



55 Downeast Hwy
Ellsworth, ME 04605
207-667-2433



HELENSOFFELLSWORTH

HELENS RESTAURANT OF
ELLSWORTH



APPETIZERS

FRESH SALADS

◆ FRIED WHOLE BELLY CLAMS	
	<i>\$mkt price</i>
POTATO SKINS	\$12
<i>Deep-fried and topped with crispy bacon and a mixed cheese blend</i>	
◆ DEEP FRIED MUSHROOMS	\$10
WINGS (6) \$12 (12) \$20 (18) \$32	
<i>Your choice of mild, medium, hot, sweet chili, or BBQ</i>	
CHEESE QUESADILLA	\$6
◆ FRESH MOZZARELLA LOGS	\$10
<i>Fresh hand cut mozzarella breaded and fried served with marinara sauce</i>	
BROCCOLI & CHEESE BITES	\$12
HELEN'S POPCORN CHICKEN	\$10
DEEP FRIED PICKLE CHIPS	\$9
BBQ CHICKEN NACHOS	\$14
<i>Tortilla chips with Monterey-Jack cheese, BBQ chicken, jalapeño, and black olives</i>	
IRISH NACHOS	\$12
<i>Thinly sliced potatoes deep fried, topped with cheese and crispy bacon</i>	
SPINACH-ARTICHOKE DIP	\$9
<i>Served with tortilla chips</i>	
+ADD CRAB MEAT <i>\$mkt price</i>	
POUTINE	\$8
FRIED CLAM STRIPS	\$13
FRIED CHEESE CURDS	\$9

ON THE SIDE

- WAFFLE CUT SWEET POTATO FRIES 5 | 7
- FRENCH FRIES 4 | 6
- ◆ **HOMEMADE ONION RINGS 6 | 8**
- CAESAR SALAD 6
- GARDEN SALAD 5
- COLESLAW 4.50
- MASHED POTATO 3
- APPLE SAUCE 3
- COTTAGE CHEESE 4
- VEGETABLE OF THE DAY 3
- BAKED POTATO 3
- ◆ only available after 4pm +bacon, cheese, sour cream 1.50
- PICKLED BEETS 3

CAESAR SALAD

Romaine, shaved parmesan, croutons
CHICKEN -15 FRIED SHRIMP -17 STEAK -17 LOBSTER -MKT

HARVEST CHICKEN SALAD -17

Grilled chicken breast served on a bed of mixed greens with apples, dried cranberries, walnuts, and feta cheese

◆ **COLD BEET SALAD -14**

Pickled purple beets, feta cheese, dried cranberries, walnuts, & apples on mixed greens

SWEET CHILI CHICKEN SALAD -17

Crispy chicken tossed in sweet chili sauce with cucumbers, tomato, and shredded monterey jack cheese on chopped romaine

SOUTHWESTERN CHICKEN SALAD -17

Blackened Chicken Breast, roasted corn, avocado, & tomato served on mixed greens

HONEY SRIRACHA CHICKEN SALAD -18

Crispy chicken tossed in honey sriracha sauce, cucumbers, tomato, and feta cheese on a bed of mixed greens

COBB SALAD

Avocado, bacon, blue cheese crumbles, tomato, cucumber, and boiled egg on a bed of mixed greens.

CHICKEN -22 SALMON -26 LOBSTER -MKT

CHEF SALAD -16

Chopped romaine lettuce, deli turkey, deli ham, American & Swiss cheese, sliced hard boiled egg, diced tomato and cucumber

BLACK & BLEU STEAK SALAD -19

6oz. flat iron on mixed greens served with diced cucumber, tomato and bleu cheese crumble

◆ **FISH TACOS**

choose from deep fried, broiled, or blackened haddock, on a flour tortilla topped with pickled cabbage, mango salsa, and chipotle aioli. served with fries.

One Taco -10 Two- 18

SHRIMP TACOS

grilled cajun honey sriracha shrimp on a flour tortilla topped with slaw, pickled cabbage, and pico salsa. served with fries. One Taco -10 Two -18

STEWES AND CHOWDERS

- ◆ FRENCH ONION SOUP \$6
- ◆ HADDOCK CHOWDER \$8/10
- SEAFOOD CHOWDER \$11/14
- SCALLOP STEW \$MKT
- CRABMEAT STEW \$MKT
- LOBSTER STEW \$MKT



◆ Helen's recommendation ◆ vegetarian recommendation

Gratuity of 20% will be automatically added to parties of 6 or more and tables with bills over \$100

*Warning: consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness.

