



GRAZING

	MEMBER	GUEST
GARLIC BREAD NF V	10	12
CHEESE & GARLIC FLATBREAD NF V	12	14
CRISPY POTATO WEDGES NF V DFR VER sweet chilli sauce, sour cream	14	16
FRIED FISH TACOS NF DF slaw, avocado, charred corn mayo (3)	22	25
HOUSE FRIED CORN CHIPS NF GF DF V VE guacamole, pico de gallo, coriander	16	19
SALT & PEPPER SQUID NF DF aioli, lime	20	23
KINKAWOOKA MUSSELS NF GFR DFR white wine, chilli, garlic, butter, sourdough	26	29
HALF KILO COOKED TIGER PRAWNS NF GF DF mary rose dressing, lemon	28	31
SMOKED SALMON NF GFR DFR crostini, crème fraiche, roe, dill	20	23
BUFFALO WINGS NF DFR celery sticks & blue cheese dipping sauce <i>sauces - smokey BBQ, spicy buffalo, xxx hot</i>	22	25
SYDNEY ROCK OYSTERS NF GF DF cucumber mignonette, lemon		
HALF DOZ	35	39
DOZ	60	65

HOT & COLD SEAFOOD PLATTER FOR TWO

120 | 140

COLD

- SMOKED SALMON** NF GFR DFR
crostini, crème fraiche, roe, dill
- COOKED TIGER PRAWNS** NF GF DF
mary rose dressing
- SYDNEY ROCK OYSTERS** NF GF DF
cucumber mignonette, lemon

HOT

- BATTERED MARKET FISH** NF
lemon
- SALT & PEPPER SQUID** NF DF
aioli
- KINKAWOOKA MUSSELS** NF GFR DFR
white wine, chilli, garlic, butter
- STEAK FRIES** NF DF VE
sea salt

SALADS & BOWLS

	MEMBER	GUEST
BANG-BANG SALAD GF DF VR VER carrot, snow peas, bean sprouts, cabbage, peanut, satay sauce, lime, sesame seeds	18	21
CAESAR SALAD NF VR GFR DFR cos lettuce, crispy bacon, egg, croutons, parmesan	18	21
BUDDHA BOWL NF GF DF VE kale, quinoa, avocado, pickled onion, soft herbs, pumpkin, cauliflower, hummus, raisins, lemon	18	21
POKE BOWL GF V VER sushi rice, cabbage, edamame, wakame, pickled ginger, red onion, radish, ponzu, fried shallots, sesame	18	21
ADD ON		
POACHED CHICKEN NF GF DF	6	8
GRILLED SALMON NF GF DF	9	11
GREEN FALAFELS NF GF DF VE	6	8

PIZZA

GLUTEN FREE BASE NF GF V	5	7
MARGHERITA NF V DFR VER tomato base, mozzarella, oregano	23	26
HAWAIIAN NF DFR tomato base, ham, pineapple, mozzarella	24	27
CAPRICOSA NF DFR tomato base, ham, mushroom, olives, artichoke, mozzarella	24	27
CLASSIC VEGETARIAN NF V DFR VER tomato base, mushroom, capsicum, onion, pineapple, olives, mozzarella	24	27
SUPREME NF DFR tomato base, pepperoni, ham, mushroom, olives, green capsicum, red onion, pineapple, mozzarella	25	28
BBQ BIRD NF DFR BBQ base, chicken, streaky bacon, green capsicum, mozzarella	26	29
CARNIVORE NF DFR BBQ base, pepperoni, shaved ham, chorizo, Italian sausage, mozzarella	26	29
GARLIC PRAWN NF DFR tomato base, fresh tomato, garlic, parsley, aioli, mozzarella	26	29
MOROCCAN LAMB NF DFR tomato base, spiced lamb, tomato, cumin, yoghurt, coriander, lemon, mozzarella	26	29
SEAFOOD NF GFR tomato base, prawns, squid, mussels, garlic, mozzarella	26	29

NF - nut free GF - gluten free DF - dairy free V - vegetarian VE - vegan VR - vegetarian on request GFR - gluten free on request
VER - vegan on request NFR - nut free on request DFR - dairy free on request

NOTE:

Food will arrive when cooked, this may result in meals arriving at your table at different times.

