

Helen's

AT SEVEN SPRINGS MOUNTAIN RESORT

Beginnings

Sauteed Mussels 24

White Wine | Sweet Pepper Sauce | Crostini

Charcuterie 26

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

Hummus Trio 24

Roasted Garlic | Basil | Roasted Red Pepper | Crackers | Vegetables

Lobster Rangoons 25

Lobster | Cream Cheese Blend | Ginger | Sweet and Sour Sauce

Soups

Helen's Famous Crab Bisque 16

Jumbo Lump Crab Meat | Whipped Potato | Potato Gaufrette

Chef's Soup du Jour 14

Ask Your Server!

Salads

Caesar Salad 16

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

Fall Fin & Feather GF 16

Arugula & Baby Kale | Radish | Toasted Walnuts | Feta Cheese | Sweet Cider
Vinaigrette

Entrees

Stuffed Quail 46

Pheasant Hazelnut Sausage Stuffing | Roasted Butternut Squash Puree | Spinach Sage Cream Sauce

Pasta di Mare 44

Mussels | Shrimp | Bay Scallops | Clams | Pappardelle Pasta | Arrabiata Sauce

Kobe Flat Iron GF 66

Swiss Chard | Roasted Garlic Mashed Potatoes | Port Wine Butter

Filet Mignon GF 85

Swiss Chard | Roasted Garlic Mashed Potatoes | Port Wine Butter

Chicken Kiev 42

Lobster Butter | Roasted Broccoli & Cauliflower | Farro | Tarragon Cream Sauce

Crusted Monkfish 48

Roasted Squash Medley | Puff Pastry | Basil Oil

Mushroom Bourguignon VG 38

Mushroom Medley | Red Bell Pepper | Carrot | Mushroom Farro
Red Wine Reduction

Finale

Maple Crème Brulee 15

Vanilla & Maple Custard | Caramelized Sugar

Tiramisu 18

Espresso-Soaked Lady Fingers | Italian Mascarpone | Cocoa Powder

Chocolate Blitz 16

Chocolate Mousse | Chocolate Shell | Cookie Crumble | Fresh Fruit

Sorbet GF, VG 12

Housemade Fruit Sorbet | Fresh Fruit | Lemon Zest

**We will accommodate dietary needs. Please let us know!*

**Consuming Raw or under cooked meats, eggs or shellfish can increase risk of foodborne illness*

*** 22% gratuity will be added to parties of 6 or more*