

# HELEN'S GRILL RESTAURANT

## ALL DAY BREAKFAST



### HEARTY PLATES

Served with *free range eggs*, homemade hash browns and choice of multigrain, rye, white or sour dough toast

Simple – two free range eggs any style.....	\$8.95
Classic – Bacon, Sausage or Ham & Eggs – two free range eggs with three bacon or sausage or one ham..	\$11.95
Giant – three free range eggs with six bacon or sausage or two ham.....	\$14.95
Montreal Smoked Meat Hash – two free range poached eggs over montreal smoked meat, grilled onions, green peppers, hash browns, and hollandaise sauce.....	\$14.95
Steak & Eggs – AAA 8 oz. grilled new york steak and two free range eggs.....	\$17.95

### CHEF'S CREATIONS

Breakfast Special – two pancakes, two free range eggs with two bacon or sausage or one ham.....	\$11.95
Breakfast Sandwich – free range egg, bacon, cheese, lettuce, tomatoes, onions and hash browns.....	\$10.95

### OMELETTES

Served with *free range eggs*, homemade hash browns and choice of multigrain, rye, white or sour dough toast

Plain – three free range eggs.....	\$9.95
Main Street – mushrooms, cheddar cheese and bacon.....	\$13.95
Denver – ham, cheddar cheese, green peppers and onions.....	\$13.95
Greek – spinach, feta cheese and oregano .....	\$13.95
Vegetarian – mushrooms, green peppers, onions and tomatoes.....	\$13.95
Helen's – sausage, bacon, cheese, mushrooms, green peppers, onions and tomatoes.....	\$14.95
**Each Additional topping .....	\$1.50



### EGGS BENNY

Served with *free range eggs* on an english muffin, homemade hash browns and hollandaise sauce

Classic – bacon, sausage or ham.....	\$11.95
Vegetarian – spinach, avocado, and tomato .....	\$12.95
Montreal – smoked meat.....	\$13.95
Neptune – crab cakes and avocado.....	\$14.95

### PANCAKES

Three pancakes .....	\$10.95
Add three bacon or sausage.....	\$13.95
Kid's Pancakes – one piece with chocolate chips or two bacon or sausage.....	\$5.95



### FRENCH TOAST

Three thick cut pieces of french bread dipped in a mixture of egg, milk and cinnamon.....	\$10.95
Add three bacon or sausage.....	\$13.95
Kid's French Toast – one piece with two bacon or sausage.....	\$5.95

## SIDES

Extra Cheese – <i>cheddar, feta or swiss</i> .....	\$1.95	Hash Browns, Pan or French Fries .....	\$4.95
Free Range Egg – <i>any style</i> .....	\$1.95	Mash and Gravy .....	\$4.95
Three bacon or Sausage or One Ham.....	\$4.95	Vegetables or Sautéed Mushrooms.....	\$4.95
Pancake or French Toast – <i>one piece</i> .....	\$4.95	Tzatziki, Gravy or Hollandaise Sauce.....	\$1.95
Fresh or Grilled Tomatoes.....	\$3.95	Mayo.....\$1.25	Chipotle Mayo.....\$1.50
Toast and Jam.....	\$3.95		

## LUNCH

**SOUP** of the Day .....\$5.95



### SALADS

House Salad – <i>tossed green salad with your choice of balsamic, ranch or thousand island dressing</i> .....	\$5.95
Classic Caesar – <i>romaine lettuce with croutons and parmesan cheese</i> .....	\$8.95
Greek Salad – <i>cucumbers, tomatoes, onions and feta cheese with an oil and vinegar based dressing</i> .....	\$9.95
<b>**Add chicken</b> .....	\$4.95
<b>Add salmon</b> .....	\$5.95

**SANDWICHES** *Served with soup, tossed green salad, coleslaw or french fries and choice of multigrain, rye, white or sour dough bread*



Grilled Cheese.....	\$8.95
Grilled Ham or Bacon and Cheese.....	\$10.95
Classic BLT – <i>bacon, lettuce, tomatoes and mayo</i> .....	\$10.95
Vegetarian – <i>spinach, tomatoes, cucumber and cheddar cheese</i> .....	\$11.95
Montreal Smoked Ruben – <i>smoked meat with swiss cheese, sauerkraut and mustard</i> .....	\$12.95
Monte Cristo – <i>ham, turkey and swiss cheese</i> .....	\$12.95
Club House – <i>triple decker, turkey, bacon, tomatoes, lettuce and mayo</i> .....	\$12.95
Beef Dip – <i>served with sautéed onions and horseradish mayo on a garlic baguette served with au jus</i> .....	\$12.95
Gyros – <i>grilled chicken in a pita bread with tomatoes, onions and tzatziki sauce</i> .....	\$13.95
Hot Turkey – <i>turkey served on bread with gravy and mashed potatoes or french fries</i> .....	\$13.95
Turkey Wrap – <i>turkey served in a tortilla with cheese, lettuce, tomatoes and coleslaw</i> .....	\$12.95

