



..... 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 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.

..... **SMALLS** .....

**OVEN BAKED GARLIC BREAD**

Garlic Butter

Ciabatta for one ~ \$ 7 Baked Mozzarella Cob to share~ \$13

**CORN CRUSTED LOLLIGO SQUID ~ 18**

Tamarind Sauce

**BEEF SKEWERS ~ 18**

Pita Pocket | Herb Salad | Tzatziki

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

**CLASSIC CHICKEN CAESAR ~ 26**

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

**FRIED TOFU ~ 22**

Lentil & Mesclun

**GRILLED BEEF ~ 26**

Tomato Caprese | Bocconcini | Marinated olives | Mesclun

**CHICKEN & ASPARAGUS ~ 26**

Walnuts | Mesclun | Sprouts | Shaved Apple

If you have any specific dietary requirements

Please inform one of our friendly team members for assistance.

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

THE HELIX ANGUS BURGER ~ 22

Tomato | Lettuce | Gherkins | Bacon | Onion Rings | Sweet Pickled Mustard

HELIX VEGO BURGER ~ 22

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

CLASSIC BLT ~ 22

Turkish Bread | Bacon | Lettuce | Tomato

CURED MEAT HOAGIE ~ 26

Turkish Bread | Tomato | Mixed Leaves | Tomato Chili Jam

STUFFED EGGPLANT ~ 26

Tri Colored Quinoa | Superfood Vegetables | Dried Cranberries

CAPTAIN'S CATCH FISH & CHIPS ~ 28

Lemon Wedge | Tartare Sauce

TASMANIAN BAKED SALMON FILLET ~ 33

Fish Cakes | Asparagus | Peas | Kipfler | Sweet Soy Broth

CHICKEN AVOCADO & BRIE FILO ~ 26

Oven baked served with house salad

250G SCOTCH FILLET ~ 36

Salad | Porcini Jus | Chips

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

Steamed Baby Vegetables ~10

Mixed Leaf Salad with Honey Mustard Dressing ~ 10

Whipped Truffle Oil Infused Mash ~10

Roasted Kipfler ~ 10

Steak Fries & Aioli ~10

Asparagus, Shaved Pecorino, Lime & Extra Virgin Olive Oil ~12

If you have any specific dietary requirements

Please inform one of our friendly team members for assistance.

..... **DESSERTS** .....

DARK AND WHITE CHOCOLATE CHARLOTTE~ 12

Fresh Berries | Gold Dusted Soil

APPLE AND RHUBARB CRUMBLE~ 18

Pistachio Gelato

VANILLA CRÈME BRULÉE~ 16

Seasonal Berries | Almond Biscotti

LEMON MERINGUE ~ 18

Italian Meringue | Lemon Gel | Mini Wafer

CEREAL MILK PANNA COTTA~ 16

Fresh Berries

If you have any specific dietary requirements

Please inform one of our friendly team members for assistance.