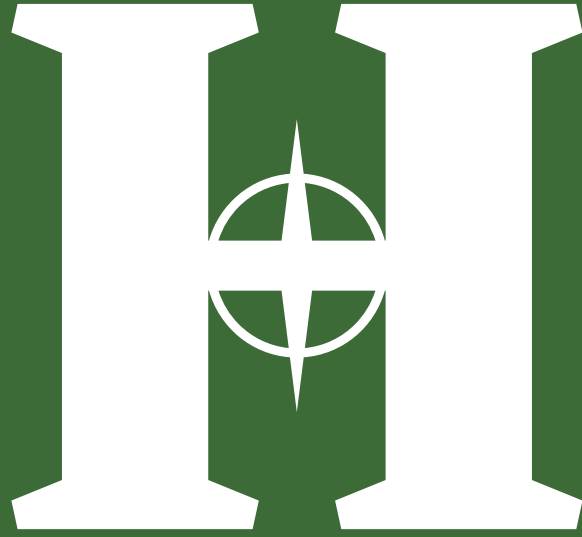


the Alenu



Drinks

Tap Beer

	Glass	Pint	Jug	Tower
Heineken	12	14.5		
Heineken Silver	12	14.5		
Heineken Light	10	12.5		
Tiger	12	14.5	40	75
Export Ultra	11	12.5	38	65
Tui	9.5	11	30	55
Montieth's				
Original Ale	11	12.5	38	65
Golden Lager	11	12.5	38	65
Phoenix IPA	12	14.5	40	75
Crushed Apple Cider	12	14.5	40	75
Craft (ask our team for options)				
Tuatara Range	13	15	45	85

Non-Alcohol Options

Coke, Coke Zero Sugar, Sprite, Sprite Zero Sugar, L&P, Ginger Ale, Tonic, Soda	5.5
Juice - Orange, Feijoa, Cranberry, Apple, Pineapple, Tomato	6
Redbull, Bundaberg, Bundaberg Light.....	6.5
Iced Choc, Iced Coffee, Iced Mocha	9.5

Bottled Beer and Cider

Heineken	10
Sol	10
Export Ultra	10
Monteith's Radler	10
Monteith's Black	10
Orchard Thieves Cider: Berry or Apple	10
Rekorderlig Strawberry & Lime Cider	13

MID/LOW OPTION

Heineken 0%	10
Export Citrus 0%	9
Export Citrus 2%	9

RTD's

Good & Great range: Raspberry and Lime, Passionfruit and Pineapple, Peach and Pear	10
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Coffee

Short Black	4.5
Long Black	5
Flat White	5.5
Cappuccino	5.5
Latte	6
Chai Latte	6
Mocha	6
Hot Chocolate	6

Wine

	Glass Bottle	
SPARKLING		
Makers Anonymous Prosecco Rosé		50
Makers Anonymous Prosecco		50
G.H Mumm Marlborough Brut NV 750ml	13	65
G.H Mumm Marlborough Rosé NV 750ml	14.5	70
G.H Mumm Grand Cordon NV 375ml - France		60
G.H Mumm Grand Cordon NV 750ml - France		110
AROMATICS		
The Grayling Pinot Gris - East Coast	10	45
Stoneleigh Wild Valley Pinot Gris	12	57
Jules Taylor Pinot Gris - Marlborough	13	62
Stoneleigh Wild Valley Rosé - Marlborough	12	57
Matawhero Rosé - Gisborne	13	62
Main Divide Reisling - Wairapa	13	62
SAUVIGNON BLANC		
The Grayling - Marlborough	10	45
Brancott Flight 9% - Marlborough	10.5	50
Stoneleigh - Marlborough	11	52
Lake Chalice - Marlborough	12	57
Astrolabe - Providence	14	67
CHARDONNAY		
The Grayling - Marlborough	10	45
Lake Chalice - Marlborough	12	57
Church Road McDonald - Hawkes Bay	14	67

