



# Balance Rock Eatery & Pub

148 South Main  
Helper, Utah  
(435) 472-0403

## Breakfasts

**Cheese:**  
Cheddar  
Swiss  
Provolone  
Pepper jack

include choice of  
potato and toast  
or pancake

**Potato:** Hash  
browns  
  
Home  
fries

**Toast:** Wheat  
White  
Sour dough  
Rye  
Sunflower  
Cinnamon Swirl  
English muffin

## Traditional Breakfasts

One Egg	\$4.75	One Egg with Sausage	\$5.85
Two Eggs	\$5.25	Two Eggs with Sausage	\$6.35
One Egg with Kielbasa	\$5.95	One Egg with Bacon	\$6.25
Two Eggs with Kielbasa	\$6.45	Two Eggs with Bacon	\$6.75
One Egg with Ham	\$6.25	Two Pork Chops and Eggs	\$8.45
Two Eggs with Ham	\$6.75	8 oz Sirloin Steak and Eggs	\$9.35

## Something Different

Cheesy Eggs	Three scrambled eggs with choice of cheese stirred right in	\$5.85
Hawaiian Ham & Eggs	A slab of grilled ham w/ with pineapple, 2 eggs, & cheese	\$6.95
Breakfast Club	Scrambled eggs, ham or bacon, and cheese in a sandwich	\$6.55
Gomer Pile	Sausage, peppers, onions, mushrooms, cheese, & 2 eggs atop a pile of potatoes	\$7.45

## 3 Egg Omelet

Balance Rock	Kielbasa, Feta cheese, onions and tomatoes	\$7.75
Plain	Plain and simply fine	\$5.65
Bacon & cheese	Cheddar, Provolone, Swiss or Pepper Jack	\$6.85
Cheese	Select any of our cheeses	\$6.05
Ham & cheese	Always a popular choice ...	\$6.95
Veggie	Green pepper, onions, mushrooms, tomatoes	\$6.45
Western	Ham, cheese, onions and peppers	\$6.95
Spanish	Cheese, tomatoes, peppers, onions, mild salsa	\$7.05
"It's In There"	Everything but the kitchen sink is in this one!	\$8.05
B. M. O. C.	Bacon, mushrooms, onions and cheese	\$7.05
Chicken & Feta	Chicken, feta cheese, onion and mushrooms	\$7.55

**Helper**

### Helper Special

3 eggs scrambled with  
Kielbasa,  
cheese &  
sauerkraut.  
Your choice of  
hash browns or  
home fries with  
toast, English Muffin,  
or Pancake.  
\$7.55

## From the Griddle .....

<b>Two pancakes</b>	with two eggs, hash browns or home fries	\$7.45
<b>French Toast Combo</b>	two eggs, hash browns or home fries	\$7.45
<b>French Toast Combo plus full order of bacon, sausage or ham</b>		\$8.45
<b>1 Pancake</b>		\$2.15
<b>Short Stack (2)</b>		\$4.35
<b>Stack (3)</b>		\$4.85
<b>Tall Stack (4)</b>		\$5.85
<b>French Toast</b>		\$3.85
	We recommend Cinnamon Swirl bread for French Toast!	

## On The Side

Toast (1)	\$1.05
Toast (2)	\$1.55
Potatoes	\$1.95
1 egg	\$ .85
2 eggs	\$1.45
Kielbasa	\$2.65
Ham, bacon, sausage	\$2.95

~ **Cold Sandwiches** ~

Ham	\$4.55 /3.25	Vegetarian	\$4.35 /2.95	Roast Beef	\$5.05 /3.95
Turkey	\$4.55 /3.25	Pastrami	\$5.05 /3.95	Tuna Salad	\$4.45 /3.15
Dagwood Club - Ham, Turkey, & Roast Beef		\$6.35	/4.25	Peanut Butter & Jelly	\$3.15 /1.95

Choose from fresh, thick-sliced White, Wheat, Sourdough, Sourdough Rye, Sunflower, Kaiser or Steak Roll.  
 Cheeses: Cheddar, Swiss, Provolone or Pepper Jack.  
 You may add Mayonnaise, Mustard, Vinaigrette, Lettuce, Onion, and Tomato.

