



GRAZING

	MEMBER	GUEST
GARLIC BREAD NF V	10	12
CHEESE & GARLIC FLATBREAD NF V	12	14
CRISPY POTATO WEDGES NF V DFR VER sweet chilli sauce, sour cream	14	16
FRIED FISH TACOS NF DF slaw, avocado, charred corn mayo (3)	22	25
HOUSE FRIED CORN CHIPS NF GF DF V VE guacamole, pico de gallo, coriander	16	19
SALT & PEPPER SQUID NF DF aioli, lime	20	23
KINKAWOOKA MUSSELS NF GFR DFR white wine, chilli, garlic, butter, sourdough	26	29
HALF KILO COOKED TIGER PRAWNS NF GF DF mary rose dressing, lemon	28	31
SMOKED SALMON NF GFR DFR crostini, crème fraîche, roe, dill	20	23
BUFFALO WINGS NF DFR celery sticks & blue cheese dipping sauce <i>saucers - smokey BBQ, spicy buffalo, xxx hot</i>	22	25
SYDNEY ROCK OYSTERS NF GF DF cucumber mignonette, lemon		
HALF DOZ	35	39
DOZ	60	65

HOT & COLD SEAFOOD PLATTER

120 | 140

COLD

SMOKED SALMON NF GFR DFR crostini, crème fraîche, roe, dill
COOKED TIGER PRAWNS NF GF DF mary rose dressing
SYDNEY ROCK OYSTERS NF GF DF cucumber mignonette, lemon

HOT

BATTERED MARKET FISH NF lemon
SALT & PEPPER SQUID NF DF aioli
KINKAWOOKA MUSSELS NF GFR DFR white wine, chilli, garlic, butter
STEAK FRIES NF DF VE sea salt

SALADS & BOWLS

	MEMBER	GUEST
BANG-BANG SALAD GF DF VR VER carrot, snow peas, bean sprouts, cabbage, peanut, satay sauce, lime	18	21
CAESAR SALAD NF VR GFR DFR cos lettuce, crispy bacon, egg, croutons, parmesan	18	21
BUDDHA BOWL NF GF DF VE kale, quinoa, avocado, pickled onion, soft herbs, pumpkin, cauliflower, hummus, raisins, lemon	18	21
POKE BOWL GF V VER sushi rice, cabbage, edamame, wakame, pickled ginger, red onion, radish, ponzu, fried shallots, sesame	18	21
ADD ON		
POACHED CHICKEN NF GF DF	6	8
GRILLED SALMON NF GF DF	9	11
GREEN FALAFELS NF GF DF VE	6	8

PIZZA

GLUTEN FREE BASE NF GF V	5	7
MARGHERITA NF V DFR tomato base, mozzarella, oregano	23	26
HAWAIIAN NF DFR tomato base, ham, pineapple, mozzarella	24	27
CAPRICOSA NF DFR tomato base, ham, mushroom, olives, artichoke, mozzarella	24	27
CLASSIC VEGETARIAN NF V DFR tomato base, mushroom, capsicum, onion, pineapple, olives, mozzarella	24	27
SUPREME NF DFR tomato base, pepperoni, ham, mushroom, olives, green capsicum, red onion, pineapple, mozzarella	25	28
BBQ BIRD NF DFR BBQ base, chicken, streaky bacon, green capsicum, mozzarella	26	29
CARNIVORE NF DFR BBQ base, pepperoni, shaved ham, chorizo, Italian sausage, mozzarella	26	29
GARLIC PRAWN NF DFR tomato base, fresh tomato, garlic, parsley, aioli, mozzarella	26	29
MOROCCAN LAMB NF DFR tomato base, spiced lamb, tomato, cumin, yoghurt, coriander, lemon, mozzarella	26	29
SEAFOOD NF GFR tomato base, prawns, squid, mussels, garlic, mozzarella	26	29

