



..... **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** .....

**ZUCHINNI BRUSCHETTA ~ \$18**

Grilled Zucchini | Boccocini | Extra Virgin Olive Oil

**GARLIC BREAD**

Garlic Butter | Mozzarella

For one ~ \$ 7 For Two ~ \$13

**SOUP OF THE DAY ~ 12**

Petite roll

**ANTIPASTO TO SHARE ~ 18**

Cured Meats | Pickled Vegetables | Marinated Olives | Dips | Grissini & Lavosh

**SPANISH CHORIZO AND MUSSELS ~ 18**

Herb garlic ciabatta

**CRISPY SQUID ~ 18**

Rice Noodle Salad | Tamarind Sauce

**PULLED PORK CROQUETTE ~ 18**

Apple salad | black berry chutney

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

**CHICKEN CAESAR ~ 26**

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

**HEIRLOOM TOMATO ~ 26**

Mixed Leaves | Boccocini | Marinated Olives

**RICE NOODLE AND SMOKED SALMON ~ 26**

Salad Mix | Cherry Tomatoes | capers

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

**BAKED HUON SALMON ~ 30**

Steamed Broccoli | Dutch Carrots

**Travel to Mudgee and pair this dish with a glass of oak-aged Montrose Chardonnay - \$9 Glass**

**CHICKEN BALLOTINE KALE, MUSHROOM AND PUMPKIN~ 33**

Cauliflower Puree | Confit Cherry Tomatoes | Potato Fondant | Porcini Jus

**Surprise yourself and let the citrus palate of our Clonakilla Riesling**

**embrace the hearty flavors of the dish - \$13 Glass**

**STUFFED AUBERGINE ~ 26**

Vegetables | Cous Cous | Olive Oil

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

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

**BUTTERNUT SQUASH RISOTTO ~ 26**

Mushroom medley | Pine nuts | Burnt Sage Butter

**A glass of Devil's Staircase Pinot Noir will complement the creamy risotto - \$12.5 Glass**

**GOLDBAND SNAPPER ~ 33**

Confit Cherry | Baby Bok Choy | Scallop Money Bag | Sweet Soy Broth

**Delight at this dish perfect blend with a crisp glass of Pikorua Sauvignon Blanc - \$10 Glass**

**SOUS VIDE LAMB RUMP ~ 35**

Baby vegetables | Plum sauce

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

**5 SPICED CONFIT DUCK MARYLAND ~ 35**

Baby vegetables | Potato Pumpkin Gratin | Caramel sauce

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

**SOUS VIDE PORK LOIN ~ 36**

Roasted Kipfler | Confit Fennel | Pickled Beets | Apple gel

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

..... **CHEFS SIGNATURE DISH**.....

SLOW COOKED BEEF CHEEKS ~ 33

Crispy Parmesan Polenta | Roasted Baby Vegetables | Medjool Date Infused Jus

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

BRAISED LAMB SHANK ~ 32

Sweet potato mash | Baby vegetables | Porcini Jus

**This “melt-in-your-mouth” dish can only be matched with a glass of our full-body Yearling Cabernet Sauvignon - \$11 Glass**

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

400G T BONE ~ 45

Your Choice of Sauce & Side

What makes the difference is 100% **grass-feeding** in a stress-free environment. The abundance of land ensures maximum free range rotation across different pastures and continuous nutrition. It's simply the best way we know to deliver an outstanding eating experience every time.

**Brand: Great Southern**

**MSA Graded marbling MB 2+**

250G SCOTCH FILLET ~ 36

Your Choice of Sauce & Side

Inspired by the Lofty ranges of the Great Dividing Range, the name Pinnacle was chosen to represent the best of the best in Beef & Lamb. Sourced from areas far & wide such as Gipps land, South Western Victoria, Tasmania, and Southern NSW & King Island. This abundance of land ensures maximum free range delivering a consistency of eating quality that sets it apart from the rest.

**Brand: Thousand Guineas Australian Shorthorn - North.**

**MSA Graded marbling MB 2+**

300G STRIPLOIN ~ 33

Your Choice of Sauce & Side

Beef City is JBS Australia's vertically integrated, award-winning, feedlot and processing facility located on the Darling Downs.

Beef City Black is the outcome of a minimum of 100 days on a highly nutritious ration to consistently deliver a well-marbled product known for its tenderness, juiciness and flavor.

**Brand: Beef City Platinum**

**MSA Graded marbling MB 3+**

**SAUCES**

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

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

Winter greens and butter

Mixed leaf salad with house vinaigrette

Whipped truffle oil infused mash

Roasted Kipfler

Steak Fries & Aioli

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

CLASSIC VANILLA PANNA COTTA~ 12

Macerated Strawberries

APPLE AND BERRY CRUMBLE~ 18

Pistachio Ice cream | Brandy Anglaise

CARDOMON & RIVER MINT CRÈME BRULEE~ 16

Almond Biscotti

SALTED CARAMEL GANACHE TART~ 18

Raspberries | Chopped Pistachios

AUTUMN ETON MESS~ 16

Raspberry Sorbet

CHOCOLATE TASTE PLATE~ 16

Chef's choice

CHEESE BOARD TO SHARE ~ 26

Quince | Dried Fruits | Nuts | Lavosh & Grissini Stick

If you have any specific dietary requirements

Please inform one of our friendly team members for assistance.