





















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 – Sunday)

Breakfast

- Breakfast Pastries**  **£3**
croissant or pain au chocolat, Boddington's jam
- Heligan Bakery Toast**    **£4**
with Boddington's jam or marmalade
- Granola & Greek Yoghurt**   **£6**
add berries, honey, or maple syrup
- Breakfast Bagel**   **£8**
pastrami, fried egg, Heligan chilli jam, rocket
- Breakfast Sandwich**    **£8**
any three items in Heligan Bakery bread:
Pen'n'tinny or vegetarian sausage, smoked bacon,
tomato, mushroom, hash brown or fried egg
- Vegetable Hash**    **£11**
potato, onion, spinach, chipotle yoghurt, chives
- Kitchen Garden Breakfast**    **£12**
vegetarian sausages, hash browns, mushroom,
tomato, beans, fried, scrambled or poached egg and
Heligan Bakery toast
- Full Estate Breakfast**  **£13**
Pen'n'tinny 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 Pen'n'tinny 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 Muffin**  **£4**
oats, Summer berries
- Mini Omelette**  **£7**
add ham & cheese or cheese & tomato
served with Heligan Bakery toast

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.



For meat reared on our estate



Non-gluten
Containing Ingredient



Vegan



Vegetarian



Non-gluten Containing
Ingredient Option



Vegan Option



Vegetarian Option



Nuts



lunch

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Served 12pm until 3pm (Monday – Sunday)

Small Plates

Bread of the Day	£5
whipped butter	
Puffed Pork Crackling	£6
cider apple sauce	
Soup of the Day	£8
Heligan Bakery bread or scone	
Tempura Battered Garden Vegetables	£8
Heligan pineapple & chilli chutney	
Mushroom Spring Roll	£8
sweet chilli sauce, beansprouts, carrot, salad	
Hickory BBQ Chicken Wings	£10
smoked garlic mayonnaise, spring onion, sesame seeds	
Kittows Pork Pie	£11
Heligan piccalilli, garden salad	

Little Gardeners

Cup of Soup	£6
Heligan Bakery bread	
Fish Finger Taco	£7
lettuce, cucumber, ketchup or mayonnaise	
Mini Ploughman's	£7
ham, cheese, apple, Heligan Bakery bread	
Margherita Pizza	£7
tomato, mozzarella	

Desserts

Heligan Bakery Cakes	From £3-£4.50
please view our cake display for today's cakes	
Ice Cream Sundae	£7
Heligan cake, Callestick ice cream, sauce	

Big Plates

Roasted Courgette Panzanella Salad	£11
heritage tomato, onion, basil, croutons, lemon & dill yoghurt	
Kitchen Garden Pea & Bean Salad	£11
strawberries, balsamic glaze, toasted sunflower seeds, oak leaf salad	
Yakisoba Noodles	£13
stir fried noodles, cabbage, carrot, radish, pickled ginger, seaweed	
Roasted Garlic Hummus Flatbread	£13
red pepper, orange, garden salad, citrus yoghurt	
Heligan Ploughman's	£15
Cornish cheese, roast beef, pickled onion, slaw, garden salad, mustard dressing, Heligan Bakery bread	
Rare Breed Lamb & Mint Burger	£15
chipotle yoghurt, red onion, lambs' lettuce, with woodfired potato, garden salad	

Woodfired Pizza

Margherita	£12
tomato, basil	
Woodland Funghi	£14
mushroom, spinach, fior di latte mozzarella	
Pork & Peaches	£15
shredded rare breed pork, roasted peach, rocket, fior di latte mozzarella	
Garlic Bread	£8
Non-gluten Pizza Base	+£2

* please note your pizza will be served to the table when it is ready, and may come separately to the rest of your order

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

Please order in Heligan Kitchen and collect from the Terrace



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