



What Is A Schnitzel?

A traditional schnitzel is a boneless meat usually made from pork, chicken or veal, thinned with a meat tenderizer, coated with flour, beaten eggs, bread crumbs, and then fried. Since then, the Germans have created many different styles of schnitzel, some breaded and some not. Below you will have a choice of three styles popular in our family's region of Germany.

Choose your Meat and Style

Pork or Chicken. 17.

Veal. 24.

Rahm or Jäger style add 3.

* **Traditional Schnitzel** Your choice of Pork, Chicken, or Veal, pounded thin then coated with flour, beaten eggs, and our homemade bread crumbs. Fried until golden brown. Served with a side of brown sauce and a lemon wedge.

Add two slices of melted Swiss cheese for a real treat. Add 2.

Recommended Sides: red cabbage and spätzle.

* **Rahm Schnitzel** Add 3.

Your choice of Pork, Chicken, or Veal: breaded or floured, then fried and topped with our chef's made-to-order sauce using rich cream, mushrooms, and our brown sauce to create a creamy mushroom delicacy.

Recommended Sides: sautéed squash and fries.

* **Jäger Schnitzel** Add 3.

Your choice of Pork, Chicken, or Veal, breaded or floured, then fried and topped with the chef's signature Hunter's sauce made from our house brown sauce, diced sweet red peppers, and red wine. Your schnitzel is then topped with the sauce, golden onions, and sautéed mushrooms.

Recommended Sides: vegetable of the week and spätzle.

All entrées include a choice of two side dishes

Please ask your server about our fresh seasonal salads

Vegetable of the Day

Red Cabbage

Sauerkraut

Stewed Mushrooms

Sautéed Squash

Grilled Tomato with Cheese

Fries

Spätzle (German egg noodle with brown sauce)

Spätzle (Fried with butter and garlic)

Rice

Pan-Fried potatoes

Kroketten (fried potato dumplings)

* = Smaller Portions Available



Traditional Selections from our family's Rheinland Home

*Rouladen "Pfalzischer Art"

Certified Angus choice beef thinly sliced, traditionally seasoned, and wrapped around onions, bacon, and a pickle. Served braised in a brown sauce. 21

Recommended Sides: Pan fried spätzle and red cabbage.

Berta's Pork Roast

Succulent all natural boneless pork loin sprinkled with fresh garlic cloves, hand rubbed with ground caraway and then braised in our brown sauce. 19

Recommended Sides: Spätzle and sauerkraut.

*The Bratwurst Dinner

Your choice of two all natural bratwurst charbroiled over live coals. 16

Recommended Sides: Spätzle and sauerkraut.

Beef Sauerbraten

Marinated, certified Angus choice beef roast served in a sweet and sour brown sauce. 19

Recommended Sides: Kroketten and red cabbage.

Vegetarian Plate

Choose any four side dish combinations to create your own vegetarian feast. One potato pancake and a side of applesauce are included. 16

Chef's Catch

Please ask the wait staff for this month's selection. Market Price

Recommended Sides: Fries and salad of the week.

Rheinland Platter

A sampler extraordinaire. Helga's schnitzel, a Jäger schnitzel and your choice bratwurst. Served with brown sauce and a lemon wedge. 22

Recommended Sides: spätzle and sauerkraut.

All entrées include a choice of two side dishes

Please ask your server about our fresh seasonal salads

Vegetable of the Day	Fries
Red Cabbage	Spätzle (German egg noodle with brown sauce)
Sauerkraut	Spätzle (Fried with butter and garlic)
Stewed Mushrooms	Rice
Sautéed Squash	Pan-Fried potatoes
Grilled Tomato with Cheese	Kroketten (fried potato dumplings)

* = Smaller Portions Available



Charbroiled Over Live Coals

Health department warning. Eating raw or undercooked foods may cause illness.

