



# LUNCH MENU

Welcome to Helix Bar & Dining!

Located in the travel epicentre of Canberra, our menu has been designed to allow you to travel the world with every bite you take in the comfort of our award-winning restaurant.

Our Chefs have prepared for you a selection of delectable dishes showcasing unique flavours from their home countries, using seasonal local ingredients to delight every palate.

So seat back, relax and enjoy as we take you on a palate guided journey through the world.



# BOARDING

A SELECTION OF MOUTHWATERING  
ENTREES TO START YOUR JOURNEY

## Organic sourdough 9

Pepe saya, dukkha spice, olive oil

## Trio of Dips 15

Eggplant, hummus and sundried pesto, flat bread, lavosh

## Burrata 18

Watermelon gazpacho, heirloom tomato, petite bouche,  
truffle oil

## Rice flour Dusted Calamari 21

Green papaya salad, coriander lime dressing, mustard  
aioli

## Seared Moroccan Lamb Skewers 21

Grilled flatbread, olive tapenade, crushed fetta

## Stuffed Eggplant Bruschetta 21

Heirloom tomatoes, tofu, fresh basil, tapenade, balsamic  
glaze

# SHORT-HAUL

OUR SELECTIONS OF HEALTHY SALADS IS  
THE PERFECT FIT FOR A LIGHT FLIGHT

## Helix Salad 17

Crunchy salad mix, juliennes of carrot, cucumber,  
tomatoes, onion, balsamic vinaigrette

Add Chicken 6

Add Prawns 6

Add Halloumi 6

## Chicken Caesar Salad 26

Caesar dressing, bacon bits, grated parmesan, focaccia  
crumbs, souvide chicken, hardboiled egg

## Thai Beef Salad 26

Fresh herbs, cucumber, cherry tomatoes, onion, Thai red  
chillis, coriander lime dressing

# DOMESTIC

OUR SELECTIONS OF AUSTRALIAN  
CLASSICS FOR THE HOMEBOUND GUESTS

## Steak Sandwich 22

Lettuce, caramelized onion, tomato, melted cheese, fries,  
seeded aioli

## Fish and Chips 24

Lightly battered fish, tartare sauce, fries

## Chicken Burger 24

Milk bun, sliced beetroot, chilli jam, aioli, lettuce, white  
cheddar, fries

# INTERNATIONAL

FOR THE EXPERIENCED TASTE BUDS LOOKING FOR  
THE NEXT ADVENTURE

## JOURNEY TO RIO BRAZIL

Costela de Cordeiro 45

Sous vide Lamb Rack 3 points, corn salsa, roast kipfler,  
charred onion

## EXPLORING NORTH INDIA

Chicken Jalfrezi 31

Mild curry, basmati rice, naan bread, poppadum

## FALLING IN LOVE IN ITALY

Helix Pizza 22

Smoked bbq hickory, chipotle pulled pork, sliced onion,  
provolone cheese

Margherita Pizza 22

Tomato sauce, fresh basil and mozzarella, balsamic glaze

Pumpkin Ravioli 24

Grated parmesan, black garlic mustard sauce, roasted  
butternut, sage

## HOLIDAY IN THE PHILIPPINES

Pork Belly Adobo 31

Twice cooked pork belly, baby bok choy, jasmine rice

# FIRST CLASS

NOTHING SAYS COMFORT LIKE A SELECTION  
OF PREMIUM AUSTRALIAN CUTS

180G Beef Tenderloin 51  
Your Choice of Sauce & Side

300G Prime NY Strip 45  
Your Choice of Sauce & Side

200g Atlantic Salmon 37  
Your Choice of Sauce & Side

## SIDES

Roasted kipfler, cajun & garlic spiced  
Mix leaf salad, balsamic vinaigrette  
Tender stem broccolini, evoo  
Mash potato with tuffle oil

## SAUCES

Creamy black mustard  
Porcini jus  
Peppercorn  
Argentinian chimichurri

# LANDING

WE ALL KNOW OUR JOURNEYS MUST  
END WITH A SWEET FINISH

Ice cream 6

Choose from single/ double or trio

Cookies & cream, green tea, rum raisin, strawberry,  
lemon sorbet

Mango and kaffir lime Panna cotta 16

Mango gel, pistachio crumble

Chocolate tart 17

summer berries, torched marshmallow, gold soil

Passionfruit roulade 17

Passionfruit compote, meringue, mixed berries

Cheese plate 23

Daily cheese selection, quince paste, grapes, nuts and  
lavosh

If you have any specific dietary requirements,  
Please inform one of our friendly team members for assistance.