	Glass	Bottle
BORDEAUX		
Wyndham Estate Merlot - Australia	10	45
Lake Chalice Merlot - Marlborough	12	57
Church Road Grand Reserve Cabernet Merlot		95
SHIRAZ / SYRAH		
Wyndham Estate Shiraz - Australia	10	52
Jacobs Creek Double Barrel Shiraz- Australia	12.5	57
Raptor Syrah - Hawkes Bay	13.5	65
Church Road Grand Reserve Syrah - Hawkes Bay		95
PINOT NOIR		
The Grayling - Waipara	10	45
Last Shepherd - Central Otago	13	62
Rabbit Ranch - Central Otago	14	67
PORT		
Sandeman Tawny, 10 yr	13	
Sandeman Tawny, 20 yr	16	

Snacks Dairy Free \$ Gluten Free † Vegan^v on request

Fries †^v	10
Crispy coated fries served with sides of tomato sauce and aioli.	
Loaded Fries	26
Crispy coated fries, topped with smoky cheese sauce and pulled beef	
Pizza Bread †\$^v	19
A base of confit garlic, topped with melting mozzarella, finished with a swirl of sweet chilli sauce	
Mussel †\$	24
A dozen green lipped mussels cooked in creamy Thai green curry sauce, served with garlic toasted sourdough	
Calamari †\$	18
Salt and pepper fried squid, served with lemon coriander aioli, greens, and a lemon wedge	
Pate †	16
Chicken liver pate, served with mango and peach chutney, and garlic toasted croutes	
Belly Bites \$	19
Add Rice	4
Braised pork belly, tossed in sticky soy glaze and topped with toasted sesame seeds	
Chicken Nibbles †\$^v	19
Seasoned chicken nibbles, tossed in your choice of bbq or buffalo sauce, served over a bed of coleslaw. Veg option: fried cauliflower	
Roti	16
Flaky roti paratha filled with coleslaw, and your choice of braised pork belly/braised eggplant/roasted duck breast. Topped with pickled cucumber and sesame seeds	
Duck Spring Rolls \$	16
Duck and cabbage encased in crispy spring roll pastry, served with a side of sweet chilli sauce	

Platters **75**

Helm Platter

Selection of deli meats with cheese, dips, croutes, belly bites, pickles, pate, duck spring rolls, and chicken nibbles

Seafood Platter

Half a dozen mussels in thai green curry sauce, fresh fish bites, crispy fries, calamari, garlic prawns, and dipping sauces

Burgers served with fries

Chicken Burger †	27
Toasted bun, crumbed chicken breast, lettuce, tomato, sliced red onion, cheddar cheese and finished with sriracha mayo.	
Beef Burger †	28.5
Toasted bun, pulled beef, lettuce, tomato, pickle, cheddar cheese, caramelised onion and finished with bbq sauce	
Pork Burger †	26
Toasted bun, coleslaw, sliced pork belly, pickles, and finished with smoky cheese sauce	
Veggie Burger †^v	26
Toasted bun, lettuce, tomato, sliced red onion, kumara rosti, cheddar cheese, finished with mango peach chutney	

Pizza

30 or GF 34

vegan cheese \$3

Chicken

Marinara base topped with mozzarella cheese, roasted garlic and herb chicken, sliced capsicum, red onion, and finished with sweet chilli sauce

Vego

Marinara base topped with mozzarella cheese, ricotta, braised eggplant, sliced capsicum, caramelised onion, and ricotta

Pork

Marinara base topped with mozzarella cheese, sliced pork belly, ham, caramelised onions, finished with aioli and topped with kumara crisps.

Meat Lovers

Marinara base topped with mozzarella, salami, ham, pulled beef, red onion, and finished with bbq sauce.