BURGERS AND SANDWICHES

	MEMBER	GUEST
HELM BURGER NF GFR beef, cheese, lettuce, tomato, onion, burger sauce	24	27
CHICKEN SCHNITZEL BURGER NF bacon, cheese, avocado, green slaw, mayo	22	25
STEAK SANDWICH ON SOURDOUGH NF DFR caramelised onion, beetroot, lettuce, tomato relish, aioli	26	29
PUMPKIN FALAFEL BURGER NF V GFR VER lettuce, pickled onion, tomato, smashed avocado	22	25
BURGER ADD ON		
BEEF PATTIE	4	6
BACON	3	5
CHEESE	2	4
AVOCADO	3	5

MAINS

CHICKEN SCHNITZEL NF slaw, chips	26	29
CHICKEN PARMIGIANA NF napoli sauce, mozzarella cheese, slaw, chips	28	31
BATTERED MARKET FISH NF slaw, chips, tartare	27	30
PAN FRIED BARRAMUNDI NF GF DF oven roast potatoes, sugar snaps, caponata, lemon	34	38
SEAFOOD HOT POT NF GFR DFR mussels, squid, prawns, white wine, garlic, butter, parsley, sourdough	34	38
CRUMBED LAMB CUTLETS NF mash, snow pea tabbouleh, mint, jus	36	40
250G RUMP MBS2+ NF GF DFR Jacks Creek <i>Steak come with your choice of sauce and two sides: chips, salad, mash or seasonal vegetables</i>	32	36
EXTRA SAUCES	3	
gravy, mushroom, peppercorn, dianne, béarnaise		

PASTA

PRAWN LINGUINE DF GFR VER charred tomato tapenade, sugar snaps, basil, pangrattato	28	31
PUMPKIN RAVIOLI V NFR basil pesto, fetta, lemon	28	31
RIGATONI VODKA NF GFR Italian sausage, chilli, parmesan	26	29

SIDES

	MEMBER	GUEST
COS, TOMATO, CUCUMBER, ONION NF GF DF VE lemon dressing salad	10	12
STEAMED SEASONAL VEG NF GF DF VE lemon, olive oil	10	12
POTATO MASH NF GF V	10	12
STEAK FRIES NF DF VE sea salt	10	12
GREEN CABBAGE SLAW NF GF DF VE radish, mint, lemon	10	12

DESSERTS

CHURROS V cinnamon sugar, butterscotch sauce	12	14
MANGO PANNA COTTA GF NFR vanilla cream, salted macadamia crumb	12	14
STICKY DATE PUDDING GF vanilla gelato, candied walnuts, salted caramel sauce	12	14
KIDS VANILLA ICE CREAM SCOOP chocolate sauce, marshmallows, 100's & 1000's	8	10

KIDS (under 12)

CHICKEN SCHNITZEL BITES NF DF chips, ketchup	12	14
GRILLED CHICKEN veggies or chips	12	14
BEEF BURGER cheese, ketchup, chips	12	14
BATTERED MARKET FISH fish veggies or chips	12	14
SPAGHETTI VER Napoli sauce or butter, cheese	12	14
KIDS MARGHERITA PIZZA V VER	12	14

KIDS VALUE MEAL

KIDS MEAL, KIDS DRINK, ICE CREAM CUP	13.5	15.5
ACTIVITY PACK		3

NF - nut free	V - vegetarian	VER - vegan on request
GF - gluten free	VE - vegan	NFR - nut free on request
DF - dairy free	VR - vegetarian on request	DFR - dairy free on request
	GFR - gluten free on request	

NOTE:

