

Subs

Available with French fries (\$4.95 extra)

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| Philly Style Steak or Chicken Steak Sub | 7.95 |
| <i>Onions, green peppers, mushrooms, mayo with cheese melted on top</i> | |
| Meatball Hoagie Sub | 7.95 |
| Ham or Turkey Sub | 7.95 |

Side Orders

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|--|-------------|------------------------|
| French Fries | small 4.95 | large 5.95 |
| Poutine | small 5.95 | large 7.50 |
| <i>French fries with cheese and gravy</i> | | |
| Beef Poutine | small 7.50 | large 8.95 |
| <i>French fries with hamburger, cheese and gravy</i> | | |
| Philly Steak Poutine | small 11.95 | large 13.95 |
| <i>w/ Julien peppers, onions, mushrooms and cheese curds</i> | | |
| Italian Poutine | small 7.50 | large 8.95 |
| BBQ Poutine | small 7.50 | large 8.95 |
| Baked Potato | 2.95 | Loaded baked |
| Mashed Potatoes | 2.95 | |
| Curly Fries or Sweet Potato Fries | 5.95 | |
| Onion Rings | 5.95 | |
| Rice Pilaf | 5.25 | |
| Vegetable of the Day | 1.95 | |
| Coleslaw | 2.95 | |
| Tossed or Caesar Salad | 4.95 | |
| Hot Rolls | 1.50 | |
| Side of Gravy | 1.50 | |
| Add Extra Cheese | 1.00 | |
| Extra Plate | 1.25 | |
| Ployes..... | 3.95 | With Cretons..... 4.95 |
| Doughboys w/cinnamon and confectionary sugar | 5.95 | |
| Strawberry or Blueberry Sauce..... | 2.00 | |

Beverages

We proudly serve  beverages

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|------------------------------------|-------------------------------------|
| Coffee or Brewed Decaf | 1.50 |
| Tea | 1.50 |
| Milk..... | small 1.95 large 2.75 |
| Chocolate Milk..... | small 2.25 large 3.25 |
| Assorted Juices..... | small 1.95 large 2.75 |
| Hot Cocoa..... | 2.50.....with whipped topping |
| Bottled Soda (Coke Products) | 3.00 |
| Bottle of Water | 2.00 |
| Lemonade | 3.00 |
| Assorted Teas | 3.25 |
| Wine..... | 5.75 Beer |
| | 4.95 |

Dessert Available

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|---|------|
| Homemade Pies (ask waitress) | 5.95 |
| Reese Peanut Butter Pie/Turtle Cheesecake | 6.95 |
| Deep Fried Cheesecake w/choice of topping | 6.95 |

Breakfast Specials

Served till 1:00 pm

Coffee included with all specials (with one refill)

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|---|-----------------|
| *1) 1 Egg, any style, served with toast | 4.50 |
| *2) 1 Egg, any style, with choice of ham, bacon or sausage, served with home fries and toast | 6.95 |
| *3) 2 Eggs, any style, served with toast | 4.95 |
| *4) 2 Eggs, any style, with choice of ham, bacon or sausage, served with home fries and toast | 7.95 |
| *5) 2 Eggs, any style, corn beef, home fries, toast..... | 9.95 |
| 6) French Toast | 2- 4.95 3- 6.95 |
| 7) Dave's Special-2 French Toast w/ 1 strip bacon..... | 5.95 |
| 8) Pancakes | 2- 5.95 3- 7.95 |
| <i>Blueberry or chocolate pancake.....(\$1.50 Extra)</i> | |
| 9) Mickey Mouse Pancakes | 1- 3.95 2- 5.95 |
| 10) Try our famous Breakfast Sandwich, with choice of ham, bacon or sausage, served with Texas Toast..... | 5.95 |
| 11) Rina's BLT Breakfast Sandwich..... | 6.95 |
| 12) Monte Carlo Breakfast sandwich..... | 8.95 |
| <i>French toast, Swiss cheese, and ham</i> | |
| 13) Plain Omelet (2 eggs), served with toast | 4.95 |
| 14) Cheese Omelet (2 eggs), choice of ham, bacon or sausage, served with home fries and toast | 8.95 |
| 15) Western Omelet, ham, green peppers, onions and American cheese, served with home fries and toast..... | 9.95 |
| 16) Vegetarian Omelet, onions, green peppers, tomatoes and mushrooms, w/cheese served with home fries and toast... .. | 9.95 |
| <i>Add spinach for \$1.25 more</i> | |
| 17) All Meat Omelet, filled with bacon, sausage and ham, with cheese, served with home fries and toast..... | 11.95 |
| 18) Mexican Omelet with taco meat, onions & peppers, with cheddar cheese, home fries, and toast | 12.95 |
| <i>served with salsa & sour cream</i> | |
| 19) Hungry Man's Special - 2 pancakes or French toast, 2 eggs any style, bacon, ham or sausage with home fries | 12.95 |
| 20) Stuffed French Toast - Stuffed with cream cheese, topped with a fruit topping | 9.95 |
| 21) Eggs Benedict - 2 poached eggs, on English muffin with ham, hollandaise sauce and home fries | 12.95 |
| 22) 7 oz Belgian waffle served w/ choice of hot toppings | 8.95 |
| <i>~Gluten Free Toast with any Breakfast add 2.50~</i> | |

