MOUNT HELENA TAVERN
FOOD MENU

'GOTTA LOVE YOUR LOCAL'

LIGHT MEALS

GARLIC BREAD 10
3 pieces (V)

CHIPS 12
With tomato sauce or aioli (V)

SWEET POTATO CHIPS 15
With aioli
(V) GFO AVAILABLE

BRUSCHETTA 18
Fresh tomato, spanish onion, basil & fetta (v)

HOT HONEY CAMEMBERT 24
Crumbed camembert topped with maple glazed walnuts, cranberries & pepitas drizzled with hot chilli honey served with crackers

CHILLI CHICKEN BITES 22
Sweet Chilli Chicken Tender bites drizzled with aioli

LEMON PEPPER SQUID 24
Lightly dusted pineapple cut calamari with homemade garlic aioli. (I)
GFO AVAILABLE

FISH TACOS 26
3 tacos in a soft tortilla wrap with crispy battered snapper, corn & tomato salsa, pickled Spanish onion & sriracha mayo. (I)

TACO OF THE DAY 26
Please see our specials menu for our taco of the day.

PORK BELLY BITES 23
Spicy Korean glazed pork belly bites with spring onion & sesame seeds

BUFFALO WINGS 25
Buffalo chicken wings with celery & ranch dipping sauce (GF)

SALAD

CLASSIC CAESAR 24
Baby cos tossed in homemade caesar dressing with crispy bacon, croutons, egg and shaved parmesan.
GFO AVAILABLE
Chicken 8 Avocado 3

PUMPKIN & QUINOA SALAD 25
Quinoa tossed in mesclun, roasted butternut pumpkin, spanish onion, fetta, cherry tomatoes, baby beetroot & pine nuts drizzled with a honey mustard dressing (V) (VGOA)
Chicken 8

THAI BEEF SALAD 29
Marinated porterhouse steak served on rice noodles with fresh slaw and a homemade Nam jim dressing.

PUB CLASSICS

CHICKEN PARMI 30
Homemade panko crumbed chicken breast topped with Napoli sauce & cheese served with chips & salad

EGGPLANT PARMI 28
Crumbed eggplant topped with Napoli sauce & cheese served with chips & salad
VEGAN AND GFO AVAILABLE

CHICKEN SCHNITZEL 29
Crumbed chicken breast served with your choice of mushroom, pepper or garlic sauce served with chips & salad

PASTA CARBONARA 28
Fettuccine tossed with onion, garlic, mushrooms and bacon in a creamy white wine sauce topped with parmesan

FISH & CHIPS 1PC 25 2PC 29
Beer battered snapper fillet served with chips, salad, fresh lemon & tartare. (I)
GFO AVAILABLE (Grilled)

FISH OF THE DAY
Please see our specials menu.

GRILLED

PORTERHOUSE STEAK 39
250g MSA porterhouse cooked to your liking with chips & garden salad or mash & veges served with your choice of pepper, creamy garlic (GF) or mushroom sauce.
GFO AVAILABLE
Prawns 9

DOG MENU

DOG ICE CREAM 5
Let your pups enjoy something too! Contains yoghurt, banana, berries & peanut butter.

DOG BANDANNA 8
2 sizes, 3 colours

I SEE YOU LOOKING AT ME, LOOKING AT YOU...

Scan the QR code to check us out on social media & stay up to date with what's happening at The Mounties

MOUNT HELENA TAVERN
FOOD MENU

'GOTTA LOVE YOUR LOCAL'

CHEF'S SPECIAL

SIZZLING GARLIC PRAWNS 30

Sizzling pot of prawns with sliced garlic, fresh chilli, red onion, shallots, parsley & toasted dipping bread
(I) GFO AVAILABLE

WING DING PLATE 33

Buffalo chicken wings & pork belly bites with ranch dressing & a basket of chips

BURGERS

TRUFFLE STEAK SANGA 30

150g dry aged scotch fillet, truffle mushrooms, onion jam, Swiss cheese, mesculin lettuce and aioli served with chips.

STEAK SANGA 30

150g dry aged scotch fillet with homemade tomato relish, wagyu bacon aioli, onion, cheese, mesculin lettuce, bacon & tomato served with chips

SANGA OF THE DAY

Please see our special menu.

SMASHED BURGER 24

Beef mince, onion, pickles, mustard, cheese & ketchup served with chips

Bacon 3.50 Egg 3.50

MOUNTIES BURGER 26

Good old - fashion hamburger with a beef pattie, beetroot, cheese, tomato, mesculin lettuce, onion, BBQ sauce & aioli served with chips.

Egg 3.50 Bacon 3.50

CHICKEN BURGER 26

Homemade southern fried chicken, bacon, cos lettuce, tomato, red onion, cheeseburger sauce & cheese served with chips

BLT 24

Bacon, lettuce, tomato & aioli served with chips

I'M A 'FUNGI' BURGER 26

Crumbed mushroom, beetroot relish, baby spinach, red onion, Swiss cheese & aioli served with sweet potato chips

GLUTEN-FREE OR COELIAC?

ALL OUR BURGERS CAN BE MADE GLUTEN-FREE!

Excluding our chicken burger

Please advise our staff about any food allergies

Gluten-free upgrade (bun & sweet potato chips) $6

THE MOUNTIES
IS THE PLACE TO BE

PIZZAS

MARGHERITA 23

Tomatoes, fresh basil & mozzarella
(VGOA)

HAWAIIAN 24

Bacon, pineapple & mozzarella

PEPPERONI 26

A classic - Mozzarella & pepperoni pizza

PRAWN STINGER 29

Spicy garlic prawns, bacon, red onion, fresh chilli & spring onion with a drizzle of buffalo sauce. (I)

BBQ CHICKEN 28

Chicken, bacon, pepperoni & red onion, topped with a drizzle of smokey BBQ sauce

VEGETARIAN

Available Thursday - Sunday
Please see our specials menu for our pizza of the month.

GLUTEN FREE BASES 4

VEGAN CHEESE $4

KIDS MENU

All kids meals come with tomato sauce on the side

CHICKEN NUGGETS & CHIPS 12

FISH N CHIPS (I) 12

MINI SMASHED BURGER 16

Smashed beef patty, cheese & tomato sauce served with chips

KIDS CHICKEN BURGER 18

Buttermilk fried chicken, cheese, cos lettuce & aioli served with chips.

JUICE BOX 3.50

Apple, orange or apple & blackcurrant

ICE CREAM CUP - Vanilla 3.50

DESSERTS

STICKY DATE 15

Served with butterscotch sauce, cream and ice cream

CHOC BROWNIE 15

Served with cream, ice cream and rich chocolate sauce

STRAWBERRY TART 15

Strawberry cheesecake tart served with cream & ice cream.
GLUTEN FREE

APPLE & RHUBARB CRUMBLE 15

Served with ice cream
GLUTEN FREE