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

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
helmbarr.com.au

COCKTAILS

MARGARITA 🍹	22
Espolon Reposado Tequila, lemon, lime & orange essence w a salt rim, dehydrated lime	
TOMMY'S MARGARITA 🍹	22
Espolon Reposado Tequila, lemon, lime & orange essence, served on the rocks, dehydrated lime	
COCONUT MARGARITA	22
1800 Coconut Tequila, lemon, lime & orange essence, w shaved coconut, dehydrated lime	
PASSIONFRUIT GIN FIZZ 🍹	23
Gordon's Passionfruit Gin, lemon, lime, aquafaba, soda & fairy floss, dehydrated lemon	
COSMOPOLITAN 🍹	22
Ketel One Vodka, lime, cranberry & a dash of orange, dehydrated orange	
GORDON'S PINK SPRITZ	21
Gordon's Pink Gin, sparkling wine, lemonade & fresh strawberries	
TROPICAL SPRITZ	21
Smirnoff Mango & Passionfruit Vodka, mango & passionfruit puree & soda, dehydrated lime	
APEROL SPRITZ	21
Aperol, Sparkling Wine, soda & fresh orange	
FROZEN DAIQUIRI	24
STRAWBERRY OR MANGO Pampero Blanco White Rum, puree, lemon & ice, mango cheeks or fresh strawberries	
GARDEN SPRITZ	17
Chandon Sparkling Wine w specially handcrafted orange bitters & rosemary, fresh orange	
LIMONCELLO SPRITZ	21
Villa Massa Limoncello, lemon & lime mix, topped with soda, fresh lemon and fresh rosemary	
WHISKY SOUR	23
Ardbeg 5YO peated Single Malt Scotch or Johnnie Walker Black & sours mix, maraschino cherry, fresh orange	
AMARETTO SOUR	23
Disaronno Amaretto, sours mix, bitters & maraschino cherry	
HENNESSY GINGER	14
Hennessy VS, ginger ale, fresh lemon & mint sprig	
ESPRESSO MARTINI	23
Ketel One Vodka shaken w our espresso martini blend & coffee beans	
LYCHEE ROSE MARTINI	23
Tanqueray Gin, Lychee Liqueur, rose syrup, lemon juice & fairy floss	

BLOODY MARY	22
Ketel One Vodka, spicy bloody mary mix, chilli & salt rim, olives & celery	
OLD FASHIONED	23
Makers Mark Bourbon, sugar, bitters & orange peel <i>Upgrade to Angel's Envy Bourbon (add 4)</i>	
STRAWBERRY SENSATION	24
Gordon's Pink Gin, Cointreau, cranberry, lime & strawberry puree, fresh strawberry	

COCKTAIL JUGS

PIMM'S NO.1 CUP JUG	38
Pimm's, lemonade, ginger ale, fresh mint, cucumber, lime, orange & strawberries	
LIMONCELLO SPRITZ JUG	40
Villa Massa Limoncello, lemon & lime mix, topped with soda, fresh lemon and fresh rosemary	
STRAWBERRY WOO WOO JUG	40
Ketel One Vodka, Peach Schnapps, lime, strawberry puree, cranberry juice & fresh strawberries	
MANGO PASSION JUG	40
Kettle One Vodka, Orange Liqueur, mango & passionfruit puree, apple & orange juice & fresh lemon & lime	

**COCKTAIL
HAPPY HOUR
5 - 7PM DAILY**

BY THE GLASS

SPARKLING



ZILZIE BTW SPARKLING NV Murray Darling, Vic	12 -
CHANDON BRUT NV Yarra Valley, Vic	16 -
MOËT & CHANDON BRUT IMPERIAL NV Épernay, Fr	25 -

WHITE

ZILZIE BTW SAUVIGNON BLANC Murray Darling, Vic	10 17
SOHO SAUVIGNON BLANC Marlborough, NZ	13 21
LE PEZZE PINOT GRIGIO DOC Veneto, Italy	13 21
ROCKY ROAD MCHENRY HOHNEN CHARDONNAY Margaret River, WA	15 24
NAKED RUN RIESLING Clare Valley, SA	14 23
ZILZIE BTW MOSCATO Murray Darling, Vic	11 19

PREMIUM WHITE SELECTION

SERVED WITH CORAVIN

2023 CLOUDY BAY SAUVIGNON BLANC Marlborough, NZ	24 32
2023 DOMAINE JEAN COLLET CHABLIS CHARDONNAY Burgundy, Fr	19 29

ROSÉ

LOU PARAIS ROSÉ Provence, Fr	13 21
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PREMIUM ROSÉ SELECTION