Side Orders

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|------------------------|------|-----------------------------------|------|
| Coffee | 1.50 | 3 Sausages links or patties | 3.00 |
| 2 Toasts | 1.95 | 3 Bacon Strips..... | 3.00 |
| Texas Toast..... | 2.25 | Corn Beef Hash..... | 4.50 |
| English Muffin..... | 1.95 | Ham Steak | 3.00 |
| Home Fries..... | 1.95 | Oatmeal | 2.95 |
| Egg..... | 1.50 | Oatmeal with fruit..... | 3.95 |
| Gluten Free Toast..... | 3.25 | Bagel raisin or plain | 3.50 |
| Cinnamon Danish..... | 3.50 | <i>Includes cream cheese</i> | |
| Avocado spread..... | 2.50 | Fruit Cup..... | 3.00 |

Welcome to

Chez Helen Restaurant

Acadian-American Cuisine



Call for Take-outs

(207) 728-3397

Breakfast served till 2:00 pm

Hours

Monday - Closed
 Tuesday - Sunday
 7:30 am - 1 pm
 4 pm - 8 pm

109 - 12th Avenue, Madawaska, Maine
 prop.: Helen Fortin
 316-7196

Ask about our daily homemade specials and soups

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|------------------------------|----------|-------------|
| Soup of the day..... | cup 3.50 | bowl 4.50 |
| Chicken Stew w/ ployes | sm 8.95 | large 10.95 |
| Seafood Chowder..... | sm 8.95 | large 10.95 |

Salads

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|---|-------|
| Chicken Salad Plate..... | 11.95 |
| <i>Chicken, romaine lettuce, tomatoes, cucumbers and American cheese mixed with mayo</i> | |
| Chef Salad..... | 11.95 |
| <i>Choice of ham, chicken or turkey with romaine lettuce, cucumbers, tomatoes, American cheese, onions and green peppers served with choice of salad dressing</i> | |
| Caesar Salad with grilled or crispy chicken or shrimp..... | 11.95 |
| <i>Romaine lettuce topped with croutons, parmesan cheese, bacon and our special dressing</i> | |
| Chef Salad with grilled or crispy chicken..... | 11.95 |
| <i>Romaine lettuce, cucumbers, tomatoes, onions and peppers with cheddar cheese served with a choice of salad dressing</i> | |
| Taco Salad..... | 13.95 |
| <i>Green leaf lettuce, tomatoes, black olives, mild Taco meat, Onions, cheddar, served with sour cream and salsa</i> | |
| Chef Salad with Popcorn Chicken or Popcorn Shrimp..... | 11.95 |
| <i>Romaine lettuce, tomatoes, cucumbers, cheddar cheese and choice of dressing</i> | |
| Blueberry Spinach Salad (Strawberries seasonal)..... | 12.95 |
| <i>with sliced almonds, blue cheese crumbles and grilled chicken served with a balsamic dressing</i> | |
| Chicken, Bacon & Ranch Salad..... | 11.95 |
| <i>Romaine lettuce, tomatoes, croutons, cheddar cheese, bacon, grilled chicken with ranch dressing</i> | |
| Buffalo Popcorn Chicken Salad..... | 13.95 |
| <i>Romaine lettuce, cheddar cheese, diced tomatoes, cukes, roasted red peppers</i> | |
| Santa Fe Chicken Salad..... | 11.95 |
| <i>Romaine lettuce, tomatoes, onions, cheddar cheese, fried tortilla & grilled chicken and Mexican ranch dressing</i> | |
| Big Mac Salad Plate..... | 13.95 |
| <i>Hamburg Pattie, romaine lettuce, pickles, tomatoes, cheddar cheese, topped with onion crispins and homemade big mac sauce</i> | |
| Strawberry Avocado Spinach Salad w/ grilled chicken..... | 13.95 |
| <i>Served with poppyseed dressing</i> | |
| Oriental Salad w/ scallion, almonds/special sauce..... | 13.95 |

