



# 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 until 11.30am (Monday – Saturday)

Served 9am until 11am (Sunday)

## Breakfast

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

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

**Winter Berry Porridge**    **£6**  
honey

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

**Breakfast Burrito**  **£12**  
hash brown, scrambled egg, cheese, mushroom.  
add bacon or vegetarian sausage

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

**Full Estate Breakfast**  **£13**  
Heligan sausages, smoked bacon, hash browns,  
mushroom, 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, beans, fried,  
scrambled or poached egg

## Little Gardeners

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

**Breakfast Waffle** **£6**  
caramel apple, whipped cream, crumble crunch topping

**Mini Burrito**  **£6**  
Pen 'n' Tinny sausage, scrambled egg, cheese

**Dippy Eggs**   **£6**  
two soft boiled eggs, soldiers

### 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



# lunch

in the HELIGAN KITCHEN

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Served 12pm until 3pm (Monday – Saturday)

## Small Plates

**Heligan Bakery Bread of the Day** £5  
whipped butter

**Penn 'n' Tinny Sausages** £6  
honey mustard glaze

**Soup of the Day** £8  
Heligan Bakery bread or seasonal scone

**Cider Rarebit** £8  
toasted Heligan Bakery bread, rocket salad

## Large Plates

**Yakisoba Vegetable Noodles** £15  
stir fried and pickled vegetables,  
egg noodles, crispy onions

**Rare Breed Lamb Wrap** £15  
slow cooked Middle Eastern spiced lamb,  
garden salad, pickled vegetables, herb yoghurt

**Heligan 'Fish & Chips'** £16  
breadcrumbs catch of the day, potato wedges,  
tartare sauce, mushy peas

**Rare Breed Beef & Beer Pie** £16  
roasted vegetables, garden greens, gravy

**Homity Pie** £16  
roasted vegetables, garden greens, gravy

## Little Gardeners

**Cup of Soup** £6  
Heligan Bakery bread

**Hot dog & Wedges** £7  
Pen 'n' Tinny porker, tomato sauce

**Margherita Pizza** £7  
cheese, tomato

## Desserts

**Heligan Bakery Cakes** **From £3-£4.50**  
please view our cake display for today's cakes

**Dessert of the Day** £8  
please see Specials board for today's dessert

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Certified



Corporation



For meat reared on our estate

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Non-gluten Containing  
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Nuts