



..... **DINNER 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 award winning wines, Classic Cocktails and a solid Beer selection.

At Helix Bar and restaurant we thrive on local produce and balance

Our menus based on the ingredient considered as Superfoods  
That are jam-packed with nutrients and can help provide your body with  
The vitamins and minerals you need to thrive and succeed with the best Vibe.

If you have any specific dietary requirements

Please inform one of our friendly team members for assistance.

..... **ENTREES** .....

**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

**DOUBLE PRESSED PORK BELLY ~ 19**

Micro Salad | Pear and Apple Sauce

**BRESAOLA CARPACCIO ~ 17**

Petit Bouche | Pecorino | Sliced Sourdough

..... **SALADS** .....

**CLASSIC 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

**SUNDRIED TOMATO PESTO PASTA SALAD ~ 23**

Olives | Artichokes | Peppers | Antipasti

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..... **VIBE FIT** .....

HOME MADE CHICKEN JALFREZI ~ 29

Basmati Rice | Cucumber Salad | Naan Bread

VEGETABLE LASAGNA ~ 26

Zucchini | Eggplant | Pumpkin | Sweet Potato

HELIX POKE BOWL ~ 26

Smoked Salmon | Brown Rice | Nori Sheet | Avocado | Mango | Pickled Ginger | Cucumber | Roasted Nuts

..... **MAINS** .....

CONFIT DUCK BREAST ~ 36

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

FISH OF THE DAY MOQUECA ~ 35

Prawns | Mussels | Garlic Ciabatta

BRAISED BYRON BAY BERKSHIRE PORK CHEEK ~ 34

Buttermilk Potato Puree | Ham Hock Bon Bon | Mushroom Medley | Apple Jus

OVEN BAKED ATLANTIC SALMON ~ 34

Butternut Squash | Pine Nuts and Sage Risotto

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..... **CHEF'S SIGNATURE DISH**.....

MAPLE BRINED BEEF CHEEKS ~ 34  
Autumn Vegetables | Potato Gratin | Porcini Jus

300G SMOKEY BBQ PORK RIBS SPLIT ~ 36  
With your choice of either Mash, Vegetables or Chips

SLOW COOKED LAMB RAGU PAPPARDELLE ~ 29  
Shaved Pecorino

BEEF WAGYU BOLOGNAISE ~ 29  
Shaved Pecorino | Rigatoni

..... **GRILL**.....

200G EYE FILLET ~ 36

**AMH**

250G GRAIN FED SCOTCH FILLET ~ 36

**Shorthorn MSA Graded marbling MB 2+**

300G GRAIN FED STRIPLOIN ~ 33

**Shorthorn MSA Graded marbling MB 2+**

MAKE IT A SURF AND TURF ~ 9

2 Skewers of Grilled Shrimp on the Barbie

All items from the Grill are served with your choice of one:

**GRILL SAUCES**

Pink peppercorn and Himalayan salt sauce | GSM Jus | Porcini Jus

**GRILL SIDES**

Vegetables | Mash | Beer Battered Chips

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..... **SIDES** .....

- Autumn Vegetables ~10
- Mixed Leaf Salad with House Dressing ~ 10
- Whipped Truffle Oil Infused Mash ~10
  - Roasted Kipfler ~ 10
  - Steak Fries & Aioli ~10
  - Sweet Potato Mash ~10
  - Onion Rings ~ 10

..... **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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