

HELM

BAR & BISTRO

TO SHARE

HOUSE MARINATED OLIVES (GF) 9

SOURDOUGH & EXTRA VIRGIN OLIVE OIL (V) 8

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

SLICED HOUSE SMOKED SALMON 20
w fresh lemon, capers, dill & toast

SALT & PEPPER SQUID 14
w lime & honey soy sauce

500G FRESH WHOLE PRAWNS (GF) 25
w fresh lemon & marie rose sauce

✚ **BEEF CARPACCIO** 21
w watercress, parmesan & extra virgin olive oil

PROSCIUTTO 18
w melon & sourdough

✚ **BUFFALO WINGS** 19
your choice of ranch, buffalo spicy, blue cheese or nahm jim dipping sauce (extra sauce 2)

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

TAPAS PLATE 24
grilled chorizo, sweet chilli, arancini balls, prosciutto, spanish olives
w chargrilled sourdough

CHEESE PLATE 26
w lavosh, double cream brie: white mould cow's milk (Aus), gruyere: hard yellow cheese, sweet & salty (Swiss), manchego: nutty, buttery & rich (Spain)

SALADS

ROASTED BEETROOT SALAD (GF, V) 21
beetroot, golden beetroot, spinach, pear, walnuts, bulgarian fetta w vinaigrette

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

MOZZARELLA SALAD (GF, V) 22
buffalo mozzarella, rocket, basil pesto, heirloom tomatoes & balsamic dressing

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

EXTRAS 5
add smoked salmon, prawns, slow cooked lamb shoulder, grilled chicken

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

PIZZA

GARLIC PIZZA (V) 12

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

VERDURE (V) 21
pumpkin, bulgarian fetta, spinach purée, onion jam, roasted pine nuts

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

✚ **TUTTO CARNE** 24
spicy salami, pork & fennel sausage, ham, roasted capsicum, caramelised onion, goats cheese & olive tapenade

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

SALSICCIA 22
pork & fennel sausage, blue cheese, grilled zucchini & buffalo mozzarella

DIAVOLA 24
spicy pepperoni, parmesan, buffalo mozzarella & chilli oil

GLUTEN FREE (GF) 9 INCH BASE 5
Friday & Saturday nights limited pizza menu available from 9pm until close.

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.

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HELM

BAR & BISTRO

BURGERS / ROLLS

SLOW COOKED LAMB ROLL 17
w tzatziki, caramelised onions & baby spinach
ADD FRIES 22

PRAWN & AVOCADO ROLL 18
w aioli, lettuce & green shallots
ADD FRIES 23

⚓ **CHICKEN SCHNITZEL BURGER** 15
w lettuce, cheese, tomato, confit garlic aioli
& peri peri sauce
ADD FRIES 20

BEEF BURGER 16
w onion jam, lettuce, tomato, cheese, bacon,
tomato relish, pickles & confit garlic aioli
ADD FRIES 21

SIDES

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

**SOURDOUGH & EXTRA
VIRGIN OLIVE OIL** (V) 8

FRIES (V) 8
w confit garlic aioli

SWEET POTATO FRIES (V) 9
w sweet chilli sauce & sour cream

SEASONAL VEGETABLES 7

KIDS MENU 14 EA

Includes small
soft drink

CHEESE PIZZA (V)
w cheese & tomato

BEER BATTERED FISH & CHIPS
w tartare sauce & fresh lemon

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

PASTA NAPOLITANA (V)
w parmesan

MAINS

SHARING STAND FOR TWO 95
w half a dozen oysters, sliced house smoked
salmon, chilled & grilled prawns, mussels,
beer battered fish, whitebait & fries

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

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

GRILLED FISH OF THE DAY (see specials board)
w crushed potatoes & fennel, tomatoes,
chilli, olive salsa (GF) 28
or w mesclun salad & fries 25

BLUE SWIMMER CRAB LINGUINI 25
w tomato, chilli, garlic, extra virgin olive oil,
parsley & pangrattato

POTATO GNOCCHI (V) 25
w napolitana sauce & buffalo mozzarella & basil

SLOW COOKED BEEF RAGU 24
w fresh pappardelle & parmesan

CHICKEN SCHNITZEL 23
w fries, mesclun salad & red wine jus
ADD PARMIGIANA 27

BORROWDALE CRUMBED PORK CUTLET 32
w watercress, parmesan & fresh lemon
ADD CRUSHED POTATO 36

PASTURE FED TAURINDI BEEF (GF)

300G SCOTCH FILLET 34

250G SIRLOIN 30

chargrilled w fries & choice of café de paris butter,
mushroom or peppercorn sauce

ADD SMALL ROCKET & PARMESAN SALAD 38/34

DESSERTS

AFFOGATO (18+ only) 14
w vanilla ice cream topped with a shot of hot
espresso with your choice of baileys, amaretto,
frangelico or kahlua liqueur

⚓ **WARM TRIPLE CHOCOLATE BROWNIE** 12
w a scoop of vanilla ice-cream,
chocolate sauce with a strawberry

CHEESE PLATE (V) 26
(see 'to share' section)

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

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