

### 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** £4 croissant or pain au chocolat, Boddington's jam Heligan Bakery Toast V VGO NGO £4 with Boddington's jam or marmalade Rhubarb-Soaked Oats VGO NG £6 poached rhubarb, natural yoghurt, honey,

crumble crunch Breakfast Roll VO VGO NGO £8

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

Eggs Florentine V NGO £10 poached eggs, hollandaise sauce, spinach on a toasted muffin

Eggs Benedict NGO £12 poached eggs, hollandaise sauce, bacon on a toasted muffin

Kitchen Garden Breakfast V VGO NGO vegetarian sausages, hash browns, mushroom, beans, fried, scrambled or poached egg and Heligan Bakery toast

Full Estate Breakfast NGO Pen'n'tinny sausages, smoked bacon, hash browns, mushroom, beans, fried, scrambled or poached egg and Heligan Bakery toast

Extra Breakfast Items £1.50 each choose from Pen'n'tinny sausage, vegetarian sausage, smoked bacon, hash brown, mushroom, beans, fried, scrambled or poached egg

## Little Gardeners -

Breakfast Waffle V VGO £6 caramel apple, whipped cream, crumble crunch topping Mini Burrito VGO £6 scrambled egg, cheese and either Pen'n'tinny sausage or a vegetarian sausage Dippy Eggs V NGO £6 two soft boiled eggs, soldiers

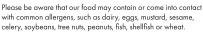
# Ready to order?

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





#### Allergen advice



Nuts

















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### Served 12pm until 3pm (Monday – Sunday)

Small Plates —		Large Plates —	
Heligan Bakery Bread of the Day W whipped butter	£5	Garden Greens V VGO NG peas, fine beans, sugar snap peas, asparagus,	£14
Soup of the Day VGO NGO Heligan Bakery bread or seasonal scone	£8	feta, lemon dressing  Smoked Cornish Mackerel Salad	£16
Asparagus Spears V VGO NG Parmesan, Fowey Valley Extra Virgin Olive Oil, lemo	£8 on, rocket	mixed leaf, croutons, radish, fennel, horseradish dressing  Asparagus & Pea Risotto	£16
Tempura Sprouting Broccoli	£8	goats' cheese, toasted seeds, pesto	
Heligan curried peach chutney		Spiced Rare Breed Beef Taco  pickled vegetables, crispy onions, mixed leaf, sour cream, chives	£17
Woodfired New Potatoes  garden herbs, garlic butter	£8		
Rare Breed Lamb Meatballs tomato and herb sauce	£10	Creedy Carver Chicken Pot Pie fine beans, roasted carrot	£18
Creedy Carver Salt & Pepper Chicken Wings	£11	Braised Rare Breed Lamb Shank cannellini & butter beans, red wine jus	£18
spring onion, lemon mayonnaise		Woodfired Pizza	
Little Gardeners ———		Margherita V V60 N60	£14
Cup of Soup V VGO NGO	£6	basil, tomato, fior di latte mozzarella	£ 14
Heligan Bakery bread	20	Cornish Pepperoni NGO	£16
Chicken Taco NGO	£7	tomato, fior di latte mozzarella	
lettuce, mayonnaise	£7	Smoked Cheese & Onion V (State of the State	£16
Tater Tots & Cheese V VED NG just add ketchup		spring onion, tomato, fior di latte mozzarella	
Margherita Pizza V VGO NGO cheese, tomato	£9	Garlic Bread V VGD NGD	£10
		Non-gluten Pizza Base	+£3
Cornish Pepperoni ocheese, tomato	£10	*please note your pizza will be served to the table when ready, and may come separately to the rest of your order	

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Would you like to enjoy a takeaway pizza in the garden?

Please order in Heligan Kitchen and collect from the Terrace





Desserts

**Heligan Bakery Cakes** 



please view our cake display for today's cakes

Heligan Hot Cross Bun Affagato V VGO

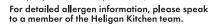
vanilla ice cream, espresso, candied orange peel

limited edition Hot Cross Bun Liqueur,

### Allergen advice

From £3-£4.50

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.



**£8** 

