Our menu contains allergens and is prepared in a kitchen that handles nuts, shellfish and gluten. Whilst all reasonable efforts are taken to accommodate guest dietary requirements, we cannot guarantee that our food will be allergen free.

Surcharge 10% on sundays & 15% on public holidays | 1.5% surcharge on all credit cards | no daily specials or promotions on public holidays
helmbar.com.au

BURGERS AND SANDWICHES

served with fries

	MEMBER	GUEST
HELM BURGER NF GFR	24	27
beef, cheese, lettuce, tomato, onion, burger sauce		
CHICKEN SCHNITZEL BURGER NF	22	25
bacon, cheese, avocado, green slaw, mayo		
STEAK SANDWICH ON SOURDOUGH NF DFR	26	29
caramelised onion, beetroot, lettuce, tomato relish, aioli		
PUMPKIN FALAFEL BURGER NF V GFR VER	22	25
lettuce, pickled onion, tomato, smashed avocado		
BURGER ADD ON		
BEEF PATTIE	4	6
BACON	3	5
CHEESE	2	4
AVOCADO	3	5

MAINS

CHICKEN SCHNITZEL NF	26	29
chips, slaw, gravy		
CHICKEN PARMIGIANA NF	28	31
napoli sauce, mozzarella cheese, slaw, chips		
BATTERED MARKET FISH NF	27	30
slaw, chips, tartare		
PAN FRIED BARRAMUNDI NF GF DFR	34	38
oven roast potatoes, sugar snaps, caponata, lemon		
SEAFOOD HOT POT NF GFR DFR	34	38
mussels, squid, prawns, white wine, garlic, butter, parsley, sourdough		
CRUMBED LAMB CUTLETS NF	36	40
mash, snow pea tabbouleh, mint, jus		
250G RUMP MBS2+ NF GF DFR	32	36
Jacks Creek		
<i>Steak come with your choice of sauce and two sides: chips, salad, mash or seasonal vegetables</i>		
EXTRA SAUCES	3	
gravy, mushroom, peppercorn, dienne, béarnaise		

PASTA

PRAWN LINGUINE DF GFR VER	28	31
charred tomato tapenade, sugar snaps, basil, pangrattato		
PUMPKIN RAVIOLI V NFR	28	31
basil pesto, fetta, lemon		
RIGATONI VODKA NF GFR	26	29
Italian sausage, chilli, parmesan		

SIDES

	MEMBER	GUEST
COS, TOMATO, CUCUMBER, ONION NF GF DFR VE	10	12
lemon dressing salad		
STEAMED SEASONAL VEG NF GF DFR VE	10	12
lemon, olive oil		
POTATO MASH NF GF V	10	12
STEAK FRIES NF DFR VE	10	12
sea salt		
GREEN CABBAGE SLAW NF GF DFR VE	10	12
radish, mint, lemon		

DESSERTS

CHURROS V	12	14
cinnamon sugar, butterscotch sauce		
MANGO PANNA COTTA GF NFR	12	14
vanilla cream, salted macadamia crumb		
STICKY DATE PUDDING GF	12	14
vanilla gelato, candied walnuts, salted caramel sauce		
KIDS VANILLA ICE CREAM SCOOP	8	10
chocolate sauce, marshmallows, 100's & 1000's		

KIDS (under 12)

CHICKEN SCHNITZEL BITES NF DFR	12	14
chips, ketchup		
GRILLED CHICKEN NF DFR GFR	12	14
veggies or chips		
BEEF BURGER NF	12	14
cheese, ketchup, chips		
BATTERED MARKET FISH NF	12	14
fish veggies or chips		
SPAGHETTI NF V DFR VER	12	14
Napoli sauce or butter, cheese		
KIDS MARGHERITA PIZZA NF V DFR VER	12	14
KIDS ACTIVITY PACK	3	

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COCKTAILS

MARGARITA 🍹 22
Espolon Reposado Tequila, lemon, lime & orange essence w a salt rim, dehydrated lime

