



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
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PREMIUM ROSÉ SELECTION - SERVED WITH CORAVIN

2023 Whispering Angel Rosé Côtes de Provence, Fr.....	19	29
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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

CORAVIN

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
Leeuwin 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
Torbreck RunRig Shiraz Viognier Barossa Valley, SA	350
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
Next Destination Shiraz Barossa Valley, Aus (vegan)	61

NON-ALCOHOLIC BEER & CIDER

NASTRO AZZURO PERONI 0% 9

Non alcoholic beer

GREAT NORTHERN 0% 9

Non alcoholic beer

WILLIE SMITH APPLE CIDER 0% 12

Non alcoholic organic cider

⚓ = Happy hour 5pm - 7pm daily

NON-ALCOHOLIC COCKTAILS

LYRE'S AMALFI SPRITZ 14

Classic spritz w bittersweet orange & mediterranean botanicals

LYRE'S PINK GIN SPRITZ 15

Lyre's pink gin, lemonade & fresh strawberries

COSNOPOLITAN 14 ⚓

Lime, cranberry & a dash of orange, dehydrated orange

MARGNORITA 14 ⚓

Lemon, lime & orange essence, w a salt rim, dehydrated lime

LYRE'S NEGRONI 15

Aromatic bitters w hints of orange & fruit notes, orange peel, large crystal clear ice cube

LYRE'S G&T 14

Juniper, citrus, botanicals & classic tonic water

LYRE'S AMARETTI SOUR 15

Almond, lemon, lime, aquafaba, bitters & maraschino cherry, orange slice

LAVENDER LEMONADE 14

Lavender syrup, fresh lemon & lemonade

VIRGIN MARY 17

Spicy tomato juice mix, chilli & salt rim, olives & celery

NON-ALCOHOLIC COCKTAILS JUGS

LYRE'S MOJITO JUG 35

Lyre's White Cane Spirit, sugar syrup, fresh lime & mint, topped with soda

LYRE'S CITRUS SPRITZ JUG 35

Lyre's London Dry Spirit & Italian Orange, yuzu soda, fresh lemon, grapefruit & mint

WHATS ON



MONDAY SCHNITZEL \$22

W A SCHOONER OF BALTER XPA, HOUSE WINE OR SOFT DRINK



TUESDAY BURGER & BEER \$22

CHOICE OF CHICKEN, BEEF OR VEGAN BURGER
W SCHOONER CARLTON DRY, HOUSE WINE OR SOFT DRINK



WEDNESDAY FISH & CHIPS \$22

W A SCHOONER OF 4 PINES PACIFIC ALE, HOUSE WINE OR SOFT DRINK



THURSDAY STEAK & CHIPS \$22

W A SCHOONER OF GREAT NORTHERN SUPER CRISP, HOUSE WINE OR SOFT DRINK



FRIDAY PIZZAS \$17

PICK ANY PIZZA OFF THE MENU
SCHOONERS OF BALTER EASY HAZY \$7



BECOME A HELM BAR MEMBER FOR FREE &

RECEIVE \$7 SCHOONERS ALL DAY EVERYDAY, DISC ON FOOD & BEVERAGE, BIRTHDAY OFFER & MORE



DAILY HAPPY HOURS 5PM - 7PM

WEEKDAYS INCL. BEER, WINE, SPIRITS & COCKTAILS
WEEKENDS INCL. COCKTAILS

WEEKDAYS DAILY \$7 SCHOONER SPECIAL

WEEKENDS \$20 JUGS
OF CARLTON DRAUGHT OR GREAT NORTHERN SUPER CRISP



BOOK YOUR NEXT FUNCTION OR EVENT WITH US

AREAS & PACKAGES TO SUIT GROUPS OF 2 - 604 PEOPLE

Conditions apply. Meal specials available during food service only. Not available on public holidays.
Helm Bar practices responsible sale & service of alcohol.

WWW.HELMBAR.COM.AU

TO SHARE

HUMMUS  **OR TARAMASALATA 14**
w toasted sourdough

ANTIPASTO PLATE  **28**
marinated artichokes, pickles, marinated olives,
daily cheese, hummus, pinot paste & crisp bread
+ prosciutto (7) + spicy salami (6)

TACOS 2 PER SERVE 18
served w avocado cream, mango habanero (spicy)
salsa, onions & coriander
Choice of
carne asada (grilled steak), eggplant ,
battered fish OR braised lamb shoulder

TRUFFLE & PARMESAN ARANCINI  **22**
8 per serve w aioli

HELM BUFFALO WINGS 18 OR 1KG 30
served w ranch dressing
Choice of sauce
salt & szechuan pepper
smokey hot bbq
franks hot sauce (spicy)
mango habanero (spicy)

GARLIC FOCACCIA 14 
house baked focaccia w confit garlic & dill

FROM THE SEA

Freshly Shucked Oysters  w fresh lemon & yuzu mignonette	30/48
S & P Calamari w chilli aioli & pickled chilli	21
Lobster Springrolls 4 per serve, w sriracha aioli & lime	25
Salmon Tartare w wonton crisps & avocado salsa	19
Bowl of Prawns  chilled australian tiger prawns in the shell w marie rose sauce & fresh lemon	28
Beer-Battered Fish & Chips barramundi fillet, fresh lemon & tartare	29
Grilled Market Fish Fillet  w green chermoula, fennel & radish slaw	34
Prawn & Crab Pasta prawns, crab meat, garlic, chilli, cherry tomatoes, preserved lemon & parsley	36
Seafood Basket panko prawns, s & p calamari, beer-battered fish, chips, tartare sauce & lemon	36
 Cold Seafood Platter  8 Sydney rock oysters, 8 unpeeled cooked tiger prawns, salmon tartare, taramasalata w cassava crackers, fresh lemon & condiments	79
Hot Seafood Platter 2 salmon skewers, s & p calamari, panko prawns, beer battered fish fillet, 2 battered fish tacos (spicy), fries, fresh lemon & condiments	65
Hot & Cold Seafood Platter Combo serves 2	139