Lunch Dairy Free [§]Gluten Free [†]Vegan [✓]on request

Seafood Chowder	16
Seafood mix in a creamy chowder base, served with garlic toasted sourdough.	
The Helm Gourmet Pie	18
Monteith's original braised beef pie, served atop garlic mash, with peas and red wine jus	
Fish and Chips [†]	27
Beer battered fresh fish, crispy fries and side salad. Served with sides of tomato sauce and tartare	
Chicken Open Sandwich ^{†§}	20
Add Fries	4
Grilled chicken breast served on toasted sourdough with mango peach chutney, lettuce, tomato, cheddar cheese, and pickled cucumbers, finished with aioli.	
Wrap [§]	21
Add Fries	4
Grilled spinach wrap filled with lettuce, tomato, pickled cucumber, sliced red onions, garlic and herb roasted chicken and finished with sriracha mayo or aioli.	
Eggs on Toast [†]	14
Add Bacon	6
Your choice of fried or poached eggs served on garlic toasted sourdough with a side of creamy mushroom sauce	
Steak and Eggs ^{§†}	39
Grilled sirloin steak served on a bed of crispy fries, topped with two fried eggs, and finished with red wine jus	
Sauces	5
Creamy Mushroom	Garlic Butter
Red Wine Jus	Gravy
Salads	
Garlic and Herb Chicken Salad [†]	26
Garlic and herb roast chicken, mesclun, shredded cabbage, sun dried tomatoes, toasted almonds, sliced red onion, tossed with housemade vinaigrette and topped with crumbled feta	
Duck Salad ^{†§}	29
Shredded cabbage, toasted almonds, sliced red onion, radish and mung beans tossed together with a soy based vinaigrette, topped with roasted duck breast	
Caesar Salad [†]	22
Chopped cos lettuce, shaved parmesan, bacon bits and garlic toasted croutons, tossed together with housemade caesar dressing. Topped with a poached egg.	
Add Chicken or Prawns	8

Pasta and Rice

Thai Green Curry ^{†§✓}	25
Sliced onions and capsicums cooked in a creamy Thai green curry sauce, served with steamed jasmine rice and roti	
Add Chicken or Prawns	8
Vegan Risotto ^{†§✓}	22
Eggplant and tomato risotto, finished with vegan cream cheese and balsamic glaze	
Add Chicken or Prawns	8
Sundried Tomato Penne	24
Penne pasta tossed with sundried tomatoes, fresh herbs, and whipped ricotta. Finished with balsamic glaze and shaved parmesan.	
Add Chicken or Prawns	8
Seafood Penne	28
Penne pasta, prawns and mussels cooked in creamy garlic sauce, with fresh herbs and shaved parmesan.	

Burgers served with fries

Chicken Burger [†]	27
Toasted bun, crumbed chicken breast, lettuce, tomato, sliced red onion, cheddar cheese and finished with sriracha mayo.	
Beef Burger [†]	28.5
Toasted bun, pulled beef, lettuce, tomato, pickle, cheddar cheese, caramelised onion and finished with bbq sauce	
Pork Burger [†]	26
Toasted bun, coleslaw, sliced pork belly, pickles, and finished with smoky cheese sauce	
Veggie Burger ^{†✓}	26
Toasted bun, lettuce, tomato, sliced red onion, kumara rosti, cheddar cheese, finished with mango peach chutney	

Dinner Dairy Free [§] Gluten Free [†] Vegan ^v on request

Entrees

Pizza Bread ^{†§v}	19
A base of confit garlic, topped with melting mozzarella, finished with a swirl of sweet chilli sauce	
Pate [†]	16
Chicken liver pate, served with mango and peach chutney, and garlic toasted croutes	
Seafood Chowder	16
Seafood mix in a creamy chowder base, served with garlic toasted sourdough.	
Calamari ^{†§}	18
Salt and pepper fried squid, served with lemon coriander aioli, greens, and a lemon wedge	
Mussel ^{†§}	24
A dozen green lipped mussels cooked in creamy Thai green curry sauce, served with garlic toasted sourdough	

