

# the Lunch.

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

## Mains.

### Thai Green Curry † § 19

Pan seared chicken strips, capsicum, spring onion, fresh chilli and sweet coconut chips, served on a bed of coriander jasmine rice

### Steak and Eggs † § 24

Char-grilled 250g sirloin steak served with fries, garden salad and bacon wrapped eggs

### Fish and Chips † § 19

Monteith's golden battered fresh fish served on fries and salad w/ tartare

## Burgers.

### Gourmet Chicken Burger † § 19

Grilled chicken breast, bacon, brie, salad greens and mango and peach chutney w/ a side of steak cut fries

### Gourmet Beef Burger † § 19

theHelm made beef burger pattie with bacon, smoked cheese, onion rings, salad greens and smokey bbq sauce w/ a side of steak cut fries

## Extras.

Bacon 4 Eggs 3 Fries 6 Onion Rings 6 Chicken 6 Prawns 6 Salmon 8

## Salads.

### Caesar Salad †

Classic 16

Chicken 22

Salmon 24

Crispy cos lettuce, parmesan, bacon and garlic croutons w/ our own Caesar dressing and topped w/ a poached egg

### Lamb Salad † 21

Medium-rare lamb fillet, warm roasted vegetables seasoned w/fresh thyme and rosemary w/ fresh salad greens and a balsamic reduction.

## Pasta.

### Vegetarian Rissotto\* 16

Rosemary roasted cauliflower and parmesan rissotto w/ toasted cashews and topped w/ fresh roquette

### Chicken Fettuccini 18

Pan-seared chicken strips in a creamy sundried tomato pesto sauce tossed with baby spinach and finished w/ toasted cashews

### Seafood Fettuccini 19

Lightly pan-seared scallops, prawns and mussels cooked in a lemon and dill cream sauce

# \$12 Lunch.

## Eggs Benedict †

Poached eggs on toasted ciabatta bread served with spinach, hollandaise sauce and your choice of bacon **OR** portobello mushrooms

## Bacon and Banana Pancakes

Four fluffy pancakes with bacon, banana and maple syrup, served with whipped cream

## Seafood Chowder

Fresh mussels, shrimp and surimi in a creamy chowder and served w/ toasted ciabatta

## Monteith's Beef Pie

theHelm homemade pie. baked golden pastry filled with braised beef marinated in Monteith's Original, served on garlic mashed potato and peas

## Roast Kumara Salad † §

Roasted kumara, fresh orange segments, goats cheese, toasted cashews with fresh baby spinach, salad greens and a citrus vinaigrette

## Chicken Open Sandwich † § + Fries 3

Grilled chicken, brie, Cajun aioli with salad greens on lightly toasted bread

## Steak Open Sandwich † + Fries 3

Grilled sirloin, onion rings, horseradish hollandaise with salad greens on lightly toasted bread

## Chicken Wrap + Fries 3

Roast chicken served with brie, salad greens and aioli all encased in a lightly warmed tortilla