Combo Plate on lighter side

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| Tossed salad or Caesar salad served with | |
| Grilled Haddock..... | 13.95 |
| Fish Strips (lightly battered)..... | 13.95 |
| Hamburg Steak w/onions and mushrooms..... | 14.95 |
| 4 pcs Chicken..... | 13.95 |
| Homemade Chicken fingers..... | 13.95 |
| Wing Dings..... | 13.95 |

Clubs

(Served with French fries)

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| Cheeseburger Club..... | 12.95 |
| *Turkey, Chicken, BLT or Ham Club..... | 11.95 |
| <i>with cheese.....</i> | <i>12.50</i> |
| <i>on gluten free bread add.....</i> | <i>2.50</i> |

***Consuming raw or uncooked meat, poultry, seafood, shellfish and eggs may increase risk of foodborne illness.**

Wraps *(Served with French fries)*

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| BLT Wrap (with mayo)..... | 11.95 |
| Philly and Cheese Wrap (with mushrooms, peppers & onion)..... | 12.95 |
| Chicken Salad Wrap..... | 10.95 |
| <i>Lettuce, bacon, tomato, cucumbers with mayo</i> | |
| Chicken Avocado Ranch Wrap..... | 11.95 |
| Taco Wrap..... | 11.95 |
| <i>Hamburg, lettuce, tomatoes, onions, salsa sauce and cheddar cheese</i> | |
| Popcorn Chicken Wrap..... | 11.95 |
| <i>Lettuce, tomatoes, cheddar cheese and ranch dressing</i> | |
| Caesar Wrap with Grilled Chicken..... | 11.95 |
| <i>Romaine lettuce, parmesan cheese, bacon and grilled chicken</i> | |
| Bacon, Chicken & Ranch Wrap..... | 11.95 |
| <i>Romaine lettuce, cheddar cheese, bacon, tomatoes, grilled chicken w/ ranch dressing</i> | |
| Buffalo Popcorn Chicken Wrap..... | 11.95 |
| <i>Lettuce, tomatoes, cheddar cheese and blue cheese dressing</i> | |
| Chicken or Steak Quesadillas..... | 12.95 |
| <i>Steak or Chicken with onions, green peppers & cheddar cheese served with a salsa sauce & sour cream</i> | |
| Big Mac Wrap (pickles, cheddar cheese, lettuce, patty)..... | 13.95 |

Gluten Free Wraps Available Add \$1.50

Complete Meals

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|---|-----------------------------------|
| <i>Served with choice of potato – Baked, French fries or mashed, choice of coleslaw, BBQ Chef or tossed salad (\$3.95 extra) and hot roll</i> | |
| BBQ Beef or Chicken on a Bun..... | 11.95 |
| *Hamburger Steak 11 oz..... | 13.95 |
| <i>Served with grilled onions, mushrooms and gravy</i> | |
| Liver & Onions..... | 11.95 Add bacon.....12.95 |
| Chicken Wing Dings..... | 12.95 Add buffalo sauce.....13.50 |
| 4 Piece Honey Dip Chicken..... | 14.95 |
| <i>Combination of white and dark meat fried til golden brown</i> | |
| Helen's Favorites Homemade Chicken Fingers..... | 13.95 |
| <i>Chicken filets fried til golden brown served with a sauce</i> | |
| Popcorn Chicken..... | 11.95 |
| Italian Spaghetti..... | 11.95 |
| <i>Spaghetti served with our delicious homemade sauce and garlic bread</i> | |
| Chicken Parmesan..... | 14.95 |
| <i>Boneless chicken breast topped with our delicious homemade sauce and cheese served with spaghetti</i> | |
| Prime Rib 12 oz..... | 26.95 |