TOMMY'S MARGARITA 🍹 22
Espolon Reposado Tequila, lemon, lime & orange essence, served on the rocks, dehydrated lime

COCONUT MARGARITA 22
1800 Coconut Tequila, lemon, lime & orange essence, w shaved coconut, dehydrated lime

PASSIONFRUIT GIN FIZZ 🍹 23
Gordon's Passionfruit Gin, lemon, lime, aquafaba, soda & fairy floss, dehydrated lemon

COSMOPOLITAN 🍹 22
Ketel One Vodka, lime, cranberry & a dash of orange, dehydrated orange

GORDON'S PINK SPRITZ 21
Gordon's Pink Gin, sparkling wine, lemonade & fresh strawberries

TROPICAL SPRITZ 21
Smirnoff Mango & Passionfruit Vodka, mango & passionfruit puree & soda, dehydrated lime

APEROL SPRITZ 21
Aperol, Sparkling Wine, soda & fresh orange

FROZEN DAIQUIRI 24
STRAWBERRY OR MANGO
Pampero Blanco White Rum, puree, lemon & ice, mango cheeks or fresh strawberries

GARDEN SPRITZ 17
Chandon Sparkling Wine w specially handcrafted orange bitters & rosemary, fresh orange

LIMONCELLO SPRITZ 21
Villa Massa Limoncello, lemon & lime mix, topped with soda, fresh lemon and fresh rosemary

WHISKY SOUR 23
Ardbeg 5YO peated Single Malt Scotch or Johnnie Walker Black & sours mix, maraschino cherry, fresh orange

AMARETTO SOUR 23
Disaronno Amaretto, sours mix, bitters & maraschino cherry

HENNESSY GINGER 14
Hennessy VS, ginger ale, fresh lemon & mint sprig

ESPRESSO MARTINI 23
Ketel One Vodka shaken w our espresso martini blend & coffee beans

LYCHEE ROSE MARTINI 23
Tanqueray Gin, Lychee Liqueur, rose syrup, lemon juice & fairy floss

BLOODY MARY 22
Ketel One Vodka, spicy bloody mary mix, chilli & salt rim, olives & celery

OLD FASHIONED 23
Makers Mark Bourbon, sugar, bitters & orange peel
Upgrade to Angel's Envy Bourbon (add 4)

STRAWBERRY SENSATION 24
Gordon's Pink Gin, Cointreau, cranberry, lime & strawberry puree, fresh strawberry

COCKTAIL JUGS

PIMM'S NO.1 CUP JUG 38
Pimm's, lemonade, ginger ale, fresh mint, cucumber, lime, orange & strawberries

LIMONCELLO SPRITZ JUG 40
Villa Massa Limoncello, lemon & lime mix, topped with soda, fresh lemon and fresh rosemary

STRAWBERRY WOO WOO JUG 40
Ketel One Vodka, Peach Schnapps, lime, strawberry puree, cranberry juice & fresh strawberries

MANGO PASSION JUG 40
Kettle One Vodka, Orange Liqueur, mango & passionfruit puree, apple & orange juice & fresh lemon & lime