SERVED WITH CORAVIN

2023 WHISPERING ANGEL ROSÉ Côtes de Provence, Fr	19 29
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RED



ZILZIE BTW CABERNET MERLOT Murray Darling, Vic	10 17
TUMBLONG HILLS SHIRAZ Gundagai, NSW	13 21
DE' VASARI CHIANTI DOCG SANGIOVESE Chianti, It (organic, biodynamic)	14 23
SADDLEBACK PINOT NOIR Central Otago, NZ (vegan)	16 25
TERRAZAS DE LOS ANDES RESERVA MALBEC Mendoza, Arg	14 23

PREMIUM RED SELECTION

SERVED WITH CORAVIN

2022 CLOUDY BAY PINOT NOIR Marlborough, NZ	29 43
2015 CARAT DE CHATEAU REAUT MERLOT CABERNET SAUVIGNON St Emilion Bordeaux, Fr	35 52
2019 CASTAGNA GENESIS SYRAH Beechworth, Vic	32 50

NON ALCOHOLIC

LYRE'S CLASSICO SPARKLING WINE Aus (250ml can)	14 -
1920 PINOT GRIGIO Aus (vegan)	10 17
NEXT DESTINATION SHIRAZ Barossa Valley, Aus (vegan)	12.5 21

WHAT IS A CORAVIN?

Coravin is a unique tool that allows us to pour a glass of wine from higher end bottles without having to uncork the entire bottle. It uses argon gas to replace the wine that is poured out, preserving the remaining wine for later use.

BY THE BOTTLE



SPARKLING

ZILZIE BTW SPARKLING NV Murray Darling, Vic	58
FARINA PROSECCO DOC Veneto, It	64
CHANDON BRUT NV Yarra Valley, Vic	70
CHANDON BRUT ROSÉ NV Yarra Valley, Vic	70
RUINART BLANC DE BLANCS NV Reims, Fr	350
MOËT & CHANDON BRUT IMPERIAL NV Épernay, Fr	110
MOËT & CHANDON BRUT IMPERIAL NV Magnum Épernay, Fr	210
VEUVE CLICQUOT YELLOW LABEL BRUT NV Reims, Fr	160
VEUVE CLICQUOT YELLOW LABEL BRUT NV MAGNUM Reims, Fr	310

WHITE

ZILZIE BTW SAUVIGNON BLANC Murray Darling, Vic	49
SOHO SAUVIGNON BLANC Marlborough, NZ	64
CLOUDY BAY SAUVIGNON BLANC Marlborough, NZ	85
LEEWIN ESTATE ART SERIES SAUVIGNON BLANC Margaret River, WA	80
LE PEZZE PINOT GRIGIO DOC Veneto, Italy	61
EMMALENE PINOT GRIS Adelaide Hills, SA	60
SADDLEBACK PINOT GRIS Central Otago, NZ (vegan)	67
MR RIGGS COLD CHALK CHARDONNAY Adelaide Hills, SA	72
ROCKY ROAD MCHENRY HOHNEN CHARDONNAY Margaret River, WA	68
DOMAINE JEAN COLLET CHABLIS Burgundy, Fr	84
NAKED RUN RIESLING Clare Valley, SA	67
ZILZIE BTW MOSCATO Murray Darling, Vic	52

ROSÉ

MINUTY M ROSÉ Côtes de Provence, Fr	69
LOU PARAIS ROSÉ IGT Provence, Fr	61
WHISPERING ANGEL ROSÉ Côtes de Provence, Fr	80

