

Helen's

AT SEVEN SPRINGS MOUNTAIN RESORT

First Course

Helen's Famous Crab Bisque

Jumbo Lump Crab Meat | Whipped Potato | Potato Gaufrette

Chef's Soup du Jour

Ask Your Server!

Second Course

Caesar Salad

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

Spring Fin & Feather GF

Arugula & Baby Kale | Heirloom Tomatoes | Burrata Cheese | Balsamic Vinaigrette

Entrees

Roasted Chicken Breast GF

Spanish Rice & Beans | Corn Salsa | Lime Yogurt | Cilantro

Kung Pao Shrimp & Scallop

Lo Mein Noodles | Bell Peppers | Celery | Thai Chilies | Water Chestnuts | Kung Pao Sauce | Peanuts

Salmon Piccata GF

Risotto | Roasted Zucchini & Squash | Capers | Piccata Sauce

***Kobe Flat Iron** GF

(Substitute *Center Cut Filet)

Cauliflower Puree | Roasted Vegetable | Whiskey Cream Sauce

Ask for Chef Dave's Famous Steak Sauce!

Elk Rigatoni

Elk Pear Sausage | Broccoli | Rigatoni | Garlic | Burrata Cheese

Mushroom Stir Fry GF

Miso Mushroom Blend | Fried Rice | Stir Fried Vegetables | Yum Yum Sauce

Finale

Crème Brulee a L'Orange

Vanilla Custard | Grand Marnier | Candied Orange Peel | Caramelized Sugar

Chocolate Blitz

Chocolate Mousse | Chocolate Shell | Cookie Crumble | Fresh Fruit

V= Vegetarian | VG = Vegan | GF = Gluten Free

**Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness. Items with an * may be cooked to order. ** 22% gratuity will be added to parties of 6+*