~ **Hot Sandwiches** ~

Reuben - Grilled corned beef, sauerkraut, Swiss cheese, and thousand island dressing on grilled rye	\$4.55 /3.25
The Classic - Grilled pastrami and Swiss cheese on grilled sourdough rye	\$4.55 /3.25
Grilled Cheese - Swiss, Cheddar, Provolone, or Pepper Jack ~ Choose your bread too!	\$3.25 /3.95
Grilled Ham and Cheese - Grilled Ham with your choice of bread and cheese	\$4.55 /3.25
Tuna Melt - Tuna Salad on bread and cheese of your choosing	\$4.55 /3.25
Patty Melt - Quarter-pound burger, grilled onion, and Swiss cheese on sourdough bread	\$4.55 /3.25
French Dip - Freshly roasted beef on a French steak roll with hot au jus	\$4.55 /3.25
German Dip - Roasted beef, provolone, and grilled onion on a French roll with hot au jus	\$5.05 /3.95
Beef Stroganoff Sandwich - Roast beef, provolone, mushrooms, and sour cream on a Kaiser	\$5.05 /3.95

Anasazi 5.05 Malibu 5.55

**Burgers**

Lettuce, onion, and tomato may be added at no extra charge.

Burger	\$3.75	Double	\$4.85
Cheeseburger	\$4.30	Double Cheese	\$5.40
Bacon Burger	\$4.30	Double Bacon Burger	\$5.40
Bacon Cheeseburger	\$4.85	Double Bacon Cheese	\$6.05
	Boca Burger	\$4.85	
	Pastrami Burger	\$5.05	Pastrami Cheeseburger \$5.45

**Fries & Chips**

<b>Onion Rings</b>	sm \$2.25	lg \$3.55
<b>English Chips</b>	sm \$2.25	lg \$3.55

	small	large		small	large
<b>French Fries</b>	\$1.95	\$3.05	<b>Cajun Fries</b>	\$2.25	\$3.45
<b>Cheese Fries</b>	\$2.75	\$3.85	<b>Cajun Cheese Fries</b>	\$3.25	\$4.45
<b>Chili Fries</b>	\$2.25	\$3.85	<b>Cajun Chili Fries</b>	\$3.35	\$4.35
<b>Chili Cheese Fries</b>	\$3.15	\$4.35	<b>Cajun Chili Cheese Fries</b>	\$3.55	\$4.75

**Potato Chips** \$1.05 **Baked Potato** 1.95

**Home Made Soups & Chili**

Cup of Soup/Chili	\$2.05
Bowl of Soup/Chili	\$3.05

**Salads**

Mini Green Salad	\$2.05	Chef Salad	\$7.05/4.95
Dinner Salad	\$3.05	Crispy Chicken Salad	\$7.05/4.95
		Grilled Chicken Salad	\$7.65/5.35
		Sirloin Steak Salad	\$8.25/6.25

Ranch, Thousand Island, French, Bleu Cheese, Herb Vinaigrette, and House Honey Mustard dressings are available.

~ **Toaster Sensations** ~

BLT	The traditional trio of Bacon, Lettuce, Tomato, and Mayo	\$4.55
The Balance Rock Club	Grilled Turkey, Bacon, Cheese, and Honey Mustard dressing	\$5.05

~ **Specialties** ~

Grilled Chicken Breast Sand	Served plain, lemon pepper, Cajun, or Italian on a Kaiser roll	\$4.55
Steak Sandwich	Top sirloin, charbroiled medium well and served up on Texas toast	\$5.75
Chicken Fried Steak Sandwich	Served with your choice of our fine fresh breads and cheeses	\$4.45
Balance Rock Chicken Breast Sand.	With Bacon, Mushrooms, and Provolone cheese on a Kaiser	\$5.55
Chicken Quesadilla	Grilled Chicken and Cheese on a Tortilla, served with a Mini Salad	\$7.05
Crispy Chicken Taco	Chicken Tenders, Lettuce, Tomatoes, and Cheese on a flour Tortilla	\$6.65

**Café Lunches** . . . . .

Chicken Fingers and French Fries	Chicken Fritters fried golden and served with dipping sauce	\$6.85	
Fish Sandwich	Served on a Kaiser Roll with tartar sauce	\$4.75	
Fish & Chips	Two batter-dipped fillets with English Chips	\$7.05	
Popcorn Shrimp and Fries	Bite-size Shrimp fried golden and served with cocktail sauce	\$7.25	
Kielbasa . . . served on a French Roll	\$3.45	Super Hot Dog . . . served on a French Roll	\$3.25
Chili Dog . . . smothered in chili	\$4.25	Chili Cheese Dog... buried with chili & cheese	\$4.65

