

## TO SHARE

### GARLIC FOCACCIA 14

house baked focaccia w confit garlic & dill

### HUMMUS OR TARAMASALATA 14

w toasted sourdough

### TRUFFLE & PARMESAN ARANCINI 22

8 per serve w aioli

### ANTIPASTO PLATE 28

stuffed peppers, marinated artichokes, pickles, marinated olives, daily cheese, hummus, pinot paste & crisp bread  
+ prosciutto (7) + spicy salami (6) + bresaola (6)

### PORK BELLY SLIDERS 18

2 per serve, twice cooked pork belly w nahm jim, cucumber & kimchi mayonnaise



### FALAFEL SLIDERS 16

2 per serve, falafel, hummus, pickled red onions

### HELM BUFFALO WINGS 18

served w ranch dressing  
salt & szechuan pepper OR smokey hot bbq  
OR franks hot sauce

## FROM THE SEA

<b>Freshly Shucked Oysters</b>  w fresh lemon & yuzu mignonette .....	30/48
<b>S &amp; P Calamari</b> w spicy roasted onion aioli & pickled chilli .....	21
<b>Lobster Springrolls</b> 4 per serve, w sriracha aioli & lime .....	25
<b>Scallop Sashimi</b>  w wasabi, sesame, ponzu, truffle oil & jalapeños .....	24
<b>Bowl of Prawns</b>  chilled australian tiger prawns in the shell w marie rose sauce & fresh lemon .....	28
<b>Beer-Battered Fish &amp; Chips</b> barramundi fillet, fresh lemon & tartare .....	29
<b>Grilled Salmon Fillet</b>  w braised mushrooms & cabbage, butter dashi & corn .....	34
<b>Prawn &amp; Crab Pasta</b> prawns, crab meat, garlic, chilli, cherry tomatoes, preserved lemon & parsley .....	36
<b>Seafood Basket</b> .....	36
panko prawns, panko crumbed calamari, beer-battered fish, chips, tartare sauce & fresh lemon	

### HOT & COLD SEAFOOD PLATTER FOR 2 PEOPLE 129

Sydney rock oysters, tiger prawns, salmon tartare, sashimi scallops, salmon skewers, s & p calamari, panko prawns, fresh lemon & condiments

## SALADS

### HELM CAESAR SALAD 22

w cos, broccolini, crispy pancetta, parmesan, egg & croutons  
+ poached chicken  (5) + falafel  (3)

### THAI SALAD 24

choice of crispy pork belly or crispy barramundi w baby cos, bean shoots, cashew, thai basil, chilli, coriander & nahm jim dressing

### GRILLED HALLOUMI SALAD 24


w grilled zucchini, tomato, cucumber, spanish onion, spinach, rocket, mint, pinenuts & a vinaigrette dressing + falafel  (3)  
+ poached chicken  (5), + crispy pancetta (5)

### SALMON POKE BOWL 26


w wakame, radish, kale, edamame beans, cucumber, jasmine rice, lotus root, chilli & a ginger & soy dressing

## BURGER


### CLASSIC BEEF BURGER & CHIPS 27

w cheese, lettuce, tomato, pickles, burger sauce  
+ extra beef patty (4) + extra cheese (1)  
+ pancetta (3) + GF bun  (2)

### BEYOND BURGER & CHIPS 26

plant-based patty w vegan cheese, lettuce, tomato, pickles & vegan mayo + GF bun  (2)

### SOUTHERN-FRIED CHICKEN BURGER & CHIPS 26

southern-fried chicken breast w cheese, lettuce, sambal mayo & jalapeños  
+ extra chicken piece (4) + extra cheese (1)  
+ pancetta (3) + GF bun  (2)

### STEAK SANDWICH & SHOESTRING FRIES 28

150gm minute steak w swiss cheese, chilli pesto & caramelised onions on white bread + GF bun  (2)

Our menu contains allergens and is prepared in a kitchen that handles nuts, shellfish and gluten. Whilst all reasonable efforts are taken to accommodate guest dietary requirements, we cannot guarantee that our food will be allergen free.

Please order at the bar or on the beacons on your table.

## PIZZA

<b>Garlic Pizza</b> 	16
<b>Margherita</b>  buffalo mozzarella, cherry tomatoes & fresh basil	25
<b>Diavola</b> spicy pepperoni, buffalo mozzarella, parmesan & chilli oil	27
<b>Prosciutto</b> prosciutto, parmesan, buffalo mozzarella & rocket	27
<b>Ham &amp; Pineapple</b> ham, pineapple & buffalo mozzarella	25
<b>Gamberone</b> marinated prawns, chilli oil, tomato, buffalo mozzarella & rocket	27
<b>Capricciosa</b> ham, mushroom, artichoke, garlic, olives & buffalo mozzarella	26
<b>Lamb</b> pine nuts, spiced mince lamb, chilli, zucchini & buffalo mozzarella	26
<b>Duck</b> smoked duck, mushrooms, buffalo mozzarella, shallots, hoisin sauce, chilli & cucumber ribbons ...	27
<b>BBQ Chicken</b> onion, mushrooms, capsicum, buffalo mozzarella & bbq sauce	26
<b>Potato</b>  confit garlic, rosemary & buffalo mozzarella	24

GF Base  + (5) Vegan Cheese  + (4)

## FROM THE LAND

### CHICKEN & MUSHROOM PASTA 34

creamy linguine with seasonal mushrooms, chicken & chives

### CHICKEN SCHNITZEL 28

w homemade gravy & and a choice of salad OR chips  
+ parmigiana (4)

### BUTTER CHICKEN CURRY 28

w steamed jasmine rice, papadums & chilli sambal

### STEAK FRITES 32

200gm striploin w cafe de paris butter, rocket & shoestring fries

### 250GM GRASS FED SCOTCH FILLET MB4+ 38

w garlic sauteed spinach & roasted portobello mushrooms & choice of sauce  
+ chips (6)

**Sauces: pepper, mushroom, red wine jus or garlic butter**

## SIDES

### CHIPS W AIOLI 10

### SHOESTRING FRIES W AIOLI 11

### MESCLUN SALAD 9

w vinaigrette

### CHARRED GREENS 12

chinese broccoli and broccolini

## LITTLE SAILORS

### SPAGHETTI NAPOLETANA 14

### CHEESE PIZZA 14

+ ham (3)

### CHICKEN TENDERLOINS & CHIPS 14

### CHEESEBURGER SLIDERS & CHIPS 15

### FISH & CHIPS 14

grilled  or battered fish

**swap any chips for steamed vegetables  + (2)**

### VANILLA ICE CREAM SCOOP 3

w chocolate sauce & sprinkles (per scoop)

## DESSERT

### AFFOGATO 11

w vanilla ice cream & a shot of hot espresso  
w your choice of baileys, amaretto, frangelico  
or kahlúa (18+ only) (+ 9)  
or lyres amaretto (non-alcoholic spirit) (+7)

### VANILLA ICE CREAM SCOOP 3

w chocolate topping and sprinkles

### APPLE STRUDEL 14

w vanilla crumble & ice cream

### BISCOFF STICKY DATE PUDDING 15

w vanilla ice cream

### DONUT FRIES 14

w caramel biscoff & cream  
scoop vanilla ice cream (+ 3)

Please be aware that each meal is sent to your table once it's prepared, this may result in you receiving meals at different times.

 = Vegetarian |  = Vegan |  = Gluten Free

Our menu contains allergens and is prepared in a kitchen that handles nuts, shellfish and gluten. Whilst all reasonable efforts are taken to accommodate guest dietary requirements, we cannot guarantee that our food will be allergen free.