



breakfast

at HELIGAN KITCHEN

85% of the meat we use is reared on the Heligan Estate and we prioritise vegetables and fruits from the Heligan Kitchen Garden. We are incredibly lucky to have such versatile, seasonal ingredients at our fingertips. All our additional ingredients are provided by our many wonderful local Cornish suppliers.

Served everyday between 9.00am until 11.30am

To eat

Breakfast Pastries £2.50
pain au chocolat or croissant with jam

Toast £2.50
with strawberry jam or marmalade

Granola with Cinnamon Stewed Apple £6
natural yoghurt

Breakfast Bap £6
any two items in a Heligan Bakery roll:
Pen 'n' Tinny sausage, smoked bacon, tomato,
mushroom, hash brown or fried egg

Belgian Waffle £8
bacon and maple syrup or
stewed apple and cream

Productive Garden Breakfast £10
vegetarian sausages, hash browns, mushroom,
tomato, beans, fried or scrambled egg and toast

Full Estate Breakfast £11
Pen 'n' Tinny sausages, smoked bacon,
hash browns, mushroom, tomato, beans,
fried or scrambled egg and toast

Extra Breakfast Items £1 each
choose from Pen n' Tinny sausage, vegetarian sausage,
smoked bacon, hash brown, mushroom, tomato, beans,
fried or scrambled egg

Ready to order?

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

To drink

Coffee

Americano	£3.10
Flat White	£3.30
Cappuccino	£3.30
Latte	£3.30
Iced Latte	£3.30
Chai Latte	£3.80
Mocha	£3.60
Babyccino	£1.00

	Single:	Double:
Espresso	£2.00	£2.50
Macchiato	£2.00	£2.50
Extra Shot		80p
Syrups		60p

Rio Nuevo Hot Chocolate £3.50
a sustainable chocolate company based in Cornwall

Standard	£3.50
Deluxe	£4.50
with marshmallows and whipped cream	
Kids	£3.00

Tea £2.50

Cornish Tea	Peppermint
Earl Grey	Decaffeinated
Sencha Green Tea	Lemon Verbena
Red Berry and Kiwi	

Decaffeinated coffee, oat and soya milks are available on request

Autumn Specials:

Pumpkin Spiced Latte £4.50
Salted Caramel Latte £4.50
Orange Hot Chocolate £4.50
Irish Coffee £5.50

Winter Warmers:

Baileys, Jameson,
Spiced Rum,
Brandy £2.00

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

Vegan

Vegetarian

Vegan Option

Nuts



lunch

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Served everyday between 12pm until 3.00pm

Small Plates

Heligan Bakery Bread with Marinated Olives   £7

olive