

The Helmway

425 E Main Rd 425 E. Main Rd., Middletown, RI 02842 · +14012141413 · Updated: Jan 14, 2026

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DINNER APPETIZER 7

Balsamic Flatbread	\$14.00
fresh mozzarella, tomato sauce, arugula, balsamic glaze	
Truffle Parm Fries	\$15.00
substitute tator tots for +\$2.00	
Lobster Sliders	\$22.00
lobster, lemon aiolo, challah buns	
Grilled Caesar	\$16.00
grilled romaine, caesar dressing, parm, foccaccia crumbs	
Strawberry Caesar	\$15.00
goat cheese, strawberry vin	
Local Calamari*	\$18.00
fried point judith squid, soy chili dressing	
The Pell Chowder	\$15.00
new england clam chowder	

DINNER 6

Local Burger*	\$19.00
smash burger, bacon jam, lettuce, onion, pepperjack, served with fries	
The Helmway Chicken Sandwich	\$18.00
honey chilislaw, served with fries	
Lobster Ravioli	\$26.00
local lobster filled ravioli, chive cream sauce	
Scallops*	\$32.00
local scallops, bacon, corn puré	
Steak	\$36.00
flat iron steak, chimichurri, duck fat roasted potatoes, cauliflower	
Salmon	\$28.00
miso glaze, roasted vegetables couscous	

DINNER DESSERTS 3

Cinnamon Bread Pudding	\$11.00
Raspberry Panna Cotta	\$12.00
Vanilla Ice Cream	\$6.00

DINNER SIDES 6

Salmon	\$12.00
Steak	\$15.00
Fries	\$7.00
Tots	\$8.00
Veggies	\$8.00
add Truffle	\$4.00

DINNER KIDS 3

Chicken Tenders	\$11.00
Pasta with Butter	\$9.00
Kids Burger	\$12.00

BREAKFAST 5

The Pell Special	\$14.00
"two eggs your way, choice of sausage, bacon, ham choice of homefries or tots white, wheat, rye, or gf toast"	
Omelette	\$15.00
"choice of western, veggie, or meat lovers, choice off homefries or tots white, wheat, rye, or gf toast"	
French Toast	\$15.00
lemon mascarpone honey butter with fresh berries, nutella chocolate drizzle.	
Pancakes	\$13.00
3 stack buttermilk with syrup \$2.00 add blueberries or \$1.50 add chocolate chips	
Avocado Toast	\$16.00
avocado, toasted whole wheat, lemon, sriracha, topped with any two eggs, any style.	

BREAKFAST SIDES 6

Bacon, Sausage, Ham	\$4.00
Homefries	\$3.00
Fresh Berries	\$5.00

Toast	\$4.00
Yogurt, Fresh Fruit, Granola	\$8.00
Assorted Pastries	\$8.00

BREAKFAST DRINKS 6

Mimosa	\$10.00
Bloody Mary	\$10.00
Latte or Cappuccino	\$5.00
Espresso	\$5.00
Chilled Juice	\$5.00
orange, apple, cranbeery	
Fresh Brewed Illy Coffee	\$5.00

LUNCH 7

Balsamic Flatbread	\$14.00
fresh mozzarella, tomato sauce, arugula, balsamic glaze	
Truffle Parm Fries	\$15.00
substitute tator tots for +\$2.00	
Lobster Sliders	\$15.00
lobster, lemon aiolo, challah buns	
Grilled Caesar	\$16.00
grilled romaine, caeser dressing, parm, foccaccia crumbs	
Strawberry Caesar	\$15.00
goat cheese, strawberry vin	
Local Burger	\$19.00
smash burger, bacon jam, lettuce, onion, pepper jack, served with fries	
The Helmway Chicken Sandwich	\$18.00
honey slaw, served with fries	

LUNCH SIDES 4

Fries	\$7.00
Tots	\$8.00
Veggies	\$8.00

add Truffle

\$4.00

LUNCH KIDS 3

Chicken Tenders	\$11.00
Pasta with Butter	\$9.00
Kids Burger	\$12.00