RED

ZILZIE BTW CABERNET MERLOT Murray Darling, Vic	49
CARAT DE CHATEAU REAUT MERLOT CABERNET SAUVIGNON St Emilion Bordeaux, Fr	150
WANGOLINA SHIRAZ CABERNET Limestone Coast, SA	63
TUMBLONG HILLS SHIRAZ Gundagai, NSW	61
TORBRECK 'WOODCUTTERS' SHIRAZ Barossa Valley, SA	70
CASTAGNA GENESIS SYRAH Beechworth, Vic	140
DE' VASARI CHIANTI DOCG SANGIOVESE Chianti, It (organic, biodynamic)	67
SADDLEBACK PINOT NOIR Central Otago, NZ (vegan)	78
CLOUDY BAY PINOT NOIR Marlborough, NZ	110
ALKIMI "UPPER YARRA VALLEY" PINOT NOIR Yarra Valley, Vic	75
TORBRECK "THE STEADING" GRENACHE SHIRAZ MATARO Barossa Valley, SA	85
DOMAINE DE LA VIELLE JULIENNE GRENACHE BLEND Côtes du Rhône, Fr	67
TERRAZAS DE LOS ANDES RESERVA MALBEC Mendoza, Arg	68
PARKER ESTATE COOL CLIMATE CABERNET SAUVIGNON Coonawarra, SA	63

NON ALCOHOLIC

LYRE'S CLASSICO SPARKLING WINE Aus (250ml can)	14
1920 PINOT GRIGIO Aus (vegan)	49
1920 ROSÉ Aus (vegan)	49

NON-ALCOHOLIC

NON-ALCOHOLIC BEER & CIDER

NASTRO AZZURO PERONI 0% Non alcoholic beer	9
GREAT NORTHERN 0% Non alcoholic beer	9
WILLIE SMITH APPLE CIDER 0% Non alcoholic organic cider	12

NON-ALCOHOLIC COCKTAILS JUGS

LYRE'S MOJITO JUG Lyre's White Cane Spirit, sugar syrup, fresh lime & mint, topped with soda	35
LYRE'S CITRUS SPRITZ JUG Lyre's London Dry Spirit & Italian Orange, yuzu soda, fresh lemon, grapefruit & mint	35

NON-ALCOHOLIC COCKTAILS

 **HAPPY HOUR 5PM - 7PM DAILY**

LYRE'S AMALFI SPRITZ Classic spritz w bittersweet orange & mediterranean botanicals	14
LYRE'S PINK GIN SPRITZ Lyre's pink gin, lemonade & fresh strawberries	15
COSNOPOLITAN  Lime, cranberry & a dash of orange, dehydrated orange	14
MARGNORITA  Lemon, lime & orange essence, w a salt rim, dehydrated lime	14
LYRE'S NEGRONI Aromatic bitters w hints of orange & fruit notes, orange peel, large crystal clear ice cube	15
LYRE'S G&T Juniper, citrus, botanicals & classic tonic water	14
LYRE'S AMARETTO SOUR Almond, lemon, lime, aquafaba, bitters & maraschino cherry, orange slice	15
LAVENDER LEMONADE Lavender syrup, fresh lemon & lemonade	14
VIRGIN MARY Spicy tomato juice mix, chilli & salt rim, olives & celery	17

WHAT'S ON

MONDAY SCHNITZEL With a schooner of balter xpa, house wine or soft drink	22
TUESDAY BURGER & BEER Choice of chicken, beef or vegan burger w schooner carlton dry, house wine or soft drink	22
WEDNESDAY FISH & CHIPS With a schooner of 4 pines pacific ale, house wine or soft drink	22
THURSDAY STEAK & CHIPS With a schooner of great northern super crisp, house wine or soft drink	22
FRIDAY PIZZAS Pick any pizza off the menu Schooners of balter easy hazy \$7	17
DAILY HAPPY HOURS 5PM - 7PM Weekdays incl. Beer, wine, spirits & cocktails Weekends incl. Cocktails	
WEEKENDS Jugs Of Carlton Draught or Great Northern Super Crisp	20

JOIN FEROS REWARDS



SCAN HERE TO BECOME A FEROS REWARDS MEMBER

Members to receive a discount on food and drink purchases

FUNCTIONS



BOOK YOUR NEXT FUNCTION OR EVENT WITH US

Areas & packages to suit groups of 2 - 604 people