

The  
Lost Gardens  
of  
Heligan

# Heligan Kitchen

## BREAKFAST Served 9am - 11.30am

**Breakfast Pastries** £2.50 each  
pain au chocolat, croissant with strawberry jam

**Porridge** **VGO** £5  
cranberries, maple syrup, strawberry jam, honey or cinnamon

**Heligan Breakfast Roll** **GFO** £6  
(Any 2 items in a fresh bakery roll)  
Pen 'n' tinny sausage, smoked bacon, beans, tomato, mushroom, hash brown, fried egg.

**Productive Garden Breakfast** **V** **GFO** £9  
Vegetarian sausages, hash browns, mushrooms, tomato beans, fried or scrambled egg & toast

**Full Estate Breakfast** **GFO** £10  
Pen 'n' tinny sausages, smoked bacon, mushroom, tomato, beans, hash browns, fried or scrambled egg & toast.

## LUNCH Served 12noon - 3pm

### NIBBLES

**Heligan Bakery Bread of the Day** **GFO** £4  
oil and balsamic

**Mixed Marinated Olives** **VG** **GF** £5

### SALADS

**Garden Harvest Salad** **VG** **GF** £6  
Heligan leaves, vegetables, mustard dressing

**Roasted Pumpkin with Puy Lentils** **VG** **GF** £6  
rosemary, balsamic onions

### SIDES

**Roasted Heritage Potatoes** **VG** **GF** £5  
paprika, black pepper, garlic aioli

**Roasted Cabbage** **VG** **GF** **NUT** £6  
caraway & Heligan chilli oil, chimichurri dressing

**Roasted Heritage Carrots** **VG** **GF** £6  
dukkah, maple glaze

### SMALL PLATES

**Heligan Rare Breed Sausage Roll** £6  
winter chutney

**Soup of the Day** **VG** **GFO** £7  
Heligan bread or cheese scone

**Tempura Garden Vegetables** **VG** **GF** £8  
peach chutney

**Teriyaki Chicken Wings** £9  
Heligan leaves, slaw, sour cream

### LARGE PLATES

**Cornish Cheese Plate** **V** **GFO** £10  
biscuits, chutney, grapes

**Rare Breed Meat Plate** £11  
homemade sausage roll, Heligan bread, chutney, pickles

**Thai Vegetable Curry** **VG** £14  
seasonal vegetables, wild rice

**Heligan Rare Breed Lamb Tagine** £15  
apricot cous cous, mint yoghurt

### KIDS

**Soup of the Day** **VG** **GFO** £5  
Heligan bread

**Baked Potato** **VG** **GFO** £6  
cheese and beans

**Ploughman's** **GFO** £6  
ham, Cornish cheese, chutney, Heligan bread

**Pen 'n' tinny Sausage & Potato Wedges** **GF** **VGO** £7  
beans

FOR ANY DETAILED ALLERGEN INFORMATION  
PLEASE ASK ONE OF OUR TEAM

SEE CAKE DISPLAY FOR TODAY'S SELECTION