



..... LUNCH MENU

Welcome to Helix Bar & Dining.

Helix Bar & Dining is a modern Restaurant and Bar

With a delectable menu, prepared in an open Kitchen, with a
Focus on Australian produce and shared dishes, partnered with
Regional wines, Classic Cocktails and a solid Beer selection.

Sourcing predominantly Fresh, Seasonal, Local and Australian produce for the Helix Menu

Ensures that more premium quality Beef and Seafood stays right here

In Australia and hits local Canberran's palates.

..... **SMALLS**

GARLIC BREAD

Garlic Butter | Mozzarella

Ciabatta for one ~ 5 | Cob to share ~ 13

BLUE SWIMMER CRAB AND BARRAMUNDI CAKE~ 21

Chermoula Dipping

CAMEMBERT, FIG AND ONION TART ~ 19

Micro Salad

..... **SALADS**

CHICKEN CAESAR SALAD ~ 26

Sliced Chicken | Cos lettuce | Shaved Parmesan | Crispy Bacon | Egg

CRISPY LOLLIGO SQUID SALAD ~ 26

Mixed Leaves | Coriander, Ginger & Lime Dressing

TOFU AND SOBA NOODLES SALAD ~ 26

Mixed Vegetables | Ponzu Dressing

If you have any specific dietary requirements

Please inform one of our friendly team members for assistance.

..... **MAINS**

HELIX VEGO BURGER ~ 22

Tomato | Lettuce | Onion Rings | Sweet Pickled Mustard | Sweet Potato Chips

HELIX WAGYU BEEF BURGER ~ 25

Tomato | Lettuce | Onion Rings | Sweet Pickled Mustard | Steak Fries

SLOW BRAISED BEEF BRISKET PANINI ~ 25

Tomato | Lettuce | Onions | Cheese | Steak Fries

GRILLED CHICKEN MELT ~ 25

Tomato | Lettuce | Onions | Cheese | Steak Fries

CAPTAIN'S CATCH FISH & CHIPS ~ 28

Lemon Wedge | Tartare Sauce

SLOW COOKED LAMB RAGU PAPPARDELLE ~ 29

Shaved Pecorino

CONFIT DUCK BREAST ~ 36

Sweet Corn Puree | Broccoli | Baby Dutch Carrots | Potato Gratin | 5 Spice Caramel sauce

HOME MADE CHICKEN JALFREZI ~ 29

Basmati Rice | Cucumber Salad | Naan Bread

PUMPKIN AND CARAMLEIZED ONION FILO ~ 22

Mixed Salad | Steak Fries

300G GRAIN FED STRIPLOIN ~ 33

Porcini Jus | Mustard | Steak Fries

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..... **SIDES**

ALL SIDES ~ 10

Autumn Vegetables

Mixed Leaf Salad

Whipped Truffle Oil Infused Mash

Roasted Kipfler

Steak Fries & Aioli

Sweet Potato Mash

..... **DESSERTS**

COCONUT PANNA COTTA~ 14

Mango Jelly | Cream Wafer

APPLE CRUMBLE~ 14

Poached Pear | Pistachio Gelato

VANILLA CRÈME BRULEE~ 14

Almond Biscotti

AUTUMN FRUIT PAVLOVA~ 18

Mixed Berries

AFFOGATO ~ 14

Vanilla Ice Cream | Chocolate Wafer | Espresso | Your Choice of Liqueur

HELIX CHEESE PLATE ~ 26

Selection of 3 Cheeses | Quince Paste | Grapes | Lavosh

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