

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 V VGO NGO



with Boddington's jam or marmalade



honey





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

Breakfast Burrito





hash brown, scrambled egg, cheese, mushroom. add bacon or vegetarian sausage

Kitchen Garden Breakfast V VGO NGO







£12

beans, fried, scrambled or poached egg and Heligan Bakery toast



£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

£6

caramel apple, whipped cream, crumble crunch topping

Mini Burrito VGO



Pen 'n' Tinny sausage, scrambled egg, cheese

Dippy Eggs V NGO

£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.















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Served 12pm until 3pm (Monday – Saturday)

Small Plates —		Little Gardeners ———
Heligan Bakery Bread of the Day whipped butter	£5	Cup of Soup V VGO NGO Heligan Bakery bread
Penn 'n' Tinny Sausages honey mustard glaze	£6	Hot dog & Wedges Pen 'n' Tinny porker, tomato sauce
Soup of the Day V VGO NEO Heligan Bakery bread or seasonal scone	£8	Margherita Pizza V VGO cheese, tomato
Cider Rarebit V toasted Heligan Bakery bread, rocket salad	£8	Weekend Kids Special
Large Plates Yakisoba Vegetable Noodles stir fried and pickled vegetables, egg noodles, crispy onions	£15	Enjoy 50% off kid's meals at the weekend, when ordered with an adult Large Plate. Offer available from Saturday 18 th January – Sunday 9 th February 2025
Rare Breed Lamb Wrap slow cooked Middle Eastern spiced lamb, garden salad, pickled vegetables, herb yoghurt	£15	Desserts Heligan Bakery Cakes From £3-£4.
Heligan 'Fish & Chips' breadcrumbed catch of the day, potato wedges, tartare sauce, mushy peas	£16	please view our cake display for today's cakes Dessert of the Day please see Specials board for today's dessert
Rare Breed Beef & Beer Pie roasted vegetables, garden greens, gravy	£16	D. L. a. a. L. 2
Homity Pie V VGO roasted vegetables, garden greens, gravy	£16	Ready to order? Please order at the till giving your table number and we will serve you at your table

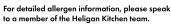






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£6

£7

£7

From £3-£4.50

£8







