

















Breakfast

Sunday Lunch

Sundays 9am-11am

Breakfast pastries 	£4
See specials board for today's selection	
Heligan bakery toast   	£4
With Boddington's jam or marmalade	
Breakfast roll   	£8
Choose any three items in a Heligan bakery roll: Pen 'n' Tinny or vegetarian sausage, smoked bacon, mushroom, tomato, hash brown or fried egg.	
Baked eggs with sourdough  	£12
Cornish Kern and Gouda, crème fraîche, garden greens	
Eggs Benedict  	£12
Smoked bacon, poached eggs and hollandaise cream on a toasted muffin	
Eggs Royale 	£13
Smoked trout, poached eggs, spinach and hollandaise cream on a toasted muffin	
Kitchen Garden breakfast   	£12
Vegetarian sausages, hash browns, mushroom, tomato, beans. Fried, scrambled, or poached egg. Heligan bakery toast.	
Full estate breakfast 	£13
Pen 'n' Tinny sausages, smoked bacon, hash browns, mushroom, tomato, beans. Fried, scrambled, or poached egg. 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

Dippy eggs  	£6
Two soft boiled eggs with soldiers	
Cheesy beans on toast   	£6







Ready to order?

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







Starters

Soup of the day   	£8
Heligan bakery bread or seasonal scone	
Grilled sardines 	£8
Salsa verde, Fowey Valley olive oil, lemon and saffron cream	
Trio of beetroot salad   	£8
Candy, golden, and red beetroot, Gouda pangritata, spiced seeds, blood orange dressing	







Mains

Hot smoked Heligan medium-rare beef 	£20
Yorkshire pudding, gravy, horseradish sauce	
Boneless pork loin 	£20
Sage and onion stuffing, crackling, gravy, Gillyflower apple sauce	
Beetroot nut roast    	£20
Squash puree, red onion gravy	
All served with roasted potatoes, roasted parsnips, carrot and swede mash, mixed greens and cauliflower cheese.	

Little gardeners

Small roast   	£12
Choose from the options above	
Pen 'n' Tinny sausages   	£8
roasted potatoes, garden peas, gravy	

Desserts

Heligan trifle	£8
Pineapple, smoked Chantilly	
Chocolate orange mousse   	£8
Hazelnuts	
Callestick Farm ice cream   	£6
Please ask for the selection of flavours	

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

 Non-gluten containing ingredient option

 Nuts

 Vegan

 Vegan option

 Vegetarian

 Vegetarian option



For meat reared on our estate