**BURGERS** *Served with soup, tossed green salad or french fries*

**\*\*Add egg**.....\$1.95 **Add bacon or cheese**.....\$1.50



Cheeseburger – <i>cheese, lettuce, tomatoes, onions, pickle, relish and mayo</i> .....	\$11.95
Helen's Burger – <i>bacon, cheese, egg, lettuce, tomatoes, onions, pickle, relish, and mayo</i> .....	\$13.95
Mushroom Swiss Burger – <i>cheese, mushrooms, lettuce, tomatoes, onions, pickle, relish, and mayo</i> .....	\$12.95
Spicy Chicken Burger – <i>fried breaded chicken, lettuce, tomatoes, onions, and chipotle mayo</i> .....	\$13.95
Chicken Burger – <i>grilled chicken breast, lettuce, tomatoes, onions, pickle, relish and mayo</i> .....	\$13.95
Veggie Burger – <i>lettuce, tomatoes, onions, pickle, relish and mayo</i> .....	\$12.95
Halibut Burger – <i>beer battered halibut fillet with tartar sauce, lettuce, tomatoes, pickle and onions</i> .....	\$14.95
Lamb Burger – <i>morrocan spiced lamb, lettuce, tomatoes, onions, tzatziki and feta</i> .....	\$13.95

## FROM THE FRYER

Chicken Strips – four pieces chicken tenders served with french fries and plum sauce.....	\$11.95
Fish & Chips – two pieces of cod served with french fries and tartar sauce and coleslaw.....	\$14.95
Fried Chicken – two pieces of chicken with french fries and coleslaw .....	\$12.95

## APPETIZERS

Tzatziki Dip – with pita.....	\$6.95	Yam Fries – with chipotle mayo.....	\$7.95
Zucchini Sticks – with ranch dip.....	\$7.95	Mozzarella Sticks – with marinara sauce.....	\$8.95
Onion Rings – with mayo.....	\$7.95	Calamari – with tzatziki sauce and pita bread.....	\$9.95
Poutine – fries with cheese curds and gravy....	\$8.95	Chicken Wings – choice of barbeque, hot, honey garlic or salt & pepper and carrot & celery sticks.....	\$10.95

## DINNER



### ENTREES Served with soup or tossed green salad

Spaghetti – with meat sauce, meatballs and garlic toast.....	\$14.95
Macaroni and Cheese – blended cheeses, panko gratin and garlic toast.....	\$12.95
Salisbury Steak – with mushrooms, onions, mashed potatoes, gravy and seasonal vegetables.....	\$15.95
Liver & Onions – with beef liver, fried onions, mashed potatoes, gravy and seasonal vegetables.....	\$15.95
Veal Cutlet – with mushrooms, mashed potatoes, gravy and seasonal vegetables.....	\$15.95
Pork Chops – with mashed potatoes, gravy and seasonal vegetables.....	\$15.95
Butter Chicken – served with rice and naan bread.....	\$15.95
New York Steak – AAA 8 oz. with mushrooms, mashed potatoes, gravy, seasonal vegetables, & garlic toast.....	\$19.95

### GREEK ENTREES Served with rice, potato, greek salad, tzatziki and pita bread



Chicken or Beef Souvlaki .....	\$16.95
Roast Lamb Dinner.....	\$16.95
Calamari Dinner .....	\$16.95

## DESSERTS

Ice Cream – Chocolate, Vanilla or Strawberry One scoop.....	\$2.95	Two scoops.....	\$4.95
Homemade Fresh Pies with Ice Cream.....	\$5.95		
Homemade Chocolate Cake.....	\$4.95	Rice Pudding.....	\$4.95



## BEVERAGES

Coffee/Tea.....	\$2.95		
Hot Chocolate – with whip cream.....	\$3.95		
Milk.....	\$2.95		
Juice – Orange, Apple, Cranberry, Grapefruit, Tomato.....	\$2.95		
Iced Tea/Lemonade.....	\$2.95		
Bottled Soda – Coca Cola, Diet Coke, Ginger Ale, Sprite .....	\$2.95		
Canned Soda – Root beer, C Plus, Club Soda, Tonic Water.....	\$2.95		
Milkshakes – Chocolate, Vanilla or Strawberry.....	\$5.95		
Ice Cream Floats – Vanilla Ice Cream with Coca Cola, Root beer or C Plus.....	\$5.95		

★ ★

# HELEN'S GRILL RESTAURANT

★ ★



★ ★

## CELEBRATING OVER 50 YEARS

★ ★

4102 MAIN STREET, VANCOUVER, BC

604 874 4413

★ ★