HELM

Cockle Bay

M = MEMBER
G = GUEST

Smalls

	M | G
FLATBREAD (nf,v,dfr,ver) Confit tomato, bocconcini	14 | 16
GREEK PITA (nf,df,v,ve) Garlic, oregano, lemon	12 | 14
SYDNEY ROCK OYSTERS (1/2 doz) (a,nf,gf,df) Champagne vinegar mignonette	40 | 44
SYDNEY ROCK OYSTERS (doz) (a,nf,gf,df) Champagne vinegar mignonette	76 | 81
SWORDFISH TATAKI (a,nf,gf,df) Fennel, orange caper ponzu, aleppo, green oil	20 | 23
FRESH QLD TIGER PRAWNS (a,nf,gf,df) Marie rose sauce, lemon	40 | 44
BBQ OCTOPUS (i,nf,gf,df) Potatoes, parsley, lemon oil	22 | 25
HALLOUMI (gf,vr,nfr) Honeycomb, anchovies, pistachio	21 | 24
WHIPPED FETTA (nf,v,gfr) Spiced grilled peppers, pita	18 | 21
ARANCINI (4) (nf,v) Zucchini, pea, dill, aioli	16 | 19
TARAMASALATA (nf,df) Lemon oil	14 | 16
FRIED CALAMARI (i,nf,df) Garlic, oregano, chilli, lemon aioli	24 | 27
CHIPS (nf,df,v,ve) Sea salt, rosemary	11 | 13
HELLENIC SNACK PACK (nf,vr,dfr,ver) Shredded lamb, fries, garlic sauce, green sauce, halloumi	22 | 25

Large Plates

SANTORINI LINGUINE (m,nf,vr,dfr,ver) Prawns, capers, garlic, lemon, olives	32 | 36
EGGPLANT PARMI (nf,gf,v,dfr,ver) Tomato sauce, fetta, panache	26 | 29

FUNCTIONS

BOOK YOUR NEXT FUNCTION OR EVENT WITH US

Areas & packages
to suit groups of 2 – 604 people

JOIN FEROS REWARDS

SCAN HERE TO BECOME A FEROS REWARDS MEMBER

Members to receive a discount
on food and drink purchases

Seafood Platter

	M | G
SYDNEY ROCK OYSTERS (1/2 doz) (a,nf,gf,df) Champagne vinegar mignonette	175 | 205
QLD TIGER PRAWNS (4) (a,nf,gf,df) Marie rose sauce, lemon	
BBQ OCTOPUS (i,nf,gf,df) Potatoes, parsley, lemon oil	
SWORDFISH TATAKI (a,nf,gf,df) Fennel, orange caper ponzu, aleppo, green oil	
FRIED CALAMARI (i,nf,df) Garlic, oregano, chilli, lemon aioli	
HOUSE BATTERED MARKET FISH (m,nf,df) Chips, lemon, tartare, mixed leaf salad	

Rotisserie

SERVED WITH PITA, TZATZIKI, CHIPS AND CHOICE OF SIDE

PORK SHOULDER (nf,gfr,dfr) Fennel, herbs	31 | 35
LAMB LEG (nf,gfr,dfr) Garlic, thyme, oregano	33 | 37
1/2 FREE RANGE CHICKEN (nf,gfr,dfr) Cinnamon, paprika, lemon	30 | 33

Sides

GREEK SALAD (nf,gf,v,dfr,ver) Fetta, tomato, olives, cucumber	12 | 14
WARM POTATO SALAD (nf,gf,df,v,ve) Soft herbs, lemon, eschalot	12 | 14
LOCAL LETTUCE (nf,gf,df,v,ve) Green onion, dill, oregano, lemon	9 | 11
CHIPS (nf,df,v,ve) Sea salt, rosemary	11 | 13

Gyros

PITA, LETTUCE, TOMATO, ONION, TZATZIKI, CHIPS

LAMB (nf,dfr)	25 | 28
CHICKEN (nf,dfr)	23 | 26
GREEN FALAFEL (nf,v,dfr,ver)	22 | 25
GYRO BOWL (nf,dfr,vr,ver) Lettuce, tomato, onion, cucumber, fetta, tzatziki, pita, chips, choice of chicken, lamb or falafel	26 | 29