**COCKTAIL
HAPPY HOUR
5 - 7PM DAILY**

BY THE GLASS

SPARKLING

ZILZIE BTW SPARKLING NV
Murray Darling, Vic



12 | -

CHANDON BRUT NV
Yarra Valley, Vic

16 | -

**MOËT & CHANDON BRUT
IMPERIAL NV**
Épernay, Fr

25 | -

WHITE

ZILZIE BTW SAUVIGNON BLANC
Murray Darling, Vic

10 | 17

SOHO SAUVIGNON BLANC
Marlborough, NZ

13 | 21

LE PEZZE PINOT GRIGIO DOC
Veneto, Italy

13 | 21

**ROCKY ROAD MCHENRY
HOHNEN CHARDONNAY**
Margaret River, WA

15 | 24

NAKED RUN RIESLING
Clare Valley, SA

14 | 23

ZILZIE BTW MOSCATO
Murray Darling, Vic

11 | 19

PREMIUM WHITE SELECTION

SERVED WITH CORAVIN

**2023 CLOUDY BAY SAUVIGNON
BLANC**
Marlborough, NZ

24 | 32

**2023 DOMAINE JEAN COLLET
CHABLIS CHARDONNAY**
Burgundy, Fr

19 | 29

ROSÉ

LOU PARAIS ROSÉ
Provence, Fr

13 | 21

PREMIUM ROSÉ SELECTION

SERVED WITH CORAVIN

2023 WHISPERING ANGEL ROSÉ
Côtes de Provence, Fr

19 | 29

RED

ZILZIE BTW CABERNET MERLOT
Murray Darling, Vic



10 | 17

TUMBLONG HILLS SHIRAZ
Gundagai, NSW

13 | 21

**DE' VASARI CHIANTI DOCG
SANGIOVESE**
Chianti, It (organic, biodynamic)

14 | 23

SADDLEBACK PINOT NOIR
Central Otago, NZ (vegan)

16 | 25

**TERRAZAS DE LOS ANDES
RESERVA MALBEC**
Mendoza, Arg

14 | 23

PREMIUM RED SELECTION

SERVED WITH CORAVIN

2022 CLOUDY BAY PINOT NOIR
Marlborough, NZ

29 | 43

**2015 CARAT DE CHATEAU REAUT
MERLOT CABERNET SAUVIGNON**
St Emilion Bordeaux, Fr

35 | 52

2019 CASTAGNA GENESIS SYRAH
Beechworth, Vic

32 | 50

NON ALCOHOLIC

LYRE'S CLASSICO SPARKLING WINE
Aus (250ml can)

14 | -

1920 PINOT GRIGIO
Aus (vegan)

10 | 17

NEXT DESTINATION SHIRAZ
Barossa Valley, Aus (vegan)

12.5 | 21

WHAT IS A CORAVIN?

Coravin is a unique tool that allows us to pour a glass of wine from higher end bottles without having to uncork the entire bottle. It uses argon gas to replace the wine that is poured out, preserving the remaining wine for later use.

BY THE BOTTLE

SPARKLING



ZILZIE BTW SPARKLING NV Murray Darling, Vic	58
FARINA PROSECCO DOC Veneto, It	64
CHANDON BRUT NV Yarra Valley, Vic	70
CHANDON BRUT ROSÉ NV Yarra Valley, Vic	70
RUINART BLANC DE BLANCS NV Reims, Fr	350
MOËT & CHANDON BRUT IMPERIAL NV Épernay, Fr	110
MOËT & CHANDON BRUT IMPERIAL NV Magnum Épernay, Fr	210
VEUVE CLICQUOT YELLOW LABEL BRUT NV Reims, Fr	160
VEUVE CLICQUOT YELLOW LABEL BRUT NV MAGNUM Reims, Fr	310

WHITE

ZILZIE BTW SAUVIGNON BLANC Murray Darling, Vic	49
SOHO SAUVIGNON BLANC Marlborough, NZ	64
CLOUDY BAY SAUVIGNON BLANC Marlborough, NZ	85
LEEWIN ESTATE ART SERIES SAUVIGNON BLANC Margaret River, WA	80
LE PEZZE PINOT GRIGIO DOC Veneto, Italy	61
EMMALENE PINOT GRIS Adelaide Hills, SA	60
SADDLEBACK PINOT GRIS Central Otago, NZ (vegan)	67
MR RIGGS COLD CHALK CHARDONNAY Adelaide Hills, SA	72
ROCKY ROAD MCHENRY HOHNEN CHARDONNAY Margaret River, WA	68
DOMAINE JEAN COLLET CHABLIS Burgundy, Fr	84
NAKED RUN RIESLING Clare Valley, SA	67
ZILZIE BTW MOSCATO Murray Darling, Vic	52

ROSÉ



MINUTY M ROSÉ Côtes de Provence, Fr	69
LOU PARAIS ROSÉ IGT Provence, Fr	61
WHISPERING ANGEL ROSÉ Côtes de Provence, Fr	80

