

# THE HELM BRUNCH

## Provisions & Coastal Fare

### EMBARK

#### CRAB FRIES | \$16

hand cut | blue crab |  
cheese fondue

#### SHE CRAB SOUP | \$8

blue crab | sherry  
reduction

#### BRULEED BRIE | \$10

bacon jam | crostini

#### LOADED HUMMUS | \$12

cucumber | olive tapenade  
feta | crostini

### RAW BAR

#### BOUTIQUE OYSTERS MKT

#### HOUSE OYSTERS (6) \$15 (12) \$30

### BREAKFAST

#### FRITATTA DU JOUR | \$14

chef selected

#### ALMOND PAN PERDU | \$12

sweet honey mascarpone |  
banana | candied pecan

#### LOADED SWEET POTATO HASH | \$13

crisp prosciutto | caramelized  
onion | 2 eggs to order

#### SHRIMP & GRITS | \$15

cheesy grits | bronzed shrimp |  
tomato gravy

#### SHRIMP COCKTAIL \$11

#### DRESSED OYSTERS (6) \$14

ROCKEFELLER OR GARLIC PARMESAN

### DECK HANDS

#### LOBSTER ROLL | \$28

key lime aioli | toasted roll

#### PERFECT BRUNCH SAMMIE | \$14

crusty bread | gruyere | bechamel  
| prosciutto | sunny up egg

#### CRISPY CHICKEN | \$15

boneless skinless thigh | peach  
jam | crispy prosciutto | waffle

#### CAPTAIN'S CATCH | MP

bronzed or fried | LT | lemon-  
caper aioli

DECK HANDS SERVED WITH CHOICE OF HASH,  
SCAMPI FRIES, SLAW OR FRUIT

#### NICOISE | \$16

salmon | fingerling potatoes |  
kalamata | french green beans | tomato  
dijon vinaigrette

#### HELM SALAD | \$14

mixed greens | crisp prosciutto  
burrata | shallot vinaigrette  
Add protein chicken \$7 grouper \$11 shrimp \$9

#### WATERMELON SALAD | \$12

arugula | feta | kalamata | balsamic glaze

Sweets: churned ice cream, key lime pie, rum cake \$8