Surcharge 10% on Sundays & 15% on public holidays

No daily specials or promotions on public holidays
helmbar.com.au

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Salad

	M	G
CAESAR SALAD (nf,vr,gfr,dfr,ver) Cos, speck, parmesan, pangrattato, egg, anchovy dressing	22	25
GREEK SALAD (nf,gf,v,dfr,ver) Fetta, tomato, olives, cucumber, oregano, evoo	22	25
BABY COS SALAD (nf,gf,v,dfr,ver) New potatoes, dill, cucumber, buttermilk dressing	22	25
PROTEIN		
Grilled halloumi (nf, gf, v)	6	8
Cold poached prawns (4) (m,nf,gf,df)	6	8
Lamb leg, garlic, thyme, oregano (nf,gf,df)	8	10
Chicken, cinnamon, paprika, lemon (nf,gf,df)	6	8

Pizza

MARGHERITA (nf,v,gfr,dfr,ver) Fetta, oregano, mozzarella	26	29
ZA'ATAR (nf,v,gfr,dfr,ver) Confit garlic, mushroom, shallot	27	30
CHILLI PRAWN (m,nf,vr,gfr,dfr,ver) Garlic, cherry tomato, red onion	27	30
PEPPERONI (nf,vr,gfr,dfr,ver) Parmesan, chilli oil	27	30
ROAST CHICKEN (nf,vr,gfr,dfr,ver) Onion, bocconcini, mushroom, house bbq sauce	27	30

Kids value meal

KIDS UPGRADE Kids meal, Kids drink, ice cream cup	15	17
ACTIVITY PACK	3	

Kids (under 12)

BATTERED FISH (i,nf,df) Chips, aioli	13	15
CHEESEBURGER (nf) Chips	13	15
CHICKEN SCHNITZEL (nf) Chips	13	15
PASTA (nf,v,dfr,ver) Tomato or butter	13	15
GRILLED CHICKEN (nf,df,gfr) Chips	13	15
KIDS MARGHERITA PIZZA (nf,v)	13	15

Our Classics

	M	G
HOUSE CHICKEN PARMI (nf) Chips, salad	30	33
HOUSE CHICKEN SCHNITZEL (nf) Chips, salad	28	31
250G RUMP (nf,gfr,dfr) BMS 2+ Jacks Creek, chips, salad	37	41
HOUSE BATTERED MARKET FISH (m,nf,df) Chips, salad, tartare, lemon	33	37
ANGUS BEEF BURGER (nf) Lettuce, tomato, onion, cheddar, burger sauce	24	27
FRIED CHICKEN BURGER (nf) Lettuce, cheddar, spicy mayo	24	27

Condiments

SPICY MAYO (nf,gf,df,v)	3
GREEN SAUCE (nf,gf,df,v,ve)	4
LEMON AIOLI (nf,gf,df,v)	3
HOUSE GRAVY (nf,gf,v)	3

Desserts

BAKLAVA SPRING ROLL (3) (v) Walnut, cinnamon, lemon honey syrup	14	16

Daily Specials

MONDAY	$20 - Gyros & Chips. Plus, house beer or wine for $8
TUESDAY	$20 - Burger & Chips. Plus, house beer or wine for $8
WEDNESDAY	$20 - Fish & Chips. Plus, house beer or wine for $8.
THURSDAY	$20 - Chicken Schnitzel & Chips.Plus, house beer or wine for $8.
FRIDAY	$17 - ALL Pizza, $8 Stone & Wood Schooners
SATURDAY	$20 Jugs of House Beers
SUNDAY	$20 Jugs of House Beers

DAILY HAPPY HOUR - 4pm -7pm

NF = Nut Free | GF = Gluten free | DF = Dairy Free
V = Vegetarian | VE = Vegan | VR = Vegetarian on Request
GFR = Gluten free on Request | DFR = Dairy Free on Request
VER = Vegan on Request | NFR = Nut Free on Request
A = Australian Seafood | I = Imported Seafood | M = Mixed Origin

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