*Beef Steak Jäger Art

Your choice of a Black Angus 12 oz. Rib Eye or New York strip steak served with a Hunter's sauce and topped with mushrooms and golden onions. 24

*Rump Steak "Ebertsheim"

Your choice of a Black Angus 12 oz. Rib Eye or New York strip steak topped with herb butter and golden onions. 24

*Lamb Loin Chops

Four New Zealand lamb T bone chops seared over live coals and served Jäger style; topped with mushrooms and golden onions. 24

Spring Main Course Options

Curry Wurst Plate

Two Thüringer brats sliced and covered with Helga's own curry ketchup. Served with half of a salted pretzel roll. 17

Maultaschen (Meat filled dumplings)

Bite sized meat filled dumplings swimming in our Jäger broth, garnished with stewed mushrooms and golden fried onions. Includes your choice of a seasonal salad. 18.

Rainbow Trout

Whole boneless trout pan seared with our chefs Cajun seasoning. Sided with a caper and lemon garnish. 21

Rosemary Chicken

Three tender chicken breast lightly brushed with our rosemary infused olive oil and finished over live coals. 17

All entrées include a choice of two side dishes

Vegetable of the Day

Red Cabbage

Sauerkraut

Stewed Mushrooms

Sautéed Squash

Grilled Tomato with Cheese

Seasonal Salad

Fries

Spätzle (German egg noodle with brown sauce)

Spätzle (Fried with butter and garlic)

Rice

Pan-Fried potatoes

Kroketten (fried potato dumplings)

German Style Potato Salad



Dessert "Nachtisch"

All Strudels are Baked Fresh In-House

Cheese cakes by Helga's

Original German Cheese Cake 5

Apple Streusel Cheese Cake 7

Cheese Cake with Seasonal Fruit 7

Whole cheese cakes available

Strudels by Helga's

Apple Strudel 4.49

Cherry Strudel 5.30

Seasonal Strudel 5.30

Whole strudels available

We'll make any dessert à la Mode for 1.50 extra

Two scoops of ice cream 3.30



Specialty Drinks

Full Bar & Mixed Drinks now available

Apfel Korn

Our homemade apple liquor
3 oz. shots. 4

Specialty Iced Tea ½ liter.

All natural green tea. 3.60
Refills 2.10

Cola Weiss ½ liter

A glass of wheat bier and Cola
Very popular in Germany. 6

Soft Drinks (Free refills) 3.60

Pepsi	Diet Pepsi
Orange	Lemonade
Mist	Ginger ale
Mountain Dew	Dr. Pepper.

Radler ½ liter

A refreshing half liter mug of Lager
bier mixed with Sprite. 6

Spezi ½ liter

A blend of Cola and orange sodas,
served in a half liter mug. 4

German Mineral Water

Imported from Germany. Naturally
carbonated bottled water. 4

Malz Bier

A malt type soda popular with
many children in Germany. 4

Wein Schorle ½ liter

A white or red wine cooler served in
a half liter mug with club soda or
Sprite over ice. 7

Other Beverages. 3.60

Iced Tea (free refills)
Coffee (free refills)
Hot Apple Cider.
Assorted Hot Teas.
Hot Chocolate.
Apple or Orange Juice 16.oz.
Milk 16.oz

Full Bar & Mixed Drinks

Check out our beverage menu
Located on your table



Special Events at Helga's

Tuesday: One free apple strudel with the purchase of two full-size dinner entrées.

Wednesday: All you can eat pork schnitzel, all day. Ask your server for details.

Thursday: Kids eat free. Purchase a full-size dinner entrée and receive one young people's meal for your child. Limit one free child's meal per adult entrée. Dine-in only.

Friday: The last Friday of every month is Band Night! Join us for live music and dancing!

Join Helga's "Prosit Club" Earn points towards free food and drinks. Be advised of special events and offers today. Please ask your server for details.

Full service catering available visit

www.helgasedeli.com

for more information