



..... 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**

GARLIC BREAD

Garlic Butter | Mozzarella

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

SOUP OF THE DAY ~ \$10

Artisan Bread

CRISPY SQUID ~ \$18

Rice Noodle Salad | Tamarind Sauce

..... **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

If you have any specific dietary requirements

Please inform one of our friendly team members for assistance.

..... **MAINS**

HELIX VEGO BURGER ~ 22

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

CLASSIC BLT ~ 22

Turkish Bread | Bacon | Lettuce | Tomato

BLACK ANGUS STEAK SANDWICH ~ 26

Turkish Bread | Tomato | Mixed Leaves | Onion | Tomato Chili Jam

STUFFED AUBERGINE ~ 26

Vegetables | cous cous | Olive Oil

CAPTAIN'S CATCH FISH & CHIPS ~ 28

Lemon Wedge | Tartare Sauce

BAKED HUON SALMON ~ 30

Steamed Broccoli | Dutch Carrots

5 SPICED CONFIT DUCK MARYLAND ~ 35

Baby Vegetables | Potato Pumpkin Gratin | Caramel sauce

250G SCOTCH FILLET ~ 36

Broccolini | Your Choice of Sauce | Your Choice of Side

..... **SIDES**

10

Winter greens and butter

Mixed Leaf Salad with House Vinaigrette

Whipped Truffle Oil Infused Mash

Roasted Kipfler

Steak Fries & Aioli

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..... **DESSERTS**

15

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

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