

## SMALLER PLATES

**HOUSE MARINATED OLIVES** (GF, V) 9

**CHARGRILLED SOURDOUGH** (V) 8  
w extra virgin olive oil & balsamic vinegar

**HUMMUS** (V) 19  
w house marinated olives & chargrilled pita

**ARANCINI BALLS** 16  
see daily selection w basil aioli

**MOZZARELLA STICKS** (V) 14  
crumbed mozzarella sticks w tomato relish

**PLOUGHMAN'S BOARD** 30  
hummus, piparra sweet chilli's, prosciutto, chorizo, mozzarella sticks, cheese selection & chargrilled sourdough

**CHEESE PLATE** 26  
daily selection of three cheeses w lavosh

**OYSTERS** half doz 18 doz 36  
natural (GF) or kilpatrick

**SALT & PEPPER SQUID** 16  
w lime & honey soy sauce

✚ **SPICY BUFFALO WINGS** 19  
your choice of ranch or smoky BBQ sauce

**SOOG FRESH WHOLE PRAWNS** (GF) 25  
w fresh lemon & marie rose sauce

**SALMON FISH CAKES** 20  
w horseradish yoghurt & mesclun salad

**SEAFOOD CHOWDER** 18  
house made seafood chowder  
w chargrilled sourdough

**EXTRAS**  
chargrilled gluten free flat bread (GF, V) 6  
chargrilled pita bread (V) 6  
chargrilled sourdough 8

## BURGERS

✚ **MARINATED GRILLED CHICKEN BURGER** 16  
w lettuce, tomato & south carolina BBQ sauce

**BEEF BURGER** 16  
w onion jam, lettuce, tomato, pickles, mustard & western carolina BBQ sauce

**CAJUN FISH BURGER** 16  
spiced battered barramundi w tomato, lettuce & alabama ivory sauce

**HALOUMI BURGER** (V) 15  
w grilled haloumi & zucchini, tomato, rocket & mint yoghurt sauce

**EXTRAS**  
fries 5  
cheese, bacon 1 each  
housemade chilli sauce, smoky BBQ sauce 1 each

## SALADS

**SEARED SMOKED SALMON SALAD** (GF) 24  
quinoa, cherry tomatoes, green beans, spanish onion, soft boiled egg & basil pesto  
w vinaigrette dressing

**TUMERIC CAULIFLOWER SALAD** (GF, V) 16  
spiced chickpeas, spanish onion, rocket, green beans & a mint yoghurt dressing

**GRILLED HALOUMI SALAD** (GF, V) 23  
haloumi, grilled zucchini, cherry tomatoes, cucumber, spanish onion, spinach, rocket, mint & pine nuts w a vinaigrette dressing

**GRILLED CHICKEN SALAD** (GF) 21  
carrot & cucumber ribbons, mesclun lettuce, spanish onion, bulgarian feta & a balsamic vinaigrette dressing

✚ **FENNEL & ORANGE SALAD** (GF, V) 16  
rocket, toasted walnuts, parsley & a citrus dressing

**EXTRAS**  
grilled chicken (GF), smoked salmon (GF) 5  
grilled king prawns (GF) 7  
grilled haloumi (V) bulgarian feta (GF, V) 3

## PIZZA

**GARLIC PIZZA** (V) 12

**MARGHERITA** (V) 22  
buffalo mozzarella, cherry tomatoes & fresh basil

**VERDURE** (V) 23  
pumpkin, bulgarian feta, spinach purée, onion jam & roasted pine nuts

**GAMBERONE** 27  
marinated prawns, garlic, chilli oil, tomato, buffalo mozzarella & rocket

✚ **TUTTO CARNE** 25  
spicy salami, pork & fennel sausage, ham, goats cheese, caramelised onion, roasted capsicum & olive tapenade

**PROSCIUTTO RUCOLA** 24  
prosciutto, tomato, rocket, parmesan & buffalo mozzarella

**DIAVOLA** 25  
spicy pepperoni, buffalo mozzarella, parmesan & chilli oil

**GLUTEN FREE** (GF) 9 inch base 5

Friday & Saturday nights limited pizza menu available from 9pm until close

**AHOY SAILORS! PLEASE ORDER AT THE BAR**

10% surcharge on public holidays | 1.5% charge on all cards  
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## MAINS