Build a Burger

all burgers served with chips

6oz. burger - 10

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

DELUXE: lettuce, tomato, mayo +1

CAJUN: blackened seasoning,
bleu cheese, lettuce, tomato +3

RODEO: onion ring, bbq sauce,
american cheese +2

HANCOCK: bacon, mushroom,
swiss cheese +3

HABANERO: bacon, jalapeño,
pepper jack cheese +3

Other Burgers

DEEP FRIED CHICKEN BURGER:
deep-fried golden chicken breast - 12

♦ **HADDOCK BURGER:**
fresh haddock filet deep fried or
broiled - 15

RACHEL BURGER:
deep fried haddock filet topped with
coleslaw, Swiss, and thousand island - 17

♦ **BEYOND BURGER:**
vegan burger with lettuce and tomato -13

WRAP IT UP!

SERVED WITH FRIES

WHITE, TOMATO BASIL, OR SPINACH

UPGRADE TO ONION RINGS +1.50 OR SWEET POTATO FRIES +2.50

BLTAW- BACON, LETTUCE, TOMATO, AVACADO, & PESTO MAYO - \$14

BUFFALO CHICKEN WRAP- CRISPY BUFFALO CHICKEN,
LETTUCE, TOMATO, & RANCH - \$15

HADDOCK WRAP- FRIED HADDOCK FILET, SLAW, TARTAR SAUCE,
& AMERICAN CHEESE - \$15

CHICKEN CAESAR WRAP- GRILLED CHICKEN, ROMAINE,
CROUTONS, PARMESAN CHEESE, AND CAESAR - \$14

SOUTHWESTERN CHICKEN WRAP- BLACKENED CHICKEN, AVOCADO,
ROASTED CORN, LETTUCE, TOMATO, CHIPOTLE AIOLI & MONTEREY
JACK CHEESE - \$15

SWEET CHILI CHICKEN WRAP- CRISPY CHICKEN TOSSED IN SWEET
CHILI SAUCE, LETTUCE, TOMATO, CUCUMBERS, MONTEREY JACK
CHEESE, AND RANCH. SERVED WITH SWEET POTATO FRIES. -15

♦ Helen's recommendation ♦ vegetarian recommendation

Helen's Favorites

below items are served with fries

substitute onion rings +1.50 or sweet potato fries +2.50

PHILLY CHEESE STEAK \$15

served with onions, mushrooms, and green peppers

HOT BEEF SANDWICH & GRAVY \$14

MAINE RED HOT DOG \$8

♦ **TURKEY OR HAM CLUB \$14**

1/2 SANDWICH & SOUP

turkey BLT, ham BLT, or tuna melt

french onion soup - \$12 or haddock chowder - \$15

♦ **VEGETARIAN QUESADILLA**

flour tortilla filled with cheese, onion,

mushroom, green pepper, & tomato -\$12

CHICKEN QUESADILLA

flour tortilla filled with cheese, onion,
mushroom, green pepper, tomato, & chicken -\$14

Sandwiches



below items are served with chips

REUBEN SANDWICH \$14

GRILLED CHEESE \$6

add Bacon or Ham +\$5

BBQ CHICKEN SANDWICH \$14

HOT PASTRAMI ON RYE \$14

TUNA ROLL \$9

make it a melt -\$12

B.L.T. \$9

SEASONAL

FAVORITES

TRADITIONAL MAINE

♦ **LOBSTER ROLL**

served chilled in mayo with chips

or

request sautéed hot in butter

on a toasted brioche roll

-\$mkt price

CRAB ROLL

served chilled in mayo with chips

on a toasted brioche roll

-\$mkt price

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FRESH SEAFOODBELOW ITEMS ARE SERVED WITH YOUR CHOICE OF POTATO OR VEGETABLE
UPGRADE A GARDEN SALAD +3 OR CAESAR SALAD +4

ADD 40Z OF LOBSTER TO ANY ENTREE -MKT PRICE

◆◆ **SURF & TURF -35**

grilled sirloin strip with your choice of haddock, scallops, clams, or shrimp

FRESH SCALLOPS -MKT

deep fried, sautéed, or broiled

WHOLE BELLY CLAMS -MKT

whole clam deep fried to golden perfection

FRIED POPCORN SHRIMP -21**FRESH ATLANTIC SALMON**

•BROILED -22 •ONION CRUSTED -23

FRESH HADDOCK -22

deep fried, blackened, or broiled

FRIED CLAM STRIPS -20

clam neck and strip deep fried

◆◆ **PARMESAN-CRUSTED HADDOCK-23**

haddock filet topped with a parmesan crumb and baked to perfection

◆◆ **BAKED-STUFFED HADDOCK -28**

haddock filet stuffed and baked with a seafood stuffing, topped with a rich Newburg sauce

COCONUT SHRIMP -18

large shrimp deep-fried in a sweet coconut coating

COMBINATION PLATE

CHOOSE TWO: (priced separately)

