



MOUNT HELENA TAVERN

SUNDAY MENU

Chef's Special

SUNDAY ROAST

Roast of the day with seasonal veggies, gravy & a homemade yorkshire pudding
While stocks last GFO AVAILABLE

27

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

11

CHICKEN NUGGETS & CHIPS

11

FISH N CHIPS

11

MINI SMASHED BURGER

15

Smashed beef patty, cheese & tomato sauce served with chips

KIDS CHICKEN BURGER

16

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

JUICE BOX

3

Apple, orange or apple & blackcurrant

ICE CREAM CUP - Vanilla

3.50

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

38

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

19

29 Tomatoes, fresh basil and mozzarella (VGOA)

HAWAIIAN

20

Bacon, pineapple and mozzarella

PEPPERONI PIZZA

24

A classic - Mozzarella & pepperoni pizza

BBQ CHICKEN

26

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

PRAWN STINGER

27

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

VEGETARIAN PIZZA

26

Available Thursday - Sunday

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

GLUTEN FREE BASES

4

3.50 VEGAN CHEESE \$4

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

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





MOUNT HELENA TAVERN

SUNDAY 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

18

12

15

18

CAULIFLOWER TACO

22

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

FISH TACOS

23

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

BUFFALO WINGS

22

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

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

STEAK SANGA

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

MOUNTIES SMASHED

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

MOUNTIES BURGER

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

Bacon, lettuce, tomato and aioli served with chips

CHICKEN BURGER

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

I'M A 'FUNGI' BURGER

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

GFO AVAILABLE

SANGA OF THE DAY

Please see our special menu.

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

Pub Classics

30

CHICKEN PARMI

28

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

30

EGGPLANT PARMI

27

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

21

VEGAN AND GFO AVAILABLE

25

CHICKEN SCHNITZEL

27

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

22

FISH & CHIPS

1PC 2PC

26

Beer battered snapper fillet served with chips, salad, fresh lemon & tartare.
GFO AVAILABLE (Grilled)

23 27

FISH OF THE DAY

26

Please see our specials menu.