

EAT LIKE A CAPTAIN



PLEASE ORDER AT THE BAR

HELMBAR.COM.AU

TO SHARE

HOUSE MARINATED OLIVES (GF, V) 9

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

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

ARANCINI 16
see daily selection w basil aioli

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

CHICKEN & PORK TERRINE 19
w cornichons & chargrilled sourdough

SALT & PEPPER SQUID 14
w lime & honey soy sauce

♀ **SPICY OR BBQ BUFFALO WINGS** 19
your choice of ranch or blue cheese dipping sauce

SALT & PEPPER SCHOOL PRAWNS 16
w confit garlic aioli

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

SELECTION OF DIPS (V) 19
w house marinated olives & chargrilled sourdough

PLOUGHMAN'S BOARD 30
chicken & pork terrine, piparra sweet chilli's, prosciutto, chorizo, mozzarella sticks, cheese selection & chargrilled sourdough

CHEESE PLATE 26
daily selection of three cheeses w lavosh

BURGERS

♀ **MARINATED GRILLED CHICKEN BURGER** 16
w lettuce, tomato, confit garlic aioli & peri peri sauce

BEEF BURGER 16
w onion jam, lettuce, tomato, tomato relish, pickles & confit garlic aioli

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

CAJUN FISH BURGER 16
spiced battered barramundi w tomato, lettuce & tartare sauce

EXTRAS
fries 5, cheese, bacon 1

SALADS

SMOKED SALMON NICOISE SALAD (GF) 24
seared house smoked salmon, cherry tomatoes, green beans, olives, soft boiled egg, kipfler potatoes, anchovies & basil pesto

CAULIFLOWER SALAD (GF, V) 16
roasted cauliflower, capsicum, onion, spiced chickpeas & baby spinach w a spiced balsamic 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 20
grilled chicken, lentils, green beans, lettuce, spring onion, soft boiled egg w a vinaigrette dressing

EXTRAS (GF)
marinated grilled chicken, smoked salmon, school prawns 5
grilled haloumi 3 (V)

PIZZA

GARLIC PIZZA (V) 12

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

VERDURE (V) 23
pumpkin, bulgarian fetta, 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 E 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.

MAINS

SHARING STAND FOR TWO 95
w half a dozen oysters, sliced house smoked salmon, chilled prawns, marinierè mussels, beer battered fish, chargrilled australian king prawns, salt & pepper squid & fries

SEAFOOD CHOWDER 16
 house made seafood chowder
w chargrilled sourdough

⚓ **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 28
 salt and pepper prawns & squid, beer battered fish, fries, tartare sauce & fresh lemon

GRILLED FISH OF THE DAY (see specials board)
w broccolini, flaked almonds, crispy crushed kipfler 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

PORK & FENNEL PENNE 24
w onion, garlic, extra virgin olive oil & parmesan

CHICKEN SCHNITZEL 23
w fries, mesclun salad & red wine jus
ADD PARMIGIANA 4

350G RIB EYE ON THE BONE, PASTURE FED
w mesclun salad & fries 36
w broccolini, flaked almonds & crispy garlic kipfler potatoes 40

250G SIRLOIN, PASTURE FED
w mesclun salad & fries 30
w broccolini, flaked almonds & crispy garlic kipfler potatoes 34

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

EXTRAS (GF)
 grilled king prawn 7
 hot english mustard, dijon mustard 0.50

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

FRIES (V) 8
w confit garlic aioli

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

CRISPY GARLIC KIPFLER POTATOES (V) 6

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

DESSERT

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

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

CHEESE PLATE (V) 26
 daily selection of three cheeses w lavosh

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

KIDS MENU 14 EACH

CHEESE PIZZA (V)
w cheese & tomato

GRILLED OR BATTERED FISH
w fries
w mesclun salad
w broccolini & flaked almonds

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

PENNE NAPOLITANA (V)
w parmesan

all include a small soft drink



Chefs Recommendation



Staff Picks

DAILY SPECIALS

MONDAY

SCHNITZEL

— \$14 —

\$6 GREAT NORTHERN SCHOONER

TUESDAY

STEAK

— \$12 —

\$6 YAK ALES SCHOONERS

WEDNESDAY

FISH & CHIPS

— \$14 —

\$20 WITH HOUSE BEER OR WINE

\$6 PURE BLONDE SCHOONERS

THURSDAY

PIZZA

— \$14 —

\$6 CIDER SCHOONERS

SAT - SUN

1KG OF PRAWNS

— \$30 —

\$15 JUGS UNTIL 9PM

CARLTON DRAUGHT, VB OR BULMERS CIDER

Mon - Fri / 5pm - 7pm

\$6 DRINKS

HOUSE SPIRITS, HOUSE WINE & SCHOONERS



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 or (02) 9290 1571

Specials are not available on public holidays or during special events