



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-11am (Sunday)


Breakfast


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

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

Granola with Stewed Apples & Pears   £6
natural yoghurt

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


Cornish Nduja Sausage, Poached Egg, Greek Yoghurt & Hummus  £11
with Heligan Bakery bread

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

Full Estate Breakfast  £13
Heligan 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 Heligan 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 Waffle £7
bacon & maple syrup or stewed apples & pears with whipped cream

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

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Served 12pm until 3pm (Monday - Saturday)

Woodfired Pizza

Margherita	£12	Cornish Nduja Sausage	£15
tomato, basil, fior di latte mozzarella		rocket, fior di latte mozzarella	
Cornish Pepperoni	£14	Garlic Bread	£8
tomato, fior di latte mozzarella		Non-gluten Pizza Base	+£2
Harvest Pumpkin	£14		
pumpkin purée, roasted pumpkin, spinach, toasted seeds, fior di latte mozzarella			

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

Small Plates

Heligan Bakery Bread of the Day	£5
whipped butter	
Puffed Pork Crackling	£6
cider apple sauce	
Soup of the Day	£8
Heligan Bakery bread or seasonal scone	
Roasted Potato Wedges	£8
garlic mayonnaise	
Falafel & Pitta	£9
tahini dressing, pickled vegetables, mixed leaf	
Rare Breed Meat Kofta	£10
herby yoghurt, spring onion, pickled veg, mixed leaf	
Scotch Egg	£10
Heligan sweet chilli jam, pickles	

Little Gardeners

Cup of Soup	£6
Heligan Bakery bread	
Fish Finger Hot Dog	£7
Heligan sub roll, lettuce, tartare sauce	
Lamb Ragù	£7
pasta ribbons, garlic bread, Parmesan	
Woodfired Pizza	£7
Choose from, Margherita or Cornish Pepperoni	

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

Please order in Heligan Kitchen and collect from the Terrace

Big Plates

Woodfired Squash Salad	£12
Autumnal vegetables, feta, croutons, toasted seeds, herb oil	
Kitchen Garden Beetroot Salad	£12
trio of beetroot, goats' cheese, seasonal greens, citrus dressing	
Heligan Autumn Vegetable Risotto	£15
goats' cheese, toasted seeds, pesto	
Lamb Ragù	£15
pasta, garlic bread, Parmesan	
Fish of the Day	£16
pan seared Cornish fish, white bean cassoulet, garden herbs	
Rare Breed Beef Stew	£16
Autumn vegetables, mixed greens, Heligan Bakery bread	

Desserts

Heligan Bakery Cakes	£3-£4.50
please view our display for today's cakes	
Dessert of the Day	£8
please see Specials board for today's dessert	

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For meat reared on our estate