

Entrées

Fresh Mountain Rainbow Trout	19
A rainbow trout filet, char-grilled or pan seared. Served with vegetable and starch of the day. Served either plain, or almond encrusted (add 1.50), or topped with lemon caper butter (add 1.50)	
Caribbean Salmon	20
A pan seared salmon filet served over black beans, rice and fresh spinach. Topped with our spicy award-winning pineapple salsa.	
Pistachio Pasta Florentine	16
Pasta tossed with fresh spinach, tomato, red onion and garlic. Finished with a white wine butter sauce and topped with pistachio nuts. Prepared with smoked chicken breast: 20 Prepared with shrimp &/or scallops 22	
Mississippi Catfish	16
Farm-raised Mississippi catfish filets, pan-seared or deep-fried the Helen's Barn way. Served with fresh lemon and tartar sauce. Served with vegetable and starch of the day.	
Pork Chop	20
A hormone-free, all-natural pork chop, char-grilled and served with apple butter sauce or Jamaican style: rubbed with Jamaican spices and served with spicy pineapple salsa. Served with vegetable and starch of the day.	
Crabby Filet	25
Petite filet char grilled and topped with crabmeat sauteed in garlic butter. Served with vegetable and starch of the day.	
New York Strip Steak	24
Seasoned and char-grilled to perfection. Served with Gorgonzola crumbles melted on top. Served with vegetable and starch of the day.	
Roast Duck	25
An all-natural hormone-free roasted duck, semi deboned and finished with an Asian ginger sauce. Served with vegetable and starch of the day.	
Greek Chicken	20
A char-grilled chicken breast topped with our marinated Greek mix (artichoke hearts, kalamata and green olives, and banana peppers), and feta cheese, browned and served on a bed of fresh spinach and rice.	
Chicken Scallopine	23
Lightly breaded with Italian spices, pan seared and served over pasta with a lemon garlic brie cream sauce.	

Sides

Sauteed Spinach..... 5.00	Cole Slaw.....2.00	Vegetable or Starch of the day..... 3.00
Basket of Fresser Fries (home made potato chips).....4.00 ½ basket 2.00		