



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



For meat reared on our estate

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

Weekend Kids Special

Enjoy 50% off kid's meals at the weekend,
when ordered with an adult Large Plate.

Offer available from Saturday 18th January
– Sunday 9th February 2025

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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