
ALL WRAPS SERVED WITH FRIES. **Upgrade to Sweet Potato**
Fries+2.50 or Homemade Onion Rings +1.50

BLT-AVOCADO WRAP Bacon, lettuce, tomato,
avocado and pesto mayo - 11

BUFFALO CHICKEN WRAP Crispy buffalo chicken,
lettuce, tomato and ranch - 13

CHICKEN CAESAR WRAP Grilled chicken, romaine,
croutons, parmesan cheese and caesar - 11

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 - 12

HADDOCK BURGER WRAP Fried haddock, coleslaw,
tartar, cheese - 15

On the Side

FRENCH FRIES

Sm 4 | Lg 6

ONION RINGS

Sm 6 | Lg 8

SWEET POTATO FRIES

Sm 5 | Lg 7

VEGETABLE 2.5

BAKED POTATO 2.5

COLESLAW 4

MASHED POTATO 2.5

APPLE SAUCE 3

COTTAGE CHEESE 3.5

You'll want to save room for dessert!

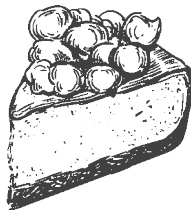
AWARD-WINNING PIES

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

Kids Menu

12 & under only; please

Soda 1.60

Kids Juice Apple, Orange, or Cranberry 1.80

Kids Blueberry Lemonade 1.80

Kids Shirley Temple 1.80

Kids Milk or Chocolate Milk 1.80

6 OZ. STEAK & FRIES 10

GRILLED CHICKEN BREAST & FRIES 6

HADDOCK BITES & FRIES 7

KRAFT MAC & CHEESE 5

CHICKEN FINGERS & FRIES 6

(2) BEEF SLIDERS & FRIES 7

ADD CHEESE .49¢

CHEESE PIZZA 5

HOT DOG & FRIES 6

GRILLED CHEESE & FRIES 5

CHEESE QUESADILLA & FRIES 6

PASTA 5

KIDS SIDES

Cottage Cheese 1.00 Apple Sauce 1.00

Helen's opened in 1950 on Main Street in Machias as an ice cream and hot dog stand. The owners were Larry and Helen Mugnai. Eventually they opened a full service restaurant!

The Mugnai family sold the restaurant in 1976 to Bob and Joan Carter, who moved the restaurant to lower Main Street in 1981 to a larger building.

The Carters sold the business to Joan's sister Judy and her husband Gary Hanscom in 1988.

In 1994 the Hanscoms opened a second Helen's in Ellsworth.

In 2003 the Hanscoms sold the Ellsworth location to Melanie Omlor who had been their manager since opening.

Melanie has owned and operated Helen's for the past 21 years, providing customers with an exceptional dining experience.

She hopes your experience will be the same, please reach out via email at helensrestaurant94@gmail.com with any questions, comments, or concerns.