

† = Gluten free on request  
§ = Dairy free on request

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## Plates.

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| <b>Garlic Bread</b>  | <b>9.5</b>                          |
| Warm herb and garlic cob loaf served w/ garlic butter  |                                     |
| <b>Pâté †</b>  | <b>12</b>                           |
| Chicken, rosemary and red wine pâté with toasted fig and walnut bread and mango, peach chutney         |                                     |
| <b>Pizza Bread †</b>   | <b>13</b>                           |
| Olive oil, garlic and mozzarella pizza bread w/ tomato chilli jam and aioli                            |                                     |
| <b>Seafood Chowder</b>   | <b>Entrée 12      Main 20</b>       |
| Fresh mussels, shrimp, and surimi in a creamy chowder and served w/ toasted ciabatta.                  |                                     |
| <b>Mussels †</b>   | <b>Eight for 12      Doz for 18</b> |
| Fresh steamed green-lipped mussels cooked in Thai Green Curry served with toasted bread                |                                     |
| <b>Caramelised Onion &amp; Mushroom Tart</b>   | <b>12</b>                           |
| Caramelised onion, goat cheese, sautéed mushroom and roquette on mini flaky pastry bases               |                                     |
| <b>Lamb Lolly Pops †</b>   | <b>15</b>                           |
| Grilled rosemary lamb rack cutlets, w/ a mint and yoghurt dipping sauce and a petit salad              |                                     |
| <b>Pork Belly †</b>  | <b>16</b>                           |
| Crispy pork belly w/ kumara purée, apple slaw and an apple reduction                                   |                                     |
| <b>Dumplings</b>   | <b>14</b>                           |
| Panfried pork, coriander and chilli dumplings w/ roquette slaw and a sweet soy and cider dipping sauce |                                     |
| <b>Calamari † §</b>  | <b>12</b>                           |
| Salt and pepper squid w/ lemon and coriander aioli   |                                     |
| <b>Scallops †</b>  | <b>18</b>                           |
| Bacon crumbed scallops on pea puree with a petit garden salad  |                                     |

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## Salads.

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| <b>Caesar Salad</b>  | <b>Classic 18      Chicken 24      Salmon 26</b> |
| Crispy cos lettuce, parmesan, bacon and garlic croutons with our own Caesar dressing and topped w/ a poached egg                             |  |
| <b>Roast Kumara Salad</b>  | <b>22</b>  |
| Roasted kumara, fresh orange segments, goats cheese, toasted cashew with fresh baby spinach, salad greens and a citrus vinaigrette           |  |
| <b>Lamb Salad</b>  | <b>25</b>  |
| Medium-rare lamb fillet with warm roasted vegetables seasoned with fresh thyme and rosemary with fresh salad greens and a balsamic reduction |  |

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## Pasta.

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| <b>Vegetarian Risotto †</b>  | <b>23</b> |
| Rosemary roasted cauliflower and parmesan risotto with toasted cashews and topped w/ fresh roquette                      |           |
| <b>Chicken Fettuccini</b>  | <b>25</b> |
| Pan-seared chicken strips in a creamy sundried tomato pesto sauce tossed w/ baby spinach and finished w/ toasted cashews |           |
| <b>Seafood Fettuccini</b>  | <b>26</b> |
| Lightly pan-seared scallops, prawns and mussels cooked in a lemon and dill cream sauce                                   |           |

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## Mains.

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| <b>Thai Green Curry † §</b><br>Pan seared chicken strips, capsicum, spring onion, fresh chilli and sweet coconut chips, served on a bed of coriander jasmine rice  | <b>25</b> |
| <b>Fish and Chips † §</b><br>Monteith's Golden battered fresh fish of the day served w/ steak cut fries and salad greens   | <b>30</b> |
| <b>Chicken Breast †</b><br>Hasselback chicken breast with parmesan, sundried tomato and chorizo on garlic mash, steamed vegetables w/ creamy peppercorn            | <b>32</b> |
| <b>Ribs † §</b><br>Twice cooked pork ribs in the Helm's own sticky BBQ marinade, served w/ patatas bravas and garnished w/ ranch slaw                              | <b>33</b> |
| <b>Market Fish † §</b><br>Fresh fish of the day on a medley of roast vegetables, fresh baby spinach and topped with prawn butter                                   | <b>34</b> |
| <b>Pork</b><br>Bacon wrapped pork scotch w/ kumara croquettes, steamed vegetables and creamy honey mustard sauce   | <b>32</b> |
| <b>Lamb Rump</b><br>Sous-vide rosemary and thyme marinated lamb rump served medium on roasted kumara w/ green beans topped w/ salsa verde and crumbled goat cheese | <b>35</b> |

## *the*Steak.

with your choice of **one sauce** and either **potato mash w/ steamed veges** OR **steak fries w/ garden salad**

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|---|-----------|
| <b>300g Hereford Prime Sirloin</b>  | <b>35</b> |
| <b>200g Silver Fern Eye Fillet</b>  | <b>36</b> |
|  <b>theHelm Signature Steak</b><br>450gm Hereford Rib Eye sous-vide for 18 hours | <b>48</b> |

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### Sauces.     \$4 each

Red Wine Jus  
Creamy Mushroom  
Horseradish Hollandaise  
Peppercorn Jus  
Garlic Butter  
Creamy Blue Cheese

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### Sides.     \$6 each

Steak Fries  
Potato Mash  
Roast Vegetables  
Garden Salad  
Steamed Vegetables  
Bacon Wrapped Eggs

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## *the*Dessert.

**\$12 each**

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**Triple Chocolate Brownie**  
Triple chocolate brownie, dark chocolate ice cream w/ berry compote and cream

**Cheesecake**  
Vanilla bean cheesecake w/ fruit coulis and whipped cream

**Berry Sorbet † §**  
Winter Berry Sorbet served w/ seasonal freeze dried fruits

**Apple Crumble**  
Hot apple crumble w/ vanilla bean anglaise and whipped cream

**Sticky Date**  
Warm sticky date pudding w/ vanilla bean ice cream, salted caramel sauce and hazelnut praline