



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)

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Breakfast

Breakfast Pastries £4

croissant or pain au chocolat, Boddington's jam

Heligan Bakery Toast £4

with Boddington's jam or marmalade

Rhubarb-Soaked Oats £6

poached rhubarb, natural yoghurt, honey, crumble crunch

Breakfast Roll £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 £10

poached eggs, hollandaise sauce, spinach on a toasted muffin

Eggs Benedict £12

poached eggs, hollandaise sauce, bacon on a toasted muffin

Kitchen Garden Breakfast £12

vegetarian sausages, hash browns, mushroom, beans, fried, scrambled or poached egg and Heligan Bakery toast

Full Estate Breakfast £13

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 £6

caramel apple, whipped cream, crumble crunch topping

Mini Burrito £6

scrambled egg, cheese and either Pen'n'tinny sausage or a vegetarian sausage

Dippy Eggs £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.

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 – Sunday)

Small Plates

Heligan Bakery Bread of the Day	£5
whipped butter	
Soup of the Day	£8
Heligan Bakery bread or seasonal scone	
Asparagus Spears	£8
Parmesan, Fowey Valley Extra Virgin Olive Oil, lemon, rocket	
Tempura Sprouting Broccoli	£8
Heligan curried peach chutney	
Woodfired New Potatoes	£8
garden herbs, garlic butter	
Rare Breed Lamb Meatballs	£10
tomato and herb sauce	
Creedy Carver Salt & Pepper Chicken Wings	£11
spring onion, lemon mayonnaise	

Little Gardeners

Cup of Soup	£6
Heligan Bakery bread	
Tater Tots & Cheese	£7
just add ketchup	
Margherita Pizza	£9
cheese, tomato	
Cornish Pepperoni Pizza	£10
cheese, tomato	

Desserts

Heligan Bakery Cakes	From £3-£4.50
please view our cake display for today's cakes	
Heligan Hot Cross Bun Affagato	£8
limited edition Hot Cross Bun Liqueur, vanilla ice cream, espresso, candied orange peel	

Large Plates

Garden Greens	£14
peas, fine beans, sugar snap peas, asparagus, feta, lemon dressing	
Smoked Cornish Mackerel Salad	£16
mixed leaf, croutons, radish, fennel, horseradish dressing	
Asparagus & Pea Risotto	£16
goats' cheese, toasted seeds, pesto	
Spiced Rare Breed Beef Taco	£17
pickled vegetables, crispy onions, mixed leaf, sour cream, chives	
Creedy Carver Chicken Pot Pie	£18
fine beans, roasted carrot	
Braised Rare Breed Lamb Shank	£18
cannellini & butter beans, red wine jus	

Woodfired Pizza

Margherita	£14
basil, tomato, fior di latte mozzarella	
Cornish Pepperoni	£16
tomato, fior di latte mozzarella	
Smoked Cheese & Onion	£16
smoked cheddar, red onion marmalade, spring onion, tomato, fior di latte mozzarella	
Garlic Bread	£10
Non-gluten Pizza Base	+£3

*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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