Seafood Specialties

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| <i>Served with choice of potato – baked, French fries or mashed, choice of coleslaw, BBQ Chef or Tossed Salad (3.95 extra) and hot rolls</i> | |
| Grilled Haddock Filet <i>Lightly grilled with homemade breading</i> | 13.95 |
| Fried Haddock <i>Filet of Haddock fried in a light golden breading</i> | 13.95 |
| Clam Strips <i>Fried til golden brown</i> | 11.95 |
| Tenderloin Clam Strips..... | 16.50 |
| Fried Shrimp Basket..... | 15.95 |
| Helen's Favorites Fish & Chips..... | 13.95 |
| <i>Strips of haddock deep-fried in our own batter, served with fries</i> | |
| Popcorn Shrimp <i>Fried til golden brown</i> | 13.95 |
| Salmon Filet <i>seared to perfection</i> | 20.95 |
| Butterfly Shrimp Plate..... | 16.95 |
| Rainbow Trout..... | 17.95 |
| Sea Scallops <i>Fried in a light golden breading (seasonal pricing)</i> | |

Our Sandwiches

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| Grilled Cheese..... | 3.95 |
| Grilled Ham and Cheese or Bacon and Cheese..... | 4.95 |
| Chicken Salad Sandwich..... | 5.25 |
| BLT (<i>Bacon, lettuce, tomato</i>)..... | 5.25 |
| Hot Dog..... | 2.95 |
| Whistle Dog..... | 4.95 |
| Tuna Salad Roll..... | 5.25 |
| Chicken Salad Roll..... | 5.25 |
| Western Sandwich (<i>Ham, green peppers, onions, cheese and mayo</i>)..... | 5.50 |
| Eastern Sandwich (<i>Ham, onion, mayo and cheese</i>)..... | 5.50 |
| Turkey or Ham, Lettuce & Tomato Sandwich..... | 6.50 |
| Fried or Grilled Haddock Burger with Cheese..... | 6.95 |
| Turkey, Chicken, Ham or Tuna Melt (<i>Turkey, chicken, ham or tuna with provolone, bacon & mayo on Texas Toast</i>)..... | 5.95 |
| Fried Bologna Sandwich(<i>with choice of condiment</i>)..... | 4.95 |

Hot Sandwiches

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| *Hot Turkey, Hot Chicken or Hot Hamburger..... | 11.95 |
| <i>Served with French fries, coleslaw and brown gravy</i> | |

Burgers

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| *Hamburger..... | 5.95 |
| *Cheeseburger..... | 6.25 |
| *Cheeseburger Deluxe (<i>bacon, lettuce, tomatoes, mayo</i>)..... | 7.50 |
| *Hamburger Deluxe (<i>bacon, lettuce, tomatoes, mayo</i>)..... | 6.95 |
| *Crystal Lynn Deluxe (<i>bacon, lettuce, cheese, tomatoes, special sauce</i>)..... | 6.95 |
| *Homemade Chicken Burger (<i>lettuce, tomatoes, cheese, mayo</i>)..... | 7.50 |
| *Homemade BLT Chicken Burger (<i>pickles, bacon, lettuce, tomatoes, provolone and a special sauce</i>)..... | 8.50 |
| *Crispy or Grilled Chicken Burger (<i>lettuce, tomatoes, American cheese, mayo</i>)..... | 6.95 |
| *Smokey Bacon Chicken Burger..... | 6.95 |
| *Pizza Burger..... | 7.50 |
| *Specialty Burgers <i>veggie or turkey</i> | 7.50 |
| *Big Chez Helen Burger(<i>mayo,lettuce,cheese,tomato</i>)..... | 7.50 |
| *Swiss Mushroom Brgr(<i>mayo,swiss,mushrooms,carmalized onions</i>)..... | 7.50 |
| *Lloyd's Bacon Buffalo Ranch Burger(<i>special sauce,bacon,lettuce</i>)..... | 7.50 |
| *Bacon Mac Burger(<i>special sauce,bacon,lettuce,tomato,pickles,onions</i>)...) | 7.50 |
| *Bacon Rodeo Burger(<i>special sauce,bacon,onion rings</i>)..... | 7.50 |
| *Smash Burger(<i>2 patty onions special sauce</i>)..... | 10.95 |

Owen, Landon, Cody, and Jayce's Kids Meals

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| Italian Spaghetti..... | 6.95 |
| O'Dog Hot Dog <i>Served with French fries</i> | 6.00 |
| Codyburger <i>Served with French fries</i> | 6.00 |
| Cheeseburger <i>Served with French fries</i> | 7.95 |
| Grilled Cheese <i>Served with French fries</i> | 6.00 |
| Landon's Popcorn Chicken <i>Served with French fries</i> | 6.95 |
| Kraft Macaroni & Cheese..... | 4.95 |
| Fish & Chips..... | 8.95 |
| Peanut Butter & Jelly Sandwich..... | 5.95 |
| Jayce's Mini shaped Pizza <i>Served with Frech fries</i> | 7.95 |