

TO SHARE

GARLIC FOCACCIA 14

house baked focaccia w confit garlic & dill

HUMMUS OR TARAMASALATA 14

w toasted sourdough
add 3 potato scallops (9)

ANTIPASTO PLATE 28

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

TRUFFLE & PARMESAN ARANCINI 22

8 per serve w aioli

TACOS 2 PER SERVE 18

served w avocado cream, mango salsa, onions &
coriander

Choice of

carne asada (grilled steak), eggplant  OR
battered fish

HELM BUFFALO WINGS 18 OR 1KG 30

served w ranch dressing

Choice of sauce

salt & szechuan pepper
smokey hot bbq
franks hot sauce (spicy)
mango habanero (spicy)

FROM THE SEA

Freshly Shucked Oysters  w fresh lemon & yuzu mignonette	30/48
Battered Calamari w chilli aioli & pickled chilli	21
Lobster Springrolls 4 per serve, w sriracha aioli & lime	25
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 panko prawns, grilled calamari, beer-battered fish, chips, tartare sauce & fresh lemon...	36
Cold Seafood Platter  8 Sydney rock oysters, 8 unpeeled cooked tiger prawns, salmon tartare, taramasalata w cassava crackers, fresh lemon & condiments	79
Hot Seafood Platter 2 salmon skewers, grilled calamari, panko prawns, beer battered fish fillet, 2 fish tacos, potato scallops, fries, fresh lemon & condiments	60
Hot & Cold Seafood Platter Combo serves 2	139
add Minuty M Rosé Côtes de Provence, Fr btl (Save \$20)	199

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, crispy barramundi or chilli
soy marinated beef 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

BURGERS


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  (3)

STEAK SANDWICH & SHOESTRING FRIES 28

150gm minute steak w swiss cheese, chilli pesto &
caramelised onions on white bread + GF bun  (3)

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
Beef Rendang potato, onion, coconut, kaffir lime leaves & buffalo mozzarella	27

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 & a choice of salad OR chips + parmigiana (4)
- BUTTER CHICKEN CURRY 28**
w steamed jasmine rice, papadums & chilli sambal
- LAMB RIBS 24**
twice cooked w gremolata & chimichurri
- SPICED LAMB MEATBALLS 32**
w pinenuts, tabbouleh, pita, garlic sauce & hummus
- STEAK FRITES**  **32**
200gm striploin w cafe de paris butter, rocket & shoestring fries
- 200GM GRASS FED BEEF EYE FILLET 38**
choice of sauce w paris potato mash, peas, yorkshire pudding + 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
- POTATO SCALLOPS**  **W AIOLI 12**
4 pieces
- PARIS MASH POTATO**   **10**

 = 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.

Surcharge 10% on sundays & 15% on public holidays | 1.5% surcharge on all credit cards| no daily specials or promotions on public holidays

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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 Lyre's 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)