

TO START OR SHARE

Fresh Oysters	½ dozen	1 dozen
Natural	16	32
Kilpatrick	18	36
Mornay	18	36
Toasted Turkish Bread		14
Includes hummus, olive oil, balsamic and dukkah		
Garlic Pizza Bread		14
Sprinkle of rock salt and parmesan served with a hummus dip		
Seasoned Wedges		9
Served with sour cream and sweet chilli sauce		
Sweet Potato Fries		10
Bowl of Chips		8
Add bacon and cheese		
Nachos V		14
Cheese melted over toasted corn chips topped with sour cream, guacamole, Helm's tomato salsa and jalapeno peppers		
Add chilli beef and bean		5
Add smoked black bean & corn V		5
Optional - VG omit cheese & sour cream		
1kg Free Range Southern Style Chicken Wings GF		18
Coated in our secret spice mix, served crispy with sides of our house made buffalo sauce & blue cheese sauce		
Helm's Antipasto Board		24
Chefs selection of cured meats, cheese, marinated olives, nuts, dried fruit, lavosh and toasted turkish		

FROM THE SEA

Bucket of Prawns	28
500g of fresh king prawns with cocktail sauce, aioli and lemon	
Ocean Lovers Board	36
Chilled prawns, natural oysters, salt and pepper squid, grilled fish, half Moreton Bay bug, served with salad, dipping sauce and lemon	
Salt and Pepper Squid	Small 15 Large 20
Dusted in a secret spice mix, served with chips, salad and aioli	
Helm's Signature Seafood Platter	130
Chilled king prawns, natural and Kilpatrick oysters, grilled market fish, salt and pepper squid, tempura scallops, Moreton Bay bug, crumbed local whiting, chips, sauces and fresh lemon	

SALADS

Helm's Signature Thai Beef Salad	19
Marinated strips of sirloin, salad greens, red onion, cucumber, green papaya, toasted peanuts, crispy noodle with a chilli, lime, coriander and soy dressing	
Caesar Salad	18
Baby gem lettuce, anchovies, crispy bacon, garlic croutons and a poached egg with parmesan dressing	
Queensland Blue Pumpkin Salad V	19
Roasted Queensland blue pumpkin, salad greens, tomato, cucumber, macadamia nuts, Persian feta with a bajun dressing	
Prawn & Avocado Salad V	24
Fresh king prawns & avocado, mesclun, red onion and cherry tomatoes splashed with a lime & hazelnut dressing	
Duck & Orange Salad	22
Peking duck, oranges, snow peas, red onion, sprouts, salad greens with a citrus dressing	
Superfood Bowl V	18
Rice, avocado, red cabbage, edamame, cucumber, sprouts, salad greens, ginger pickle and Japanese mayo	
Add chicken	7.5
Add prawns	7.5

FROM THE LAND

All steaks are served with chips, salad and your choice of sauce.	
250g Rump Certified Angus	25
300g Sirloin	29
(Jacks Creek, Liverpool Plains NSW, Black Angus)	
300g Scotch Fillet	36
(Tey's Brothers Black Angus)	
200g Eye Fillet	40
(MSA grass fed - QLD)	
BBQ Pork Ribs	30
Pork ribs slow cooked till tender, finished with a smokey BBQ sauce, served with chips and coleslaw	
Twice Cooked Pork Belly	25
Slow cooked, served on potato mash, Asian slaw with a hoisin dressing	
250g Grilled Chicken Breast	25
Marinated & char grilled, served with a mango salsa, with chips and salad	
Ribs and Wings Combo	38
Pork ribs and chicken wings, served with chips and Helm slaw	
Crumbed Lamb Cutlets	(2 Cutlets) 25
Served with chips, salad and your choice of sauce	
	(3 Cutlets) 30
Sauces	
Gravy, pepper, mushroom, creamy garlic or red wine jus	
	n/a
Make it a Surf 'n' Turf (4 prawns and creamy garlic sauce)	8
Substitute	
Mash & Vege	
	4
Chips and coleslaw	
	n/a

PLEASE ORDER AT THE BAR



PIZZA (gluten free bases available for \$4 extra)

Four Cheese Pizza V Mozzarella, grana padano, gorgonzola and provolone	14
Margherita V Sliced tomato topped with mozzarella and fresh basil	14
Aloha Tomato base, shaved leg ham, pineapple topped with mozzarella	14
Pepperoni Tomato base, spicy pepperoni, red onion, red capsicum and mozzarella	16
Kathmandu Marinated tandoori chicken, cashew nuts, red onion, green beans, with mango and yogurt	18
V8 Tomato base, roasted capsicum, semi dried tomato, olives, mushroom, onion, rocket and mozzarella	18
Prawn and Avocado Tomato base, rosemary garlic prawns, melting cheddar cheese, avocado, rocket and grana padano	19
Meat Lovers Tomato base, pepperoni, shaved leg ham, bacon, mozzarella and BBQ sauce swirl	19
Helm's Supreme Tomato base, capsicum, onion, mushroom, ham, pepperoni, pineapple, olives and mozzarella	19
Prosciutto and Rocket Tomato and mozzarella base, topped with sliced prosciutto fresh rocket and grana padano	19
Peking Duck Peking duck, mushroom, spring onions, hoisin sauce	22
Neptune Tomato base, prawns, fish, calamari, red onion, marie rose sauce and rocket	22

PASTA

Fettuccine Bolognese House mince beef ragu, slow cooked in a rich Napoli sauce with basil, topped with grana padano	20
Fettuccine Carbonara Bacon, garlic and onion in a white wine cream sauce, finished with egg yolk, shallots and parmesan	24
Spaghetti Marinara Pan fried fish of the day, calamari, prawns, basil and finished in a Neapolitan sauce	28

PUB FAVOURITES

Chicken Schnitzel Panko crumbed chicken breast, served with chips, salad & your choice of sauce	22
Make it a Parm	Add 5
Fish 'n Chips Beer battered flathead fillets served with chips, salad and tartare sauce	22
Bangers and Mash Old English pork sausages with creamy mash, gravy and onion jam	22
Helm's Seafood Basket Beer battered fish, salt & pepper squid, tempura scallops, grilled prawns, served with chips, salad, tartare and lemon	26

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BURGERS (all burgers are served with chips)

Helm Burger Helm's signature hand pressed 180g beef pattie, melted cheese, onion jam, aioli, tomato and lettuce, served on a toasted milk bun	17
Southern Fried Chicken Burger Helms slaw, cucumber pickle, tomato and Chipotle mayo	17
Fish Burger Beer battered flathead, lettuce, cucumber and tomato with house made tartare sauce	16
Steak Sandwich Tender scotch fillet, cheese, lettuce, tomato and smokey BBQ sauce, served on Texas toast	17
Garden Vege Burger V Vegetarian pattie, Helm slaw, tomato, cucumber, roasted red peppers, aioli on a toasted milk bun	16

VG optional vegan friendly bun Add \$2

KIDS - 12 years and under

All kids meals served with a drink

Fettuccine Bolognese, Crumbed Calamari and Chips, 9.50
Battered Fish and Chips, Chicken Nuggets and Chips,
Ham and Pineapple Pizza or Steak with Veg and Chips OR
Mash (GF)

GF - Gluten Free

VG - Vegan

V - Vegetarian

15% surcharge applies on all QLD public holidays

