

## TO SHARE

### 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)

### TACOS 2 PER SERVE 18

served w avocado cream, mango habanero (spicy)  
salsa, onions & coriander

#### Choice of

carne asada (grilled steak), eggplant  OR  
battered fish

### TRUFFLE & PARMESAN ARANCINI 22

8 per serve w aioli

### 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)

### GARLIC FOCACCIA 14

house baked focaccia w confit garlic & dill

## FROM THE SEA

<b>Freshly Shucked Oysters</b>  w fresh lemon & yuzu mignonette .....	30/48
<b>S &amp; P Calamari</b> w chilli aioli & pickled chilli .....	21
<b>Lobster Springrolls</b> 4 per serve, w sriracha aioli & lime .....	25
<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> panko prawns, s & p calamari, beer-battered fish, chips, tartare sauce & lemon .....	36
<b>Cold Seafood Platter</b>  8 Sydney rock oysters, 8 unpeeled cooked tiger prawns, salmon tartare, taramasalata w cassava crackers, fresh lemon & condiments	79
<b>Hot Seafood Platter</b> 2 salmon skewers, s & p calamari, panko prawns, beer battered fish fillet, 2 battered fish tacos (spicy), potato scallops, fries, fresh lemon & condiments	65
<b>Hot &amp; Cold Seafood Platter Combo</b> 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)

### THAI SALAD 26

choice of 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 + 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

<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>Duck</b> duck confit, mushrooms, buffalo mozzarella, shallots, hoisin sauce, chilli & cucumber ribbons	29
<b>BBQ Chicken</b> onion, mushrooms, capsicum, buffalo mozzarella & bbq sauce	26
<b>Beef Rendang</b> 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 SHOULDER 68** Friday - Sunday  
(at least 30 mins, serves 3-4 people)  
slow cooked w chimichurri, roasted potatoes & grilled broccolini
- 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**  
sliced eye fillet w paris potato mash, peas, yorkshire pudding & 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
- POTATO SCALLOPS** (✓) W AIOLI 12  
4 pieces
- PARIS MASH POTATO** (✓) (🌾) 10  
creamy mash potato

(✓) = 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  
helmbar.com.au

## 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)
- 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)

### NOTE:

Food will arrive when cooked, this may result in meals arriving at your table at different times.