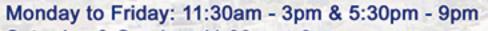


BISTRO HOURS



Saturday & Sunday: 11:30am - 9pm



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Wings GF	18
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	FROM THE SEA
	Bucket of Prawns 500g of fresh king prawns with cocktail sauce, aioli and lemon
The second secon	Ocean Lovers Board 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 Chilled king prawns, natural and Kilpatrick oysters, grilled marke 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 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

Caesar Salad 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 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

18 Superfood Bowl V Rice, avocado, red cabbage, edamame, cucumber, sprouts, salad greens, ginger pickle and Japanese mayo Add chicken 7.5 Add prawns 7.5

PLEASE ORDER AT THE BAR

	FROM THE LAND	- 1
-	All steaks are served with chips, salad and your choice of sauce.	
	250g Rump Certified Angus	25
	300g Sirloin (Jacks Creek, Liverpool Plains NSW, Black Angus)	29
-	300g Scotch Fillet (Teys Brothers Black Angus)	36
	200g Eye Fillet (MSA grass fed - QLD)	40
	BBQ Pork Ribs Pork ribs slow cooked till tender, finished with a smokey BBs served with chips and coleslaw	30 Q sauce
1	Twice Cooked Pork Belly Slow cooked, served on potato mash, Asian slaw with a hoisin dressing	25
	250g Grilled Chicken Breast Marinated & char grilled, served with a mango salsa, with chips and salad	25
	Ribs and Wings Combo Pork ribs and chicken wings, served with chips and Helm slaw	38
	Crumbed Lamb Cutlets Served with chips, salad and your choice of sauce (2 Cutlets (3 Cu	









24

Sauces

Substitute

Mash & Vege

Chips and coleslaw



Gravy, pepper, mushroom, creamy garlic or red wine jus

Make it a Surf 'n' Turf (4 prawns and creamy garlic sauce)



n/a

n/a





BISTRO HOURS

Monday to Friday: 11:30am - 3pm & 5:30pm - 9pm Saturday & Sunday: 11:30am - 9pm







17

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

Four Cheese Pizza V 14 Mozzarella, grana padano, gorgonzola and provolone Margherita V 14 Sliced tomato topped with mozzarella and fresh basil Aloha 14 Tomato base, shaved leg ham, pineapple topped with mozzarella 16 Pepperoni Tomato base, spicy pepperoni, red onion, red capsicum and mozzarella 18 Kathmandu

V8 Tomato base, roasted capsicum, semi dried tomato, olives, mushroom, onion, rocket and mozzarella

Prawn and Avocado	1
Tomato base, rosemary garlic pawns, melting cheddar cheese,	
avocado, rocket and grana padano	

weat Lovers	
Tomato base, pepperoni, shaved leg ha	am, bacon,
mozzarella and BBQ sauce swirl	

Marinated tandoori chicken, cashew nuts, red onion,

green beans, with mango and yogurt

Helm's Supreme
Tomato base, capsicum, onion, mushroom, ham,
pepperoni, pineapple, olives and mozzarella

Prosciutto and Rocket	
Tomato and mozzarella base, topped with slice	d prosciutto
fresh rocket and grana padano	

Peking Duck	22
Peking duck, mushroom, spring onions, hoisin sauce	

Tomato base, prawns, fish, calamari, red onion, marie rose sauce and rocket

PASTA

Fettuccine Bolognaise

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

PUB FAVOURITES

Chicken Schnitzel	22
Panko crumbed chicken breast, served with chips,	
salad & your choice of sauce	
Make it a Parmi	Add 5
Fish 'n Chips	22
Beer battered flathead fillets served with chips,	
salad and tartare sauce	
Bangers and Mash	22

Old English pork sausages with creamy mash, gravy and onion jam	
Helm's Seafood Basket Beer battered fish, salt & pepper squid, tempura	scallops,

grilled prawns, served with chips, salad, tartare and lemon

PLEASE ORDER AT THE BAR

BURGERS (all burgers are served with chips)

Helm Burger 17
Helm's signature hand pressed 180g beef pattie, melted cheese,
onion jam, aioli, tomato and lettuce, served on a toasted milk bur

Helms slaw, cucumber pickle, tomato and Chipotle mayo	
Fish Burger	16

Fish Burger

Beer battered flathead, lettuce, cucumber and tomato with house made tartare sauce

Steak Sandwich Tender scotch fillet, cheese, lettuce, tomato and smokey BBQ sauce, served on Texas toast

Garden Vege Burger V	16
Vegetarian pattie, Helm slaw, tomato, cucumber, roasted red	
peppers, aioli on a toasted milk bun	

VG optional vegan friendly bun	Add \$2

KIDS - 12 years and under

Southern Fried Chicken Burger

All kids meals served with a drink

Fettuccine Bolognaise, 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



Neptune





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