



MOUNT HELENA TAVERN

FOOD MENU

Light Meals

GARLIC BREAD

3 pieces (V)

BRUSCHETTA

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

CHIPS

With tomato sauce or aioli (V)

SWEET POTATO CHIPS

With aioli

(V) GFO AVAILABLE

PORK BELLY BITES

Spicy Korean glazed pork belly bites with spring onion and sesame seeds

BAO BUN OF THE DAY

Please see our specials menu.

10

CAULIFLOWER TACO

22

3pc tacos in a soft tortilla with battered cauliflower, corn salsa & chipotle mayo VEGAN

18

FISH TACOS

23

12

3 tacos in a soft tortilla wrap with crispy battered snapper, corn & tomato salsa, pickled spanish onion & sriracha mayo

15

BUFFALO WINGS

22

18

Buffalo chicken wings served with celery & ranch dipping sauce (GF)

LEMON PEPPER SQUID

19

Lightly dusted calamari with homemade garlic aioli
GFO AVAILABLE

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

MOUNTIES SMASHED

21

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

MOUNTIES BURGER

25

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

- Bacon \$3.50 - Egg \$3.50

BLT

22

Bacon, lettuce, tomato & aioli served with chips

CHICKEN BURGER

26

Homemade southern fried chicken, bacon, mesculin lettuce tomato, red onion, cheeseburger sauce & cheese 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

SANGA OF THE DAY

Please see our special menu.

Gluten-Free or Coeliac?

All our burgers can be made Gluten-Free!

Excluding the chicken burger

Please advise our staff about any food allergies

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

Pub Classics

CHICKEN PARMI

28

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

EGGPLANT PARMI

27

Crumbed eggplant topped with Napoli sauce & cheese served with chips & salad

VEGAN AND GFO AVAILABLE

CHICKEN SCHNITZEL

27

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 2PC

Beer battered snapper fillet served with chips, salad, fresh lemon & tartare.

23

27

GFO AVAILABLE (Grilled)

FISH OF THE DAY

Please see our specials menu.



MOUNT HELENA TAVERN

FOOD MENU

Chef's Special

SIZZLING GARLIC PRAWNS

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

29

WING DING PLATE

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

30

Salads

CLASSIC CAESAR

Baby cos tossed in homemade caesar dressing with crispy bacon, croutons, egg and shaved parmesan
- Chicken \$8 - Avocado \$3
GFO AVAILABLE

PUMPKIN & QUINOA SALAD

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

Marinated porterhouse steak served on rice noodles with fresh slaw and a homemade Nam chim dressing.

Kids Menu

All kids meals come with tomato sauce on the side

MAC & CHEESE BITES WITH CHIPS

CHICKEN NUGGETS & CHIPS

FISH N CHIPS

MINI SMASHED BURGER

Smashed beef patty, cheese & ketchup served with chips

KIDS CHICKEN BURGER

Fried chicken, cheese, cos lettuce & aioli served with chips.

JUICE BOX

Apple, orange or apple & blackcurrant

ICE CREAM CUP - Vanilla

Desserts

STICKY DATE

Served with butterscotch sauce, cream and ice cream

CHOC BROWNIE

Served with cream, ice cream and rich chocolate sauce.

LEMON CITRUS TART

Served with ice cream

GLUTEN FREE

APPLE & RHUBARB CRUMBLE

Served with ice cream

GLUTEN FREE

Grilled

22 PORTERHOUSE STEAK

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
- Prawns \$9

25 GFO AVAILABLE

Pizzas

MARGHERITA

Tomatoes, fresh basil & mozzarella (VGOA)

HAWAIIAN

Bacon, pineapple & mozzarella

PEPPERONI PIZZA

A classic - Mozzarella & pepperoni pizza.

11 BBQ CHICKEN

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

15 PRAWN STINGER

16 Spicy garlic prawns, bacon, red onion, fresh chilli & spring onion with a drizzle of buffalo sauce

VEGETARIAN PIZZA

3 Available Thursday - Sunday

Please see our specials board for our pizza of the month.

3.50 GLUTEN FREE BASES

VEGAN CHEESE \$4

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14

14

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

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with what's happening
here at The Mounties**

