

Banana Bread Oats VGO NG banana, chocolate chips, natural yoghurt, cinnamon

Breakfast Bap 📣 📲
choose from Pen 'n' Tinny sausage,
vegetarian sausage or smoked bacon with fried egg and Cornish cheese

Mushrooms on Toast Heligan bread, spinach, garlic, mascarpone, chive oil

£6.00

£7.00

£8.00

85% of the meat we use is reared on the Heligan Estate and we prioritise vegetables and fruits from the Heligan Kitchen Garden. We are incredibly lucky to have such versatile, seasonal ingredients at our fingertips.

All our additional ingredients are provided by our many wonderful local Cornish suppliers.

## Ready to order?

Jerk Spiced Pineapple Hash NG VGO

Superfood Buddha Bowl NG VG NUT

quinoa, miso broccoli, carrot, leafy greens, crispy chickpeas, walnut, lime and tahini dressing

fried egg, smoked bacon, coriander

Please order at the till giving your table number and we will serve you at your table

## Allergen advice

Please be aware that our food may contain or come into contact with common allergens, such as diary, eggs, mustard, sesame, celery, soybeans, tree nuts, peanuts, fish, shellfish or wheat.

For detailed allergen information, please speak to a member of the Heligan Kitchen team.

Non-gluten **Containing Ingredient** Non-gluten Containing Ingredient Option

Nuts

VGO Vegan Option



Vegetarian

**Vegetarian Option** 

£11.00

£11.00