SALADS

HELM CAESAR SALAD 22
w cos, broccolini, bacon, parmesan, egg &
croutons
+ poached chicken  (8)

THAI SALAD  **26**
choice of crispy barramundi or chilli soy marinated
beef w baby cos, bean shoots, cashew, thai basil,
chilli, coriander & nahm jim dressing

GRILLED HALLOUMI SALAD   **24**
w grilled zucchini, tomato, cucumber, spanish
onion, spinach, rocket, mint, pinenuts & a
vinaigrette dressing
+ poached chicken  (8), + bacon (3)

SALMON POKE BOWL  **28**
w wakame, radish, kale, edamame beans,
cucumber, jasmine rice, lotus root, chilli &
a ginger & soy dressing

BURGERS

CLASSIC BEEF BURGER & CHIPS 27
w cheese, lettuce, tomato, pickles,
burger sauce
+ extra beef patty (5) + extra cheese (3)
+ bacon (3) + GF bun  (3)

BEYOND BURGER & CHIPS  **26**
plant-based patty w vegan cheese, lettuce,
tomato, pickles & vegan mayo + GF bun  (3)

SOUTHERN-FRIED CHICKEN BURGER & CHIPS 26
southern-fried chicken w cheese, lettuce, sambal
mayo & jalapeños
+ extra chicken piece (5) + extra cheese (3)
+ bacon (3) + GF bun  (3)

STEAK SANDWICH & SHOESTRING FRIES 28
150gm minute steak w swiss cheese, chilli pesto &
caramelised onions on white bread + GF bun  (3)

PIZZA

Garlic Pizza ✓	16
Margherita ✓ buffalo mozzarella, cherry tomatoes & fresh basil	25
Diavola spicy pepperoni, buffalo mozzarella, parmesan & chilli oil	27
Prosciutto prosciutto, parmesan, buffalo mozzarella & rocket	27
Ham & Pineapple ham, pineapple & buffalo mozzarella	25
Gamberone marinated prawns, chilli oil, tomato, buffalo mozzarella & rocket	27
Capricciosa ham, mushroom, artichoke, garlic, olives & buffalo mozzarella	26
Duck duck confit, mushrooms, buffalo mozzarella, shallots, hoisin sauce, chilli & cucumber ribbons	29
BBQ Chicken onion, mushrooms, capsicum, buffalo mozzarella & bbq sauce	26
Vegetariana ✓ cherry tomatoes, capsicum, mushroom, artichoke, garlic, olives & buffalo mozzarella	25

Vegetarian ✓ GF Base (V) + (5) Vegan Cheese (V) + (4)

FROM THE LAND

RIGATONI ALA VODKA 29

tomato base, served w parmesan & stracciatella cheese

CHICKEN SCHNITZEL 28

w homemade gravy & a choice of salad OR chips + parmigiana (4)

BUTTER CHICKEN CURRY 30

w steamed jasmine rice, papadums & chilli sambal

CRUMBED LAMB CUTLETS 42

3 panko crumbed lamb cutlets w creamy mash, peas & red wine jus

NASI GORENG 30

egg fried rice w pickles, chicken satay skewers, peanut sauce & prawn crackers

STEAK FRITES 36

220gm striploin w cafe de paris butter, rocket & shoestring fries

Additional Sauces: (+3) pepper, mushroom, red wine jus or garlic butter

SIDES

CHIPS W AIOLI ✓ 10

SHOESTRING FRIES W AIOLI ✓ 11

MESCLUN SALAD (V) 9

w vinaigrette

CHARRED GREENS (V) 12

chinese broccoli and broccolini

PARIS MASH POTATO ✓ (V) 10

creamy mash potato

LITTLE SAILORS

SPAGHETTI NAPOLETANA ✓ 14

CHEESE PIZZA ✓ 14

+ ham (3)

CHICKEN TENDERLOINS & CHIPS 14

CHEESEBURGER SLIDERS & CHIPS 15

FISH & CHIPS 14

grilled (V) or battered fish

swap any chips for steamed vegetables (V) + (2)

VANILLA ICE CREAM ✓ SCOOP 3

w chocolate sauce & sprinkles (per scoop)

DESSERT

AFFOGATO ✓ 12

w vanilla ice cream & a shot of hot espresso
w your choice of Baileys, Amaretto, Frangelico or Kahlúa (18+ only) (+ 9)
or Lyre's Amaretto (non-alcoholic spirit) (+7)

APPLE STRUDEL ✓ 14

w vanilla crumble & ice cream

BISCOFF STICKY DATE PUDDING ✓ 15

w vanilla ice cream

DONUT FRIES ✓ 14

w caramel biscoff & cream
scoop vanilla ice cream (+ 3)

NOTE:

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

✓ = Vegetarian | (V) = Vegan | (GF) = Gluten Free

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



ORDER AT THE BAR OR SCAN



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 23

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

PASSIONFRUIT GIN FIZZ 22

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

 = Happy hour 5 - 7pm daily

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

Looking for something non-alcoholic? See our non-alcoholic selection!