

LUNCH MENU

Welcome to Helix Bar & Dining!

Located in the travel epicentre of Canberra, our menu has been designed to allow you to experience the best Australian cuisine has to offer, with a global influence in every bite you take in the comfort of our award-winning restaurant.

Our Chefs have prepared a selection of delectable dishes showcasing unique flavours, using seasonal local ingredients to delight every palate. So sit back, relax and enjoy as we take you on a palate guided journey through the world.



ENTRÉES

Herbed Garlic Bread 12

Grilled King Prawns 26

Seaweed salad | ginger scallion dressing

Home Made Beef Brisket Croquettes 22

Chilli jam

Cauliflower Steak 22

Ajo blanco | quinoa puffs

SALADS

Helix Salad 26

Charred asparagus | beetroot | tofu chips | avocado mousse

Add Prawns 6

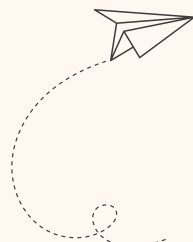
Add Halloumi 6

Chicken Caesar Salad 26

Bacon | chicken breast | grated parmesan | hardboiled egg

Grilled Peach Salad 26

Serrano ham | fresh mozzarella | almond snow | vincotto dressing



Allow us to fulfil your needs. Please let one of our team members know if you have any special dietary requirements, food allergies or food intolerances. Whilst all care is taken in the preparation of all food, traces may still be found due to accidental cross contamination



COMFORT CLASSICS

Fish & Chips 26

Battered hoki | mix leaf salad | tartar sauce

Cheeseburger 26

Grilled beef patty | american cheese | lettuce | pickles

Grilled Za'atar Chicken 26

Flat bread | lemon & cucumber yoghurt

Chicken Jalfrezi 33

Basmati rice | naan bread | poppadum | mango chutney

MAINS

Chilli Prawn Linguine 36

Pan-fried prawns | butter garlic sauce

Miso Aubergine 30

Wasabi mayo | snow pea salad

Grilled Ocean Trout 39

Almond pangrattato crust | kipfler potato | tomato salsa

300g Striploin MS4+ 48

Fried kipfler potatoes | mix leaf salad | peppercon or bernaïse sauce

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SIDES

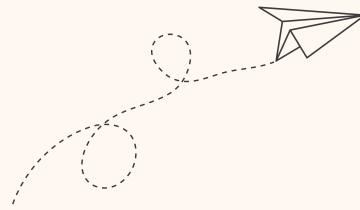
Roasted kipfler, peri-peri seasoning 12

Broccolini, ginger dressing 12

Straight cut chips 10

Harissa-roasted dutch carrots, mint oil 12

Garden salad 12



DESSERTS

Ice cream scoop 6

Cookies & cream

Rum raisin

Raspberry sorbet

Orange Crème Brûlée 19

Orange candy | mint cream | gold dusted soil

Homemade Coconut Sponge Cake 19

Almond lemon custard | macerated berries

Tiramisu 19

Gold chocolate crumble

Cheese Plate 24

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

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