•Whole Belly Clams -mkt. •Scallops -mkt.
•Shrimp -16 •Haddock -14◆◆ **SEAFOOD PLATTER**deep-fried, broiled, or sautéed
can't pick just one?..have them all!
a generous portion of Haddock, Scallops,
Shrimp, and Clams -mkt**LOBSTER ENTREES**

ask your server about seasonal availability

LOBSTER AUGRATIN

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

LAZY LOBSTER

fresh picked lobster meat sautéed in butter -mkt price

BAKED-STUFFED LOBSTER

hot boiled lobster baked and stuffed with seafood stuffing, served with lobster cream sauce -mkt price

HOT BOILED LOBSTER DINNER -MKT

◆◆ Helen's recommendation ◆◆ vegetarian recommendation

LIGHTER SIDESBELOW ITEMS ARE SERVED WITH YOUR CHOICE OF POTATO OR VEGETABLE
UPGRADE A GARDEN SALAD +3 OR CAESAR SALAD +4◆◆ **FISH & CHIPS**DEEP FRIED FRESH HADDOCK, SERVED
TRADITIONALLY WITH FRIES AND COLESLAW - 18**DEEP-FRIED WHOLE BELLY CLAMS**

WHOLE BELLY CLAMS GOLDEN FRIED - MKT PRICE

SCALLOPS

DEEP FRIED, SAUTÉED, OR BROILED - MKT PRICE

FRIED POPCORN SHRIMP

GOLDEN FRIED MEDIUM SIZED SHRIMP - 18

CLAM STRIPS

CLAM NECK AND STRIP DEEP FRIED WITHOUT THE BELLY - 17

ENTREESBELOW ITEMS ARE SERVED WITH YOUR CHOICE OF POTATO OR VEGETABLE
UPGRADE A GARDEN SALAD +3 OR CAESAR SALAD +4

ADD 40Z OF LOBSTER TO ANY ENTREE -MKT PRICE

HAM STEAK - 17**MIXED GRILL** grilled shrimp, bbq chicken breast, flat iron steak -30**PRIME RIB 12oz. -MKT PRICE****FILET MIGNON MEDALLIONS 9oz. -29**

Add Mushroom Burgundy Sauce +1.50

SIRLOIN TIPS served with onions, mushrooms, and green peppers
sautéed in garlic butter -25**BEEF LIVER & ONIONS -15**

Add Bacon +3.00

HAMBURGER STEAK 12oz. -18

Add Gravy +.30 Add Onions, Mushrooms, Green Pepper +1.00

◆◆ **POT ROAST -16****FLAT IRON STEAK 6oz. -15****COUNTRY FRIED STEAK -15****FRIED CHICKEN DINNER -17****GRILLED CHICKEN BREAST** plain, bbq, or blackened -14.50**CHICKEN FINGERS -15**

Tossed in Buffalo, BBQ, or Sweet Chili Sauce +.75

PASTA

served with Garden Salad

Alfredocreamy alfredo on a bed of linguini with your choice of:
Chicken -18 Lobster -mkt
Scallops -mkt◆◆ **Vegetarian Pasta Primavera**sautéed summer squash and zucchini
over linguini in a homemade garlic
cream sauce -18◆◆ **Homemade Meatballs and Spaghetti -18**
marinara only -12**Chicken Parmesan**italian breaded and fried homemade chicken
breast over spaghetti with marinara sauce -18**Gratuity of 20% will be automatically added to parties of 6 or more and tables with bills over \$100**

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KIDS MENU
12 and under

6 OZ. STEAK & FRIES 14	CHEESE PIZZA 7
HADDOCK BITES & FRIES 10	HOT DOG & FRIES 8
KRAFT MAC & CHEESE 7	GRILLED CHEESE & FRIES 7
CHICKEN FINGERS & FRIES 10	CHEESE QUESADILLA & FRIES 7
(2) BEEF SLIDERS & FRIES 9 add cheese 0.50	PASTA 7

BEVERAGES

FREE REFILLS ON COKE PRODUCTS, COFFEE, TEA, AND BREWED ICED TEA

COKE PRODUCTS:

- COKE
- DIET COKE
- SPRITE
- GINGERALE
- BARQ'S ROOTBEER
- ORANGE
- LEMONADE
- RASPBERRY ICED TEA

FRESH BREWED ICED TEA

- MILK
- CHOCOLATE MILK
- APPLE JUICE
- ROOT BEER FLOAT
- ◆◆ BLUEBERRY LEMONADE
- COFFE AND TEA



YOU'LL WANT TO SAVE ROOM FOR DESSERT!

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

- Strawberry Cream Pie
- Raspberry Cream Pie
- Blueberry Cream Pie
- (August only)
- Strawberry Rhubarb Pie

MAKE ANY PIE A LA MODE +3.00



Award Winning Favorites

- ◆◆ Blueberry Pie
- Apple Pie
- Custard Pie
- Lemon Meringue Pie
- Tollhouse Pie

Beyond Pies

(availability changes daily)

- Homemade Cream Puffs
- Homemade Cakes
- Chocolate Lava Cake
- Gluten Free Chocolate Torte
- Cookies
- Cream Horns

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