

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

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 OR 1KG 30

served w ranch dressing

Choice of sauce

salt & szechuan pepper

smokey hot bbq

franks hot sauce

FROM THE SEA

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

SALADS

HELM CAESAR SALAD 22

w cos, broccolini, crispy pancetta, parmesan, egg & croutons


+ poached chicken  (8) + falafel  (8)

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  (8)

+ poached chicken  (8), + 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 (5) + extra cheese (3)

+ pancetta (3) + GF bun  (3)


BEYOND BURGER & CHIPS 26

plant-based patty w vegan cheese, lettuce, tomato, pickles & vegan mayo + GF bun  (3)


SOUTHERN-FRIED CHICKEN BURGER & CHIPS 26

southern-fried chicken w cheese, lettuce, sambal mayo & jalapeños

+ extra chicken piece (5) + extra cheese (3)

+ 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  (3)

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

PIZZA

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

220GM GRASS FED MB2 STRIPLOIN 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.