**Dinners** Choice of Soup or Salad, Baked Potato, French Fries, English Chips, or Onion Rings, and Texas Toast

New York Steak	12 oz hand-cut strip loin charbroiled to your specification	\$13.35
Top Sirloin Steak	12 oz freshly cut USDA choice prime beef, charbroiled perfectly	\$11.85
Pork Chops	Two center-cut lean, tender chops broiled to perfection	\$9.45
Fish & Chips	Three batter-dipped fillets, fried and served with English Chips	\$9.45
Grilled Chicken Breast	Boneless breast seasoned plain, lemon pepper, Cajun, or Italian	\$9.35
Chicken Fingers & Fries	Four seasoned fritters fried golden and served with French fries	\$9.05
San Rafael Chicken	Smothered with mushrooms, bacon, sour cream, and provolone cheese	\$10.35

**Drinks**

Pepsi Soft Drinks ( w/ 2 refills)	sm. \$1.65	<del>lg. \$2.05</del>	<i>\$1.70 for to go</i>
With Vanilla or Cherry	sm \$2.05	lg \$2.45	

Milk	\$1.70
House Blend Coffee	\$1.45
Hot Chocolate	\$1.95
Iced Tea	\$1.75
Hot Tea	\$1.15
Juice	\$1.70
Xing Tea	\$1.75

**Ale & Suds**

<b>Bottled Beer</b>							
Bud	2.50	Uintah	3.00				
Bud lime	3.00	Mich	3.00				
Bud Chelada	3.25						
<b>Draft Beer</b>							
	10 oz	16 oz	33 oz	pitcher			
Bud/Bud light & Domestics	1.75	2.75	5.00	6.75			
Uinta/Cutthroat/Hefeweisen & Import	2.50	3.25	5.75	8.25			

We have six different flavors of brew here at the Balance Rock Eatery & Pub . . . served ice cold by the glass or pint. Relax and enjoy!



# Balance Rock Eatery & Pub

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## Appetizers

Beer-Battered Onion Rings	sm \$2.50	lg \$4.45
Chicken Cordon Bleu's	\$5.35	
Spicy Hot Wings	\$7.05	
Mozzarella Sticks	\$4.65	
French Fries	sm \$1.95	lg \$3.05
Cheese Fries	sm \$2.75	lg \$3.85
Chili Fries	sm \$2.75	lg \$3.85
Chili Cheese Fries	sm \$3.15	lg \$4.35
Cajun Fries	sm \$2.25	lg \$3.45
Cajun Chili Fries	sm \$3.35	lg \$4.35
Cajun Cheese Fries	sm \$3.25	lg \$4.45
Cajun Chili Cheese Fries	sm \$3.55	lg \$4.75

## Kid's Menu

Chicken Fingers, Fries & Drink	\$5.35
Corn Dog, Fries & Drink	\$5.05
Kid's Hamburger, Fries & Drink	\$5.45
Hot Dog, Potato Chips & Drink	\$4.75
Grilled Cheese, Fries & Drink	\$4.75

## Desserts

Ice Cream	sm \$1.60	lg \$2.60
Pie	\$2.55	a la Mode \$3.35
Brownie	\$2.65	a la Mode \$2.95

## Our Building

This building is one of the two oldest buildings on Historic Helper Main Street. The multi-story stone structure changed the skyline of Helper from boomtown to modern. Built in 1906 by Louis Lowenstein, a Latvian immigrant, its tall transom windows, high façade, and greater proportions are unique on Main Street.

The third floor was designed for a community dance hall and temporary theatre. The original structure did not have a mezzanine and the stairway ran from the middle of the main floor to the top floor. The mezzanine was added in 1945 by Mr. John Skerl Sr. A hand-powered elevator is located in the building and runs from the basement to the top floor. Lowenstein Mercantile, Mutual Furniture & Hardware, and Balance Rock Eatery & Pub are the only three businesses that have operated within these walls since 1906.

Feel free to tour our unique building and browse through the "You Can't Live Without It Antiques." The photographs, artwork, and most items are for sale.

All our fresh menu items are prepared to your specifications. Relax and enjoy home cooking at its finest. Thank you for visiting us today at Balance Rock Eatery & Pub.