Mains

Fish and Chips [†]	32
Beer battered fresh fish, crispy fries and side salad. Served with sides of tomato sauce and tartare	
Pork Tenderloin[†]	39
Orange glazed pork tenderloin served alongside kumara rosti, and steamed vegetables	
Lamb Shank [†]	36
Braised lamb shank, served with garlic mash, steamed vegetables and finished with red wine jus	
Chicken ^{†§}	36
Garlic and herb marinated chicken breast, cauliflower puree, steamed vegetables, finished with red wine jus.	
Beef Cheek [†]	36
Beef Cheek, served with garlic mash, steamed vegetables and finished with red wine jus	
Steak and Eggs [†]	39
Grilled sirloin steak served on a bed of crispy fries, topped with two fried eggs, and finished with red wine jus	
Sauces	5
Creamy Mushroom	Garlic Butter
Red Wine Jus	Gravy

Salads

Garlic and Herb Chicken Salad [†]	26
Garlic and herb roast chicken, mesclun, shredded cabbage, sun dried tomatoes, toasted almonds, sliced red onion, tossed with housemade vinaigrette and topped with crumbled feta	
Duck Salad ^{†§}	29
Shredded cabbage, toasted almonds, sliced red onion, radish and mung beans tossed together with a soy based vinaigrette, topped with roasted duck breast	
Caesar Salad [†]	22
Chopped cos lettuce, shaved parmesan, bacon bits and garlic toasted croutons, tossed together with housemade caesar dressing. Topped with a poached egg.	
Add Chicken or Prawns	8

Pasta and Rice

Thai Green Curry ^{†§v}	24
Sliced onions and capsicums cooked in a creamy Thai green curry sauce, served with steamed jasmine rice and roti	
Add Chicken or Prawns	8
Vegan Risotto ^{†§v}	22
Eggplant and tomato risotto, finished with vegan cream cheese and balsamic glaze	
Add Chicken or Prawns	8
Sundried Tomato Penne	24
Penne pasta tossed with sundried tomatoes, fresh herbs, and whipped ricotta. Finished with balsamic glaze and shaved parmesan.	
Add Chicken or Prawns	8
Seafood Penne	28
Penne pasta, prawns and mussels cooked in creamy garlic sauce, with fresh herbs and shaved parmesan.	

the Sides

Wedges	8	Fries	7
Truffle Mash	8	Rice	5
Steamed Veggies	8	Fried Eggs	5

Dessert Dairy Free [§]Gluten Free [†] Vegan ^v on request

Cheesecake	16
Raspberry and lemon cheesecake, whipped white chocolate ganache, and candied lemons	
Apple and Blueberry Crumble	18
Warm pie, vanilla bean ice cream and cinnamon custard	
Chocolate Brownie ^{§v}	16
Fudgy chocolate brownie, berry compote and whipped coconut cream	
Ice Cream Sundae [†]	14
Salted caramel ice cream, cookie crumbs, maraschino cherries, finished with caramel sauce	

Special Coffee **14**

Double espresso served with your choice of liqueur topped with whipped cream

- Baileys
- Kahlua
- Vanilla Galliano
- Frangelico
- Jameson
- Drambuie

Night Caps

BLENDED SCOTCH

Johnny Walker Black Label	10
Chivas Extra	12
Chivas, 18 yr	12

SINGLE MALT

Laphroaig, 10 yr	
Glenlivet, 12 yr	14
Glenlivet, 15 yr	14
Glenlivet, 18 yr	16
	18

Kids Dairy Free [§]Gluten Free [†] Vegan ^v on request

Chicken Nuggets	15
Tempura chicken nuggets, crispy fries, tomato sauce	
Kids Burger [†]	15
Beef patty, swiss cheese and tomato sauce on a toasted bun, served with fries	
Fish and Chips	15
Fish bites, side salad, crispy fries, tomato sauce	
Pasta	15
Penne pasta tossed in cheese sauce	
Sundae	6
Vanilla ice cream with chocolate sauce and sprinkles	