

# *Helen's*

AT SEVEN SPRINGS MOUNTAIN RESORT

## **Beginnings**

### **Roasted Artichoke Hearts 20 GF, V**

Artichoke Hearts | Fresh Grated Parmesan | Lemon Aioli | Roasted Black Garlic Puree

### **Charcuterie 26**

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

### **Guacamole Shrimp 24**

Sweet and Spicy Shrimp | Fresh Guacamole | Corn Chip | Cilantro

### **Baked Brie Bites 22 V**

Brie | Pears | Maple Glazed Pecans | Puff Pastry

## **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

### **Spring Fin & Feather 16 GF, V**

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

## Entrees

### **Roasted Chicken Breast 38 GF**

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

### **Kung Pao Shrimp & Scallop 66**

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

### **Salmon Piccata 56 GF**

Risotto | Roasted Zucchini & Squash | Capers | Piccata Sauce

### **\*Kobe Flat Iron 65 GF**

### **(Substitute \*Center Cut Filet) 85**

Cauliflower Puree | Roasted Vegetable | Whiskey Cream Sauce

*Ask for Chef Dave's Famous Steak Sauce!*

### **Elk Rigatoni 40**

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

### **Mushroom Stir Fry 32 GF, VG**

Miso Mushrooms | Fried Rice | Stir Fried Vegetables | Yum Yum Sauce

## Finale

### **Crème Brulee a L'Orange 15 GF**

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

### **Chocolate Blitz 16**

Chocolate Mousse | Chocolate Shell | Cookie Crumble | Fresh Fruit

### **Sorbet 12 GF, VG**

Housemade Fruit Sorbet | Fresh Fruit | Lemon Zest

### **Lemon Lava Cake 16**

Lemon Cake | Lemon Curd | Raspberry Glaze

*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+*