



..... **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 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**

SOURDOUGH BREAD

Served with your choice of
Pepe saya butter ~ 6

Chefs choice Homemade trio of dips ~ 12

TANDOORI CHICKEN CHIMICHANGA ~ 16

Crispy Tortilla | Chicken | Bacon | Mushroom | Ranch dressing

DUCK CROQUETTES ~ 16

Napolitana sauce | Rocket | Parmesan salad

CHEF'S ANTIPASTO

Cured Meats | Roasted & Pickled vegetables | Dip
Cheese | Bread | Olives
for two people~ 21 for four people ~ 38

CRISPY SQUID ~ 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 ~ 22

Pine nuts | Lemon dressing

DUCK ~ 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

SLOW COOKED LAMB RAGOUT | NAPOLITANA & RED WINE SAUCE ~ 27
NUTMEG CREAM SAUCE | PUMPKIN | SPINACH | TOMATO & MACADAMIA NUTS ~ 27

NAPOLITANA SAUCE | PARMESAN CHEESE ~ 25

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

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

LAMB LOIN ~ 34

Potato mash | Broccolini | Sweet pepper drops | Shiraz jus

100-200 DAY GRAIN FED RIVERINA ANGUS SIRLOIN (250g) ~ 34

100 DAY GRAIN FED SCOTCH FILLET (300g) ~ 36

100 DAY GRAIN FED CHEF'S EYE FILLET (250g) ~ 38

Steaks 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 & PORK**

PAN ROASTED FREE RANGE CHICKEN ~ 31

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

PORK CUTLET (350g) ~ 34

Apple & coriander salad | Sweet chilli soy sauce | Mashed Potato

..... **SEAFOOD & DUCK**

ROASTED BARRAMUNDI ~ 31

Pistachio crust | Papaya Salad

CONFIT DUCK ~ 34

Pickled beetroot puree | Summer Vegetables | Black garlic | Spiced Roast Potatoes

..... **BURGER**.....

THE HELX HALF POUND BURGER ~ 29

House Pickled Gherkins | Gruyere Cheese | Tomato

..... **SIDES**

Seasonal Vegetables ~ 10

Beer Battered Chips ~ 9

Beer Battered Onion rings ~ 10

Garden Salad~ 10

..... **DESSERTS**

15

STICKY DATE PUDDING

Smoked Almond brittle ice cream | Warm butter scotch sauce

BAILEYS CRÈME BRULEE

Almond Biscotti

LIME & PASSIONFRUIT PARFAIT

Meringue Shards | Passionfruit gel

CHOCOLATE & RASPBERRY BAR

Chocolate fudge cake | Chocolate mousse | Raspberry sorbet

CHEESE BOARD

Lavosh | Dried Fruits | Nuts | Quince Paste

three cheeses ~ 26

If you have any specific dietary requirements

Please inform one of our friendly team members for assistance.