



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 palette.

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



BOARDING

A SELECTION OF MOUTHWATERING
ENTREES TO START YOUR JOURNEY

Herbed Garlic Bread 9

Trio of Dips 18

Baba ghanoush | hummus | sundried pesto |
souvlaki bread | lavosh

Crumbed Coconut Prawns 21

Romesco | pickled radish | cucumber salad |
seasme cracker

Jamon Serrano Croquettes 19

black garlic ailoi

Cauliflower Steak 21

Salsa roja | confit heirloom tomatos |
pistachio crumble

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

SHORT-HAUL

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

Helix Farro Salad 20

Farro | crunchy salad mix | molasses dressing

Add Prawns 6

Add Halloumi 6

Chicken Caesar Salad 27

Bacon bits | souvide chicken |
grated parmesan | hardboiled eggs

Thai Beef Salad 27

Fresh herbs | mix salad | thai red chillis |
coriander lime dressing

DOMESTIC

OUR SELECTION OF AUSTRALIAN CLASSICS
FOR THE HOMEBOUND GUESTS

Steak Sandwich 26

Lettuce | caramelized onion | bacon | tomato |
melted cheese | fries

Chicken Parmigiana 28

Breaded chicken breast | mozzarella | parmesan |
tomato sauce | chips | salad

Fish and Chips 26

Lightly battered fish | tartare sauce | fries | salad

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Please inform one of our friendly team members for assistance.

INTERNATIONAL

FOR THE EXPERIENCED TASTE BUDS LOOKING FOR
THE NEXT ADVENTURE

EXPLORING NORTH INDIA

Chicken Jalfrezi 34

Basmati rice | naan bread | poppadum | mango chutney

FALLING IN LOVE IN ITALY

Chilli Prawn Linguine 34

Poached prawn | butter garlic sauce

Lamb Ragu Pappardelle 34

Pulled lamb | shaved Pecorino Romano

Caprese Pizza 24

Tomato | olives | fior di latte | herbal oil

Helix Pizza 26

Prosciutto | mushroom | truffle oil

HOLIDAY IN THE USA

Cheeseburger 26

American cheese | lettuce | tomato | fries

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FIRST CLASS

NOTHING SAYS COMFORT LIKE A SELECTION
OF PREMIUM AUSTRALIAN CUTS

INCLUDES CHOICE OF ONE SAUCE & SIDE

300G Beef Striploin MSA Grainage Silver 53

200G Lamb Backstrap 48

SIDES

Roasted kipfler, peri peri seasoning

Mix leaf salad, french dressing

Straight cut chips

Honey glazed carrot, almond butter

Cauliflower gratin

SAUCES

Béarnaise

Porcini jus

Peppercorn

Salsa Roja

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SIDES

Roasted kipfler, peri peri seasoning 12

Mix leaf salad, french dressing 10

Straight cut chips 10

Honey glazed carrot, almond butter 12

Cauliflower gratin 12

LANDING

ALL OUR JOURNEYS DESERVE A SWEET
ENDING

Ice cream 6 (per scoop)

Cookies & cream

Rum raisin

Raspberry sorbet

Orange Crème Brûlée 19

orange candy | mint cream | gold dusted soil

Honeycomb Cheesecake 19

Chocklate drizzle | raspberry sorbet | pistachio crumble

Cheese plate 23

Daily cheese selection | quince paste | grapes |
nuts | lavosh

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