

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 until 11am (Sunday)

> > £3

£12

Breakfast

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

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

Winter Berry Porridge V VGO NG £6

honey Breakfast Roll VO VGO NGO £8

choose any three items in Heligan Bakery bread: Heligan or vegetarian sausage, smoked bacon, mushroom, hash brown or fried egg

Breakfast Burrito £12

hash brown, scrambled egg, cheese, mushroom. add bacon or vegetarian sausage

Kitchen Garden Breakfast V VGO NGO vegetarian sausages, hash browns, mushroom, beans, fried, scrambled or poached egg and Heligan Bakery toast

Full Estate Breakfast NGO £13 Heligan sausages, smoked bacon, hash browns,

mushroom, 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, beans, fried, scrambled or poached egg

Little Gardeners -

Croissant or Pain au Chocolate	V
Boddington's strawberry igm	

£3

Boddington's strawberry jam

Breakfast Waffle

£6

caramel apple, whipped cream, crumble crunch topping

Mini Burrito VGO

£6

Pen 'n' Tinny sausage, scrambled egg, cheese

Dippy Eggs V NGO two soft boiled eggs, soldiers £6

Ready to order?

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







Allergen advice



VGO Vegan Option









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Served 12pm until 3pm (Monday – Saturday)

Small Plates —	
Heligan Bakery Bread of the Day whipped butter	£5
Penn 'n' Tinny Sausages NG honey mustard glaze	£6
Soup of the Day V VGO NGO Heligan Bakery bread or seasonal scone	£8
Cider Rarebit Votasted Heligan Bakery bread, rocket salad	£8
Large Plates —	
Yakisoba Vegetable Noodles stir fried and pickled vegetables, egg noodles, crispy onions	£15
Rare Breed Lamb Wrap slow cooked Middle Eastern spiced lamb, garden salad, pickled vegetables, herb yoghurt	£15
Heligan 'Fish & Chips' breadcrumbed catch of the day, potato wedges, tartare sauce, mushy peas	£16
Rare Breed Beef & Beer Pie roasted vegetables, garden greens, gravy	£16
Homity Pie v v v v v v v v v v v v v v v v v v v	£16

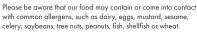
Little Gardeners ——	
Cup of Soup V VGO NGO Heligan Bakery bread	£6
Hot dog & Wedges Pen 'n' Tinny porker, tomato sauce	£7
Margherita Pizza V VGO cheese, tomato	£7
Desserts	and the second s
Heligan Bakery Cakes From £ please view our cake display for today's c	3- £4.50 cakes
Dessert of the Day please see Specials board for today's des	£8 sert
Ready to order?	

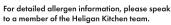
















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