

helen's

STARTERS

	MEMBER	GUEST
Garlic Bread	\$3.5	\$4.5
Herb Bread	\$3.5	\$4.5
Cheesy Garlic or Herb Bread	\$5.9	\$6.9
Grilled Haloumi GF	\$11.9	\$13.9
Octopus Vinaigrette GF	\$9.9	\$11.9
Tzatziki & Pita Bread	\$7.9	\$9.9
Taramasalata & Pita Bread	\$7.9	\$9.9
Sydney Rock Oysters GF	6 \$14.9	12 \$16.9
Natural	6 \$22.9	12 \$24.9
Served with cocktail sauce & lemon		
Sydney Rock Oysters GF	6 \$16.9	12 \$18.9
Kilpatrick	6 \$24.9	12 \$28.9
Grilled with chopped bacon & worcestershire sauce		
Sydney Rock Oysters	6 \$15.9	12 \$17.9
Mornay	6 \$24.9	12 \$28.9
Grilled with bechamel sauce & melted cheese		

SALAD

	MEMBER	GUEST
Greek GF	\$13.9	\$15.9
Garden GF	\$11.9	\$13.9
Caesar	\$12.9	\$14.9
Grilled Chicken & Avocado GF	\$18.9	\$20.9
With a honey mustard dressing		

EXTRAS

	MEMBER	GUEST
Grilled Chicken	\$6.0	\$8.0
BBQ Octopus	\$12.0	\$14.0
Calamari Rings (5)	\$6.0	\$8.0
Quinoa Tri Colour GF	\$4.0	\$5.0

SIDES

	MEMBER	GUEST
Bowl of Chips	\$5.5	\$7.5
Bowl of Vegetables	\$6.9	\$8.9
Wedges	\$8.5	\$10.5
Topped with sour cream & sweet chilli sauce		
Rice	\$4.0	\$5.0

SNACKS

	MEMBER	GUEST
Beef Nachos	\$14.9	\$16.9
Topped with bolognaise, melted cheese, guacamole, sour cream & sweet chilli sauce		
Vegetarian Nachos V	\$12.9	\$14.9
Topped with napolitana sauce, melted cheese, guacamole, sour cream & sweet chilli sauce		
Vegetarian Spring Rolls (8) V	\$7.9	\$9.9
Served with chips & sweet chilli sauce		
Fish Cocktails (6)	\$8.9	\$9.9
Served with chips, lemon & tartare sauce		

SEAFOOD

Please take caution for any bones in fish fillets






	MEMBER	GUEST
Salmon Oscar	\$30.9	\$32.9
Grilled Atlantic salmon fillet, asparagus & tiger prawns (2), topped with hollandaise sauce		
Perch (Grilled GF or Fried)	\$18.9	\$21.9
Grilled served with lemon butter sauce or fried served with tartare sauce		
Atlantic Salmon	\$25.9	\$27.9
Grilled Atlantic salmon fillet with a dill cream sauce		

SEAFOOD PLATTER FOR ONE

Moreton bay bug with garlic butter, scallop mornay, BBQ octopus, BBQ king prawns (2), crumbed calamari & battered perch served with beetroot salad & chips	\$44.0	\$46.0
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Fried Crumbed Calamari	E \$14.9	M \$16.9
Served with tartare sauce & lemon		
BBQ Octopus GF	E \$17.9	M \$19.9
Marinated with lemon, olive oil & oregano dressing		
Prawn Cutlets GF	E \$16.9	M \$18.9
Crispy battered tiger prawns with tartare sauce & lemon		
Garlic Prawns GF	E \$16.9	M \$18.9
Flamed with shallots in a creamy garlic white wine sauce served with rice		
Saganaki Prawns GF	E \$17.9	M \$19.9
Flamed with garlic, shallots, pesto, fetta & napolitana sauce served with rice		
Fisherman's Plate	\$23.9	\$25.9
Crispy battered perch, prawns & crumbed calamari with tartare sauce & lemon		

CHICKEN & VEAL DISHES

	MEMBER	GUEST
Schnitzel Crumbed chicken or veal served with gravy	 \$19.9	\$21.9
	 \$20.9	\$22.9
Parmigiana Crumbed chicken or veal topped with ham, cheese & napolitana sauce	 \$24.9	\$26.9
	 \$25.9	\$27.9
Boscaiola GF Pan fried chicken or veal with bacon, shallots & mushrooms in a creamy sauce	 \$24.9	\$26.9
	 \$25.9	\$27.9

CHICKEN SATAY **GF**

Grilled chicken with satay sauce topped with sweet chilli sauce served with rice	\$22.9	\$24.9
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Chicken Avocado **GF**

Grilled chicken with seeded mustard cream sauce topped with avocado	\$25.9	\$27.9
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Chicken Haloumi **GF**

Grilled chicken topped with haloumi cheese & a creamy garlic pesto sauce	\$25.9	\$27.9
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Grilled Chicken Breast **GF**

Grilled chicken with lemon, olive oil & oregano	\$21.9	\$23.9
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Please inform when ordering if you are Gluten Free. Due to the transfer of fast pace food in the kitchen, there is a small possibility that traces of gluten or nut substances could be present in your meal. In saying this, we take great caution when preparing special dietary meals.