RED

ZILZIE BTW CABERNET MERLOT Murray Darling, Vic	49
CARAT DE CHATEAU REAUT MERLOT CABERNET SAUVIGNON St Emilion Bordeaux, Fr	150
WANGOLINA SHIRAZ CABERNET Limestone Coast, SA	63
TUMBLONG HILLS SHIRAZ Gundagai, NSW	61
TORBRECK 'WOODCUTTERS' SHIRAZ Barossa Valley, SA	70
CASTAGNA GENESIS SYRAH Beechworth, Vic	140
DE' VASARI CHIANTI DOCG SANGIOVESE Chianti, It (organic, biodynamic)	67
SADDLEBACK PINOT NOIR Central Otago, NZ (vegan)	78
CLOUDY BAY PINOT NOIR Marlborough, NZ	110
ALKIMI "UPPER YARRA VALLEY" PINOT NOIR Yarra Valley, Vic	75
TORBRECK "THE STEADING" GRENACHE SHIRAZ MATARO Barossa Valley, SA	85
DOMAINE DE LA VIELLE JULIENNE GRENACHE BLEND Côtes du Rhône, Fr	67
TERRAZAS DE LOS ANDES RESERVA MALBEC Mendoza, Arg	68
PARKER ESTATE COOL CLIMATE CABERNET SAUVIGNON Coonawarra, SA	63
NON ALCOHOLIC	
LYRE'S CLASSICO SPARKLING WINE Aus (250ml can)	14
1920 PINOT GRIGIO Aus (vegan)	49
1920 ROSÉ Aus (vegan)	49

NON-ALCOHOLIC

NON-ALCOHOLIC BEER & CIDER

NASTRO AZZURO PERONI 0% Non alcoholic beer	9
GREAT NORTHERN 0% Non alcoholic beer	9
WILLIE SMITH APPLE CIDER 0% Non alcoholic organic cider	12

NON-ALCOHOLIC COCKTAILS JUGS

LYRE'S MOJITO JUG Lyre's White Cane Spirit, sugar syrup, fresh lime & mint, topped with soda	35
LYRE'S CITRUS SPRITZ JUG Lyre's London Dry Spirit & Italian Orange, yuzu soda, fresh lemon, grapefruit & mint	35

NON-ALCOHOLIC COCKTAILS

 **HAPPY HOUR 5PM - 7PM DAILY**

LYRE'S AMALFI SPRITZ Classic spritz w bittersweet orange & mediterranean botanicals	14
LYRE'S PINK GIN SPRITZ Lyre's pink gin, lemonade & fresh strawberries	15
COSNOPOLITAN  Lime, cranberry & a dash of orange, dehydrated orange	14
MARGNORITA  Lemon, lime & orange essence, w a salt rim, dehydrated lime	14
LYRE'S NEGRONI Aromatic bitters w hints of orange & fruit notes, orange peel, large crystal clear ice cube	15
LYRE'S G&T Juniper, citrus, botanicals & classic tonic water	14
LYRE'S AMARETTO SOUR Almond, lemon, lime, aquafaba, bitters & maraschino cherry, orange slice	15
LAVENDER LEMONADE Lavender syrup, fresh lemon & lemonade	14
VIRGIN MARY Spicy tomato juice mix, chilli & salt rim, olives & celery	17

WHAT'S ON

MONDAY SCHNITZEL With a schooner of balter xpa, house wine or soft drink	22
TUESDAY BURGER & BEER Choice of chicken, beef or vegan burger w schooner carlton dry, house wine or soft drink	22
WEDNESDAY FISH & CHIPS With a schooner of 4 pines pacific ale, house wine or soft drink	22
THURSDAY STEAK & CHIPS With a schooner of great northern super crisp, house wine or soft drink	22
FRIDAY PIZZAS Pick any pizza off the menu Schooners of balter easy hazy \$7	17
DAILY HAPPY HOURS 5PM - 7PM Weekdays incl. Beer, wine, spirits & cocktails Weekends incl. Cocktails	
WEEKENDS Jugs Of Carlton Draught or Great Northern Super Crisp	20

JOIN FEROS REWARDS



**SCAN HERE TO
BECOME A FEROS
REWARDS MEMBER**
Members to receive a discount on food and drink purchases

FUNCTIONS



**BOOK YOUR NEXT
FUNCTION OR EVENT
WITH US**
Areas & packages to suit groups of 2 - 604 people