⚓ **SALT & PEPPER SQUID 22**  
w fries, mesclun salad & confit garlic aioli

**BEER BATTERED FISH & CHIPS 23**  
australian barramundi fillet served  
w tartare sauce & fresh lemon

**SEAFOOD BASKET 32**  
panko prawns, salt & pepper squid, beer battered  
fish, fries, tartare sauce & fresh lemon

**GRILLED MARKET FISH** (see specials board)  
w brocolini, flaked almonds, crispy crushed  
potatoes & a lemon dressing 28  
w mesclun salad & fries 26

**GRILLED SALMON & SOBA NOODLES 28**  
w snow peas, avocado & a chilli lime dressing

**BLUE SWIMMER CRAB LINGUINE 27**  
w tomato, chilli, garlic, extra virgin olive oil,  
parsley & pangrattato crumb

**CACIO E PEPE SPAGHETTI 25 (V)**  
pecorino, parmigiano reggiano, cracked black  
pepper & parsley

**CHICKEN SCHNITZEL 23**  
w fries, mesclun salad & red wine jus  
add parmigiana 4

**300G SCOTCH FILLET** (grass fed)  
w mesclun salad & fries 31  
w brocolini, flaked almonds & crispy  
garlic potatoes 35

**250G SIRLOIN** (grass fed)  
w mesclun salad & fries 26  
w brocolini, flaked almonds & crispy garlic  
potatoes 30

choice of red wine jus, garlic butter, mushroom or  
peppercorn sauce (all GF)

**EXTRAS (GF)**  
grilled king prawns 7  
hot english mustard, dijon mustard 0.50 each

### HOST YOUR NEXT EVENT WITH US!

Have you got a birthday, farewell,  
engagement or corporate event coming up?  
Enjoy capacity for up to 400 people, an  
extensive function menu and uninterrupted  
waterfront views.

Bookings: [functions@helmbar.com.au](mailto:functions@helmbar.com.au) or  
(02) 9290 1571

## SIDES

**MESCLUN SALAD (GF, V) 8**  
w balsamic vinaigrette

**ROCKET & PARMESAN SALAD (GF, V) 9**  
w balsamic vinaigrette

**CHARGRILLED SOURDOUGH (V) 8**  
w extra virgin olive oil & balsamic vinegar

**CHARGRILLED PITA BREAD (V) 6**  
w extra virgin olive oil

**CHARGRILLED GLUTEN FREE FLATBREAD (V) 6**  
w extra virgin olive oil

**FRIES (V) 8**  
w confit garlic aioli

**SWEET POTATO FRIES (V) 10**  
w sweet chilli sauce & sour cream

**CRISPY GARLIC POTATOES (V) 8**

**CHARGRILLED BROCCOLINI (V) 8**  
w flaked almonds & a lemon dressing

## DESSERT

**DESSERT AFFOGATO**  
w vanilla ice cream & a shot of hot espresso 10  
w your choice of baileys, amaretto, frangelico,  
kahlua liqueur or dubliner honeycomb whisky liqueur  
(18+ only) 7

⚓ **WARM TRIPLE CHOCOLATE BROWNIE 14**  
w vanilla ice cream, chocolate sauce  
& fresh strawberries

**SALTED CARAMEL TART 12**  
w vanilla ice cream & fresh strawberries

**BEN & JERRY'S ICE CREAM FLAVOURS 4.5**  
(120ml)

**MAGNUM MINI ICE CREAM 4.5**

**CHEESE PLATE (V) 26**  
daily selection of three cheeses

### LITTLE SAILORS 14 EACH

**CHEESE PIZZA (V)**  
w cheese & tomato sauce

**GRILLED OR BATTERED FISH**  
w fries & mesclun salad or  
w brocolini & flaked almonds

⚓ **CRUMBED CHICKEN TENDERLOINS**  
w fries & fresh lemon

**CHEESE BURGER**  
w fries & tomato sauce

**SPAGHETTI NAPOLITANA (V)**  
w parmesan

all include a small soft drink

## AHOY SAILORS! PLEASE ORDER AT THE BAR



Chefs Recommendation



Staff Picks

GF (Gluten Free) V (Vegetarian). We are unable to guarantee our dishes are free from traces of gluten, nuts, oils or shellfish.