PASTA

All pastas come with a choice of Spaghetti or Fettuccine

	MEMBER	GUEST
Bolognese Traditional beef mince sauce	\$15.9	\$17.9
Napolitana Traditional tomato napolitana sauce	\$13.9	\$15.9
Boscaiola Bacon, mushrooms & shallots in a creamy sauce	\$18.9	\$20.9
AMATRICIANA Bacon, spanish onions & shallots in a chilli tomato sauce	\$18.9	\$20.9
Seafood Marinara Mixed seafood in a creamy napolitana sauce	\$26.9	\$28.9
Rivers Prawn Pasta Tiger prawns with garlic, shallots & creamy napolitana sauce	\$26.9	\$28.9
Veggie Cannelloni V Spinach, fetta & ricotta filled cannelloni, topped with napolitana sauce & melted tasty cheese	\$18.9	\$20.9

Ask about our Healthy Konjac Noodles Option **GF**

MEAT DISHES

	MEMBER	GUEST
Scotch Fillet 300gm With choice of mushroom, dianne, pepper or gravy sauce	\$27.9	\$29.9
Rump 350gm With choice of mushroom, dianne, pepper or gravy sauce	\$25.9	\$27.9
Ship 'N' Shore Scotch fillet 300gm topped with king prawns (2) & hollandaise sauce	\$35.9	\$38.9
American Style Pork Ribs Marinated in spicy BBQ sauce	\$35.9	\$37.9
Steak & Ribs Rump 350gm with American style pork ribs topped with spicy BBQ sauce	\$35.9	\$37.9

RIVERS TOWER

Mini steaks (2), chicken breast & tiger prawns (2) topped with hollandaise sauce	\$32.9	\$34.9
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Pork Cutlet 350gm

Grilled pork cutlet served with apple sauce	\$27.9	\$29.9
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Lamb Souvlaki

Marinated skewers served with pita bread & tzatziki	\$25.9	\$27.9
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SAUCES \$2.5

Gravy	Pepper	Sour Cream
Mushroom	Dianne	Hollandaise

CHECK OUT OUR DAILY BOARD SPECIALS

EARLY BIRD MEMBERS SPECIALS

Available Monday & Tuesday
Not available public holidays

PETITE & KIDS MEALS

Upsize with vegetables or salad \$3.50

	MEMBER	GUEST
Schnitzel Served with chips	 \$10.0	\$12.0
	 \$12.0	\$14.0
Fettuccine Bolognaise Traditional beef mince sauce	\$10.0	\$12.0
Fried Calamari Served with chips & tartare sauce	\$10.0	\$12.0
Minute Steak Served with chips	\$10.0	\$12.0
Fried Perch Served with chips & tartare sauce Please take caution for any bones in fish fillet	\$10.0	\$12.0
Kids Ice Cream Served with chocolate, strawberry, caramel or sprinkle topping	\$3.0	\$5.0

BURGERS

Available Lunchtime only

	MEMBER	GUEST
Beef Homemade beef pattie, tomato, lettuce, beetroot & tomato relish	\$15.9	\$17.9
Steak Mini steak, tomato, lettuce, beetroot & tomato relish	\$15.9	\$17.9
Grilled Chicken Grilled chicken loins, tomato, lettuce & caesar sauce	\$15.9	\$17.9
Chicken Schnitzel Crumbed chicken, tomato & lettuce	\$15.9	\$17.9
Fish Homemade fish pattie, tomato, lettuce & tartare sauce	\$15.9	\$17.9
Veggie Homemade veggie pattie, topped with sauteed mushrooms & tomato relish	\$15.9	\$17.9

All burgers are served on damper bread with a side of chips

BURGER BOOSTERS

Cheese	\$2.0
Bacon	\$2.0
Egg	\$2.0
Pineapple	\$2.0
Avocado	\$3.0
Haloumi	\$4.0

Gluten-Free Bread available



STEAK



PASTA



SEAFOOD



TRADING HOURS

OPEN 7 DAYS A WEEK

LUNCH DAILY:

12.00pm - 3.00pm

DINNER

Monday & Tuesday

5.30pm - 9.00pm

Wednesday to Saturday

5.30pm - 9.30pm

Sunday

5.00pm - 9.00pm



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