



108 E. SIXTH AVENUE, HELENA, MT  
LUNCH: MON-SAT 11AM-3PM • DINNER: WEDS-SAT 5PM-CLOSE

[WWW.BENNYSHELENA.COM](http://WWW.BENNYSHELENA.COM)

## CATERING

Benny's is committed to supporting Montana farmers and growers. By eating here, so are you! It is a quest for freshness, community, energy conservation and organic, sustainable agriculture. It's about being engaged with our food from the field to the table.

Thank you to all our local providers (an ever-growing list) for your beautiful and healthful products.

# LIGHTER LUNCH BUFFETS

For groups of 10 or more. Less than 10 please order takeout from the dining room menu

**Best Deal Lunch** half/whole 13/18  
Includes assorted deli sandwiches, chips, cookie and your choice of salad or soup

**Benny's Light Lunch** 12  
Your choice of salad, fresh baked bread and soup

**Individual "Sack" Lunch** 16  
Your choice ½ deli sandwich, chips, apple, cookie and bottle of water

## Sandwiches:

Roast chicken & Swiss, roast beef & cheddar, ham & jack, tuna wrap or veggie wrap

We can accommodate for a variety of dietary restrictions, just let us know!

## Soup:

Award winning tomato-rosemary soup or chef's choice soup du jour. We will do our best to honor special requests

## Salads:

Benny's house salad, fresh garden salad, Caesar salad or Greek salad

## JUST THE SALADS

*Entrée portions with fresh baked bread*

**House Salad** 12  
Green leaf and field greens with local honey crisp apples, craisins, candied pumpkin seeds and pecans with scratch-made raspberry vinaigrette

**Greek Salad** 12  
Green leaf and field greens with feta cheese, herbs, sun dried tomatoes, kalamata olives, pepperoncini, cucumbers and balsamic vinaigrette

**Caesar Salad** 12  
Romaine lettuce with freshly grated Parmesan cheese, scratch-made Caesar dressing and oven-dried garlic croutons

## SERVICE

**PAPER** .50/person  
Heavy paper plate, compostable cutlery and napkin

**CERAMIC** 3/person  
Metal flatware and ceramic plates can be supplied on request. Restrictions may apply to very large groups

## TAKE OUT/PICK UP

Groups of 6 or more will include 15% service  
Call ahead for quick pick up.

**CATERING AND DELIVERIES**  
Are subject to a 20% service fee  
Minimum order of 10 lunch items/persons  
Please order at least four days in advance

## FRESH AND LOCAL

Benny's uses Montana raised proteins, locally crafted cheeses and as much Montana grown produce as our seasons allow.

We make all our soups and dressings in house. We have a wonderful baker who makes all our breads, desserts and other baked goods from scratch in our kitchen.

## Customize your Lighter Lunch!

Add chicken to any salad (3oz.)	4
Add fresh tuna salad (3oz.)	3
Add fresh side salad Or Benny's house slaw	5
Add soup (6oz.)	4
Add assorted canned beverages	1
Add pitcher iced tea/lemonade	12
Add cookies, brownies or bars	1.5
Sour cream cookies	2

## Buy in Bulk!

Quart of Soup	20
Includes bread and Madeline for 4	
Pint of dressing	12

# LUNCH BUFFETS

*All Lunch Buffets Include Cold Salad of Choice and Fresh Baked Bread  
We kindly request one week advance notice on catered hot lunches*

Choose from the following selections

24/Person Lunch Portion

30/Person Dinner Portion

## **Best Meatloaf Ever**

Mixture of Montana raised beef and pork seasoned perfectly with tomato glaze and garlic mashed potatoes

## **Beef Stroganoff**

Montana raised beef slow braised with onions, mushrooms and sour cream gravy served with green peas and Pasta Montana penne

## **Chicken Pot Pie**

Milford Colony chicken breast, local carrots, onions and celery slow cooked in creamy Velouté with scratch-baked pie crust rounds

## **Baked Squash Alfredo**

Pasta Montana noodles tossed with roasted local squash and creamy parmesan sauce

## **Classic Lasagna**

Local pork and beef meat sauce layered with ricotta, herbs, fresh pasta and lots of cheese  
Vegetarian – Try our Spinach and artichoke lasagna!  
Gluten Free? How about our polenta lasagna with marinara and blue cheese

## **Thai Style Green Curry**

Local chicken, peas, potatoes, fresh herbs and spices stewed with coconut milk, lime and cilantro served with Benny's house basmati rice

## **Delhi Style Red Curry**

Cauliflower, carrots, onions, tomatoes and spices braised with coconut milk served with Benny's house basmati rice with cucumber slices, chutney and yogurt

## **Frittata**

Local farm fresh eggs baked on a potato crust with vegetables and Montana raised meats  
Custom flavor combinations available or, leave it to the chef!

## **Chili and Baked Potatoes**

Local farm fresh potatoes baked and stuffed with sour cream, chopped bacon and scallions  
scratch-made Montana meat chili is the perfect accompaniment

## **Montana Style Pot Roast**

Chunks of Montana raised beef slow cooked with local vegetables, wine, broth and roasted local potatoes

## **PRIVATE DINING**

**Groups of 30-70  
Rent the Entire Restaurant!**

**Groups of 12-30  
Rent the Gallery for lunch or dinner!**

Minimum purchase guarantee will apply

# LOCAVORE DINNER

*Buffet dinners suitable for weddings, reunions and gatherings of 50 or more hungry friends*

*Featuring our locally sourced meats, grains and veggies (when in season)*

*We kindly request one week advance notice on catered dinners*

## COMPLETE DINNER BUFFETS

Include fresh baked bread and Benny's house salad, choice of starch, vegetable, entrée item and dessert

15 Guest Minimum

Less than 15? No Problem! See our Private Dining Menu

## COMPLETE BUFFET PRICING

One Entrée Choice	35/person
Two Entrée Choice	44/person
Second Starch or Vegetable	4/person
Upgrade to Prime Rib (8oz.)	9/person

## STEP ONE: CHOOSE ENTRÉE

All proteins are portioned at 6oz./person

### Individual Sirloin Steak

Locally raised beef herb marinated and grilled with compound butter

### Organic Cherry Chicken

Milford Colony chicken breast marinated and grilled with marinated flathead lake cherries and balsamic reduction

### Coq au Vin Blanc

Milford Colony thighs marinated and braised in white wine and local mirepoix.

### Roasted Turkey Breast

Brined, roasted and carved off the bone with scratch made gravy

### Pork Loin Chop

Locally raised pork herb and garlic rubbed & Grilled, with fruit chutney and cider gastrique

### Local Pork Sugo

Locally raised pork braised with mirepoix, tomatoes wine and aromatics until fork tender

### Wild Alaskan Salmon

Roasted with white wine and lemon-dill butter

### Pan Fried Trout

Dredged in seasoned flour and pan fried with lemon butter and capers

## STEP TWO: CHOOSE STARCH

Local Potatoes Gratin

Garlic Mashed Local Potatoes

Herb Roasted Local Potatoes

Benny's Orange and Lentil Rice Pilaf

Faro Risotto with Roasted Beets

## STEP THREE: CHOOSE VEGETABLE

Sautéed /Roasted Seasonal Vegetables

Grilled Asparagus

Glazed Local Carrots

Sautéed Broccoli with Garlic and Wine

## STEP FOUR: CHOOSE DESSERT

Benny's Carrot Cake with Cream Cheese Frosting

Chocolate Truffle Tarte

Chocolate Beet Cake with Butter Cream Icing

Decadent Chocolate Cake

Baker's Choice Creme Brulee

Baker's Choice Cheesecake

Baker's Choice Fruit Cobbler

# Benny's Hors D' Oeuvres

Proteins are sourced locally, produce as seasons allow and all baked items are baked from scratch  
All items are priced to include 50 pieces

## **Local Beef Meatballs (100count)**

Your choice of BBQ or Sweet and Sour  
**90.00** Try with lamb / **110.00**

## **Chicken Skewers**

Choice of traditional with peanut sauce  
or Marbella style  
**60.00**

## **Deviled Eggs**

Choice of traditional, pesto or buffalo stuffed  
**55.00**

## **Savory Profiteroles**

Tarragon chicken, Curried chicken,  
smoked salmon or spinach and artichoke  
**120.00**

## **B.L.T. Bites**

House-baked bacon bread layered  
with lettuce and tomato jam  
**90.00**

## **Cucumber Cup**

Stuffed with smoked trout  
**55.00**

## **Cucumber Cup**

Stuffed with scratch-made hummus  
**45.00**

## **Highland Beef Pasties**

Local beef and potatoes and gravy inside  
scratch-made pastry  
**130.00**

## **Empanadas**

South American beef stuffed turnovers  
**130.00**

## **Build Your Own Slider**

Choice of Bison patties or BBQ pork  
with sliced cheese tray  
and scratch-baked mini buns  
**200.00**

## **Antipasti Platter**

Italian meats and cheeses with grilled seasonal vegetables,  
marinated artichoke hearts, marinated mushrooms, marinated  
olives and pepperoncini  
with sliced fresh bread  
**250.00**

## **Tortellini Salad**

Cheese tortellini with poached shrimp,  
marinated Italian vegetables and dressing  
**150.00**

## **Bacon Wrapped Prawns**

U-10 Prawn and local bacon with house-made  
spicy BBQ sauce  
**150.00**

## **Individual Liver Mousse Trifle**

Luxurious mousse layered with stone ground mustard and  
fruit preserves served with  
house-made focaccia crackers  
**225.00**

## **Truffle Popcorn**

Popped in house with truffle salt,  
melted butter and parmesan  
**75.00** – In house events only

## **Vegetable Spring Rolls**

With Szechuan vinaigrette  
**95.00**

## **Veggie Sandwich Pinwheels**

Lettuce, onion, tomato, mushroom, cucumber and bell pepper  
with cheddar cheese and Dijonaise  
**80.00**

## **Hot Spinach and Artichoke Dip**

With crostini for dipping  
**85.00**

## **Gougers**

French style baked cheese puffs  
**50.00**

## **Mixed Bruschetta**

Sundried tomato, pesto and olive tapenade  
**40.00**

## **Blue Cheese Stuffed Mushrooms**

**40.00**

## **Black Pepper Feta Spread**

With local apple slices for dipping  
**85.00**

## **Benny's Hummus**

Crostini, crudité and sundried tomato tapenade  
**60.00**

## **Spanakopita**

Classic flaky pastry triangles stuffed with spinach and feta  
baked golden brown  
**125.00**

## **Dessert Bites**

Available by the **% Sheet**   **75.00**  
(Appx. 4 dozen pcs.)

Carrot Cake

Chocolate Beet Cake

Chocolate Mousse Cup

Madeline

Palmier

Baker's Choice Cheesecake

Lemon Bars