



breakfast

in the HELIGAN KITCHEN

There's only 157 yards from Kitchen Garden to plate at Heligan. Our 2-acre productive garden produces 4.5 tonnes of fruit and vegetables each year and it forms the heart of our menu.

Heligan Kitchen offers flavours inspired by the seasons so you can enjoy a taste of our heritage. If there's a hungry gap between crops, we support our local suppliers and producers.




Served 9am - 11am (Monday – Sunday)




Breakfast


Breakfast Pastries  £3
croissants or pain au chocolat, Boddington's jam

Heligan Bakery Toast    £4
with Boddington's jam or marmalade

Granola with Stewed Apples   £6
natural yoghurt

Breakfast Roll    £8
any three items in Heligan Bakery bread: Heligan or vegetarian sausage, smoked bacon, tomato, mushroom, hash brown or fried egg

Kitchen Garden Breakfast    £12
vegetarian sausages, hash browns, mushroom, tomato, beans, fried, scrambled or poached egg and Heligan Bakery toast

Full Estate Breakfast  £13
Heligan sausages, smoked bacon, hash browns, mushroom, tomato, beans, fried, scrambled or poached egg and Heligan Bakery toast

Extra Breakfast Items £1.50 each
choose from Heligan sausage, vegetarian sausage, smoked bacon, hash brown, mushroom, tomato, beans, fried, scrambled or poached egg

Little Gardeners

Croissant or Pain au Chocolate  £3
Boddington's strawberry jam

Breakfast Waffle  £7
bacon & maple syrup or stewed apples with whipped cream

Ready to order?

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 dairy, 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



Vegan



Vegetarian



Non-gluten Containing Ingredient Option



Vegan Option



Vegetarian Option



Nuts

Christmas lunch

at HELIGAN KITCHEN



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.

1st – 22nd December, 12 noon - 3pm
£32 - 3 course, £27 - 2 course

Starter £8

Winter Parsnip Soup
parsnip crisp, sage oil, mini cheese scone

Farm Pork Pâté
pickled root vegetables, Pantique toast

Garlic Mushroom and Spinach
wild and chestnut mushroom, mascarpone, rosemary focaccia

Creedy Carver Duck Taco
Heligan spiced plum chutney, shredded cucumber, crispy onion

Desserts £8

Traditional Christmas Pudding
brandy cream

Eggnog Crème Brûlée
candied orange, gingerbread biscuit

Dark Chocolate and Cherry Tart
Callestick Amaretti cherry ice cream

Cornish Cheese Platter
Heligan spiced plum chutney, fig, crackers

* Enjoy a glass of Grahams Late Bottled Vintage Port £7 or
Domaine de l'Ancienne Cure, Monbazillac 'Jour de Fruit' dessert wine £7

Mains £20

Traditional Roast Turkey
'all the trimmings' pig in blanket, sage and onion stuffing, cranberry sauce, bread sauce, gravy

Medium-Rare Topside of Beef
Yorkshire pudding, horseradish sauce, gravy

Creedy Carver Confit Duck Leg
braised red cabbage, chestnut cream, gravy

Winter Squash Wellington
chard, dried cranberry, chestnut, lentils, gravy

All served with roast potatoes, garden greens, cauliflower cheese, root vegetable mash

Seafood Chowder with Heligan Bakery Bread
smoked haddock, bacon, potato, leek

Little Gardeners

Small Roast with Callestick Ice Cream £16
choose from the above options

Small Roast £12
choose from the above options

Kittow's Pen 'n' Tinny Sausages £7
roast potatoes, baked beans



For meat reared on our estate

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Nuts