

Helen's

AT SEVEN SPRINGS MOUNTAIN RESORT

Beginnings

Charcuterie 26

Cured Meats | Fine Cheeses | Crostini | Greek Olives | Locally Sourced Honey | Grain Mustard

Pork Belly Skewers 20

Smoked Portobello Mushrooms | Sweet Potato Mash | BBQ

Oysters on a Half Shell 24

Cocktail Sauce | Mignonette | Hot Sauce | Lemon

Chef's Feature Flatbread 20

Soups

Helen's Chesapeake Crab Bisque 15

Our Classic Recipe | Jumbo Lump Crab | Potatoes | Potato Gaufrette

Chef's Soup du Jour 12

Salad

Summer Fin and Feather GF, Vegetarian 16

Baby Kale | Arugula | Roma Tomatoes | Sliced Pears | Candied Pecans | Gorgonzola Crumbles |

White Balsamic Vinaigrette

Caesar Salad 16

Romaine Lettuce | Buttered Croutons | Parmesan Crisp | Housemade Caesar Dressing | Anchovies

Entrées

Chicken Saltimbocca GF 38

Broccoli Rabe | Risotto | Prosciutto | Herb Butter Sauce

Laurel Highlands Rainbow Trout 42

Cherry Tomatoes | Spinach | Crushed Potatoes | Lemon Buerre Blanc

Stuffed Pepper GF, Vegan 30

Lentils | Mushrooms | Zucchini | Squash | Pesto Risotto

Shrimp & Scallops GF 60

Pea Puree | Polenta | Bacon Marmalade

Crab Cakes 62

Garlic Green Beans | Rice | Roasted Red Pepper Aioli

Filet 58

Mixed Vegetables | Couscous | Chimichurri

Add Prawn 15

Add Crab Cake 18

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

Four Course Menu

\$80

First Course

Helen's Chesapeake Crab Bisque

Our Classic Recipe | Jumbo Lump Crab | Potatoes | Potato Gaufrette

Chef's Soup Du Jour

Second Course

Caesar Salad

Romaine | Buttered Crouton | Parmesan | Housemade Caesar Dressing | White Anchovy

Summer Fin and Feather *GF, Vegetarian*

Baby Kale | Arugula | Roma Tomatoes | Sliced Pears | Candied Pecans | Gorgonzola Crumbles
| White Balsamic Vinaigrette

Entrées

Chicken Saltimbocca *GF*

Broccoli Rabe | Risotto | Prosciutto | Herb Butter Sauce

Laurel Highlands Rainbow Trout

Cherry Tomatoes | Spinach | Crushed Potatoes | Lemon Buerre Blanc

Shrimp & Scallops *GF*

Pea Puree | Polenta | Bacon Marmalade

Crab Cakes

Garlic Green Beans | Rice | Roasted Red Pepper Aioli

Filet

Mixed Vegetables | Couscous | Chimichurri

Add Prawn 15

Add Crab Cake 18

Finale

Key Lime Crème Brûlée *GF*

Key Lime Custard | Caramelized Sugar | Toasted Meringue | Graham Cracker Crumbs |
Coconut Flakes

Chocolate Blitz

Chocolate Mousse | Chocolate Shell | Cookie Crumble | Fresh Fruit

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Dessert Menu

Chocolate Blitz 15

*Chocolate Mousse | Chocolate Shell | Cookie
Crumble | Fresh Fruit*

Cherry Ice Cream 14

*Housemade Cherry Ice Cream | Chocolate Bowl |
Whipped Mascarpone*

Key Lime Crème Brûlée GF 15

*Key Lime Custard | Caramelized Sugar | Toasted
Meringue | Graham Cracker Crumbs | Coconut
Flakes*

Sorbet GF, VG 12

Frozen Fruit | Fresh Fruit | Lemon Zest

Dessert Cocktails

Espresso Martini 18

Tito's Vodka | Kahlua | Espresso | Simple Syrup

Mocha Martini 16

*Kahlua | Bailey's | Espresso | Chocolate Syrup
Whipped Cream*

Classic Grasshopper Martini 15

*Crème de Menthe | White Crème de Cacao |
Cream*

Chocolate Syrup Dessert Wine Flight

20 Pinot Noir | Moscato | Grahams 10 Year Port

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Coffee

Fresh Brewed Coffee 7

Espresso 5

Doppio 8

Americano 7

Cappuccino 9

Café Latte 9

Café Mocha 10

Coffee Cocktails

Irish Coffee 14

*Jameson Whiskey | Coffee | Whipped Cream |
Crème de Menthe*

Black Russian 16

Tito's Vodka | Kahlua | Luxardo Cherry

Mudslide 17

*Tito's Vodka | Kahlua | Bailey's | Cream |
Chocolate Syrup*

Jazzed Up 20

*Courvoisier | Grand Marnier | Amaro | Coffee
Raw Sugar Simple Syrup*

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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 16

Absolut Vanilla Vodka | Lavender Syrup | Lemon

Espresso Martini 18

Tito's Vodka | Kahlua | Espresso | Simple Syrup

Three Amigos Margarita 22

Casamigos | Avion | Patron | Grand Marnier
Simple Syrup | House Sours

Seasonal Cocktails

Nuts and Berries 18

Talleyrand Cream Bourbon | Chambord |
Frangelico | Berry Simple Syrup | Cream

Ginger Paloma 16

Tito's | Grapefruit Juice | Lime Juice | Ginger Syrup

Southern Peach Tea 18

Maker's Mark | Peach Schnapps | Sweet Tea

Watermelon Margarita 18

Casamigos | Lime Juice | Cointreau |
Watermelon Juice

Whiskey Smash 18

Whiskey | Simple Syrup | Muddled Fruit of Choice
Blackberry, Blueberry, Strawberry, Peach, Cherries

Beer

Stella Artois 9

Fat Tire 7

Goose Island IPA 7

Angry Orchard 7

Miller Lite 6

Coors Edge Non-Alcoholic 5

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 12

Decoy, Rosé, Sonoma, CA 14

Sol Real, Rosé, Felgueiras, Portugal 13

White

Chateau Des Tourtes, Bordeaux Blanc, France 13

Trefethen, Chardonnay, Napa Valley, CA 15

Fiore Di Loto, Moscato, Piedmont, Italy 13

Urban "NWS", Riesling, Mosel, Germany 12

Hans Baer, Gewürztraminer, Germany 13

Alverdi, Pinot Grigio, Veneto, Italy 12

Taonga, Sauvignon Blanc, Marlborough, NZ 12

Vivi, Vermentino, Montecarlo, Italy 14

Featured White – Please Ask Server 14

Red

Decoy Limited, Cabernet, Napa Valley, CA 16

Corti Benedettine, Merlot, Veneto, Italy 16

Iris, Pinot Noir, Willamette Valley, OR 16

The Zin, Zinfandel, Lodi, CA 14

Cordero con Piel, Malbec, Mendoza, Argentina 14

Chateau Tassin, Bordeaux, France 13

Mettler, Petite Sirah, Lodi, CA 15

Finca Fabian, Tempranillo, Castilla, Spain 16

Featured Red – Please Ask Server 14

Wine Flights

Worldly Whites 17

Riesling | Bordeaux Blanc | Sauvignon Blanc

West Coast Red 20

Pinot Noir | Merlot | Cabernet

Refreshing Rosés 17

Cielo | Decoy | Sol Real

Bubbly Flight 20

Brut | Prosecco | Brut Rosé

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Kid's Drink Menu

Mountain Sunrise \$8
Ginger Lime Spritz \$8
Berry Mint Starry \$8
Shirley Temple \$8

Juices \$6

Orange
Apple
Cranberry
Pineapple

Sodas \$4

Pepsi
Diet Pepsi
Starry
Ginger Ale

Kid's Food Menu

*Petite Filet \$30
Seasonal Vegetable | Mashed Potatoes |
Fresh Fruit

Sautéed Shrimp \$24
Risotto | Seasonal Vegetable | Garlic
Butter | Fresh Fruit

Breaded Chicken Tenders
\$18
French Fries | Fresh Fruit | House Made
BBQ or Honey Mustard Dipping Sauce

Grilled Cheese \$15
Sourdough Bread | Muenster Cheese
French Fries | Fresh Fruit

Cheese Ravioli \$15
Pomodoro Sauce | Parmesan Cheese | Garlic
Bread | Fresh Fruit