



..... 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**

SOUR DOUGH BREAD* (v) ~ 6

Pepe saya butter

TANDOORI CHICKEN CHIMICHANGA* ~ 16

Crispy Tortilla | Chicken | Bacon | Mushroom | Ranch dressing

DUCK CROQUETTES ~ 16

Napolitana sauce | Rocket | Parmesan salad

CRISPY SQUID* (df) ~ E 18 ~ M 25

Aromatic spice | Coriander | Lime mayo

LAMB SKEWERS ~ 17

Middle Eastern spices | Onion & Coriander Salad | Lemon & Cucumber yoghurt

..... **SALADS**

CAESAR SALAD * ~ 19

Cos Lettuce | Parmesan | Crostini | Rendered Bacon | Egg

AVOCADO & ASPARAGUS (v) (gf) (p) ~ 22

Pinenuts | Lemon dressing

DUCK (gf) (df) ~ 19

Radish | Carrot | Cucumber | Crispy noodles | Caramel sauce

ADD TO ANY OF THE SALADS ABOVE

Chicken ~ 7 | Beef ~ 8

..... **PASTA**

PLEASE SELECT YOUR CHOICE OF PASTA AND SAUCE

PENNE | MACARONI | POTATO GNOCCHI

Gluten Free pasta available upon request

NUTMEG CREAM SAUCE | PUMPKIN | SPINACH | TOMATO & MACADAMIA NUTS ~ 27

NAPOLITANA SAUCE | PARMESAN CHEESE ~ 25

SMOKED SALMON | CHERRY TOMATO | DILL & WHITE WINE CREAM SAUCE ~ 28

..... **BEEF & LAMB**

LAMB LOIN ~ 34

Potato mash | Broccolini | Sweet pepper drops | Shiraz jus

100 DAY GRAIN FED BLACK ANGUS SIRLOIN (250g) (gf) (df) ~ 34

Served with Broccolini and your choice of Beer Battered Chips or Mashed Potato and

Your choice of sauce below

SAUCES

Red Wine jus | Garlic cream | Béarnaise | Mushroom Sauce

..... **CHICKEN**

PAN ROASTED FREE RANGE CHICKEN (gf) (p) ~ 31

Garden Vegetables | crispy Garlic | Salsa Verde | Spiced Roast Potatoes

..... **VEGETARIAN**

URBAN GARDEN (v) (gf)

Celeriac | Olive soil | Asparagus | Beetroot | Radish | Cauliflower | Green lentils ~ 31

..... **SIDES**

Seasonal Vegetables ~ 10

Beer Battered Chips ~ 9

Beer Battered Onion rings ~ 10

Garden Salad ~ 10

..... **DESSERTS**

15

STICKY DATE PUDDING (v)

Smoked Almond brittle ice cream | Warm butter scotch sauce

BAILEYS CRÈME BRULÉE *

Almond Biscotti

LIME & PASSIONFRUIT PARFAIT (gf)

Meringue Shards | Passionfruit gel

(g) - Gluten Free | (df) - Dairy Free | (p) - Paleo

(v) - Vegetarian

* - Item can be prepared Gluten Free upon request.

If you have any specific dietary requirements

Please inform one of our friendly team members for assistance.