

Helen's

AT SEVEN SPRINGS MOUNTAIN RESORT

Beginnings

Smoked Elk Carpaccio 22

Smoked Elk Loin | Pickled Onion & Mushroom | Greens | Mustard Aioli | Crostini

Charcuterie 26

Cured Meats | Fine Cheeses | Greek Olives | Honey | Fresh Fruit | Grain Mustard |
Crostini

Seared Scallops 24

Pan Seared Sea Scallops | Pumpkin Ravioli | Sage Butter | Maple Bourbon Glaze

Turkey Meatballs 22

Turkey & Sausage Meatballs | Turkey Velouté | Braised Red Cabbage

Soups

Helen's Famous Crab Bisque 15

Jumbo Lump Crab Meat | Whipped Potato | Potato Gaufrette

French Onion Soup 12

Caramelized Onion Medley | Herb Crostini | Gruyere Cheese

Salads

Caesar Salad 15

Romaine | Parmesan Cheese | Buttered Croutons | Housemade Caesar Dressing |
Parmesan Crisp | White Anchovy

Fall Fin & Feather 15

Arugula & Baby Kale | Figs | Candied Walnuts | Goat Cheese | Vanilla Pepper
Vinaigrette

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

Entrees

Hasenpfeffer 44

Braised Rabbit | White Wine Sauce | Spaetzle | Garlic Green Beans

Quinoa & Ribbon Vegetables 32

Red & White Quinoa | Asparagus | Squash | Beets | Red Pepper | Edamame | Tahini

Shrimp & Scallops 62

Curried Shrimp & Scallops | Butternut Squash Puree | Crispy Okra | Jasmine Rice | Beet Root Sauce

Chicken Chasseur 38

Roasted Chicken Breast & Thigh | Creamy Mushroom Sauce | Smashed Potato Cakes | Garlic Green Beans

Pap's Mussels 42

Mussels | Pancetta | Banana Peppers | Garlic | Marinara | Vermicelli

Filet Mignon 60

8oz Center Cut Filet | Garlic Mashed Potatoes | Charred Broccolini | Red Wine Demi

Halibut 58

Almond Crusted Halibut Filet | Collard Greens | Sweet Potato Mash | Pork Belly | Maple Bourbon Drizzle

Finale

Pumpkin Crème Brulee 15

Pumpkin Custard | Caramelized Sugar | Candied Pecans | Cinnamon Mascarpone

Chocolate Blitz 15

Chocolate Mousse | Chocolate Shell | Cookie Crumble | Fresh Fruit

Apple Dumpling a la Mode 14

Granny Smith Apple | Sweet Crust | Vanilla Bean Ice Cream | Caramel Drizzle

Sorbet 12

Housemade Fruit Sorbet | Fresh Fruit | Lemon Zest

Four Course Menu

\$80

First Course

Helen's Chesapeake Crab Bisque

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

French Onion Soup

Caramelized Onion Medley | Herb Crostini | Gruyere Cheese

Second Course

Caesar Salad

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

Fall Fin & Feather

Arugula & Baby Kale | Figs | Candied Walnuts | Goat Cheese | Vanilla Pepper Vinaigrette

Entrées

Hasenpfeffer

Braised Rabbit | White Wine Sauce | Spaetzle | Garlic Green Beans

Quinoa & Ribbon Vegetables

Red & White Quinoa | Asparagus | Squash | Beets | Red Pepper | Edamame | Tahini

Shrimp & Scallops

Curried Shrimp & Scallops | Butternut Squash Puree | Crispy Okra | Jasmine Rice | Beet Root Sauce

Chicken Chasseur

Roasted Chicken Breast & Thigh | Creamy Mushroom Sauce | Smashed Potato Cakes | Garlic Green Beans

Pap's Mussels

Mussels | Pancetta | Banana Peppers | Garlic | Marinara | Vermicelli

Filet Mignon

8oz Center Cut Filet | Garlic Mashed Potatoes | Charred Broccolini | Red Wine Demi

Finale

Pumpkin Crème Brulee

Pumpkin Custard | Caramelized Sugar | Candied Pecans | Cinnamon Mascarpone

Chocolate Blitz

Chocolate Mousse | Chocolate Shell | Cookie Crumble | Fresh Fruit

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Drinks

Harvest Cider \$7

Campfire Spritz \$7

Pumpkin Punch \$7

Shirley Temple \$7

Juices \$6

Orange

Apple

Pineapple

Lemonade

Sodas \$4

Pepsi

Diet Pepsi

Starry

Ginger Ale

Kid's Menu

*Petite Filet \$30

Seasonal Vegetable | Garlic Mashed Potatoes | Fresh Fruit

Sautéed Shrimp \$24

Seasonal Vegetable | Garlic Mashed Potatoes | Fresh Fruit

Chicken Tenders \$18

French Fries | Fresh Fruit | House Made Honey Mustard Dipping Sauce

Grilled Cheese \$15

Sourdough Bread | American Cheese | French Fries | Fresh Fruit

Cheese Ravioli \$15

Pomodoro Sauce | Parmesan Cheese | Garlic Bread | Fresh Fruit

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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

White Pumpkin Martini 16

White Rum | Molly's Pumpkin Cream |
Almond Milk | Caramel Swirl | Nutmeg

Falling From the Tree 18

TX Whiskey | Apple Juice | House Sours |
Cinnamon Syrup | Bitters

Campfire Mule 18

Smoked Bourbon | Lime Juice | Maple Syrup |
Ginger Beer | Toasted Marshmallow

Apple Cider Margarita 18

Casamigos | Lime Juice | Maple Syrup |
Apple Cider | Cinnamon Sugar Rim

Fiery Honey Badger 18

Honey Habanero Moonshine | Lemon Juice |
Hot Honey | Champagne | Honeycomb Tuile

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