



..... **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.

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

**OVEN BAKED GARLIC BREAD**

Garlic Butter | Mozzarella

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

**BEEF SKEWERS ~ 18**

Pita Pocket | Herb Salad | Tzatziki

**OPEN TORTILLA ~ 18**

Smoked Salmon | Sweet Potato | Beans | Mixed Leaves | Smashed Avocado

**HONEY SPICED GLAZED BEEF SHORT RIBS ~ 18**

Shaved Apple and Mixed Leaf Salad | Reduction

**CORN CRUSTED LOLLIGO SQUID ~ 18**

Roasted Pepper Remoulade

**AUSTRALIAN CURED MEATS ~ 21**

Pickles | Hummus | Lavosh | Sourdough

**GRILLED ASPARAGUS ~ 21**

Crispy Pancetta | Truffle Oil | Shaved Pecorino

..... **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

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

TASMANIAN BAKED SALMON FILLET ~ 33

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

**Travel to New Zealand and pair this dish with a glass of  
bright Pikorua Sauvignon Blanc - \$10 Glass**

SOUS VIDE CHICKEN SUPREME~ 31

Cauliflower Texture | Asparagus | Fondant | Caramelized Pumpkin Emulsion | Porcini Jus

**Surprise yourself and let our beautiful Oaked Montrose Chardonnay  
embrace the dish - \$9 Glass**

STUFFED EGGPLANT ~ 26

Tri Colored Quinoa | Superfood Vegetables | Dried Cranberries

**Enjoy this healthy dish with a bold glass of Contentious Character Merlot - \$14 Glass**

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

PASTA E FAGIOLI ~ 26

Tomato | Herbs | Mixed Vegetables

**Perfectly marry this Italian dish with our  
Tuscan Barone Ricasoli Chianti-\$13 Glass**

GRILLED LAMB RACK ~ 36

Confit Cherry | Spring Vegetables | Shiraz Jus

**For a full taste experience, pair it with a glass of  
Pocketwatch Cabernet Sauvignon - \$9 Glass**

COCONUT MUSSELS AND PRAWNS ~ 31

Kaffir Lime Leaves | Buckwheat Noodles | Fresh Herbs

**This creamy seafood dish calls for a beautiful glass of Montrose Chardonnay - \$9 Glass**

PAN SEARED DUCK BREAST DELUXE ~ 38

Duck Wonton | Purple Cabbage Puree | Orange/Purple Dutch Carrots | Potato Dauphinoise | Cherries

**Go local and pair this beautiful duck with a glass of Contentious Character Pinot Noir - \$14 Glass**

HUNTER VALLEY SPATCHCOCK ~ 35

Baby Leek | Baby Corn

**Let the exotic fruit flavors of a glass of Santi Pinot Grigio elevate this meal - \$9 Glass**

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

MAPLE BRINED BEEF CHEEKS ~ 34

Stuffed Pepper | Shiraz Jus

**Go no further than the Barossa valley for a glass of 4 in Hand Shiraz to match this perfect dish - \$11 Glass**

SLOW COOKED OXTAIL~ 34

Mxed Lentils | Vibrant Buttery Vegetables | Reduction

**This "heart-warming" dish can only be matched with a glass of our full-body Yearling Cabernet Sauvignon - \$11 Glass**

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

200G EYE FILLET ~ 36

**AMH**

250G GRAIN FED SCOTCH FILLET ~ 36

**Shorthorn MSA Graded marbling MB 2+**

300G GRAIN FED STRIPLOIN ~ 35

**Shorthorn MSA Graded marbling MB 2+**

400G SMOKEY BBQ PORK RIBS SPLIT ~ 35

All items from the Grill are served with mixed salad, mustard and your choice of:

**GRILL SAUCES**

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

**GRILL SIDES**

Vegetables | Mash | Beer Battered 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

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

**DARK AND WHITE CHOCOLATE CHARLOTTE~ 12**

Fresh Berries | Gold Dusted Soil

**APPLE AND RHUBARB CRUMBLE~ 18**

Pistachio Gelato

**VANILLA CRÈME BRULEE~ 16**

Seasonal Berries | Almond Biscotti

**CHEESE BOARD TO SHARE ~ 26**

Fruit Chutney | Fresh Straw Berries | Walnuts | Lavosh

If you have any specific dietary requirements

Please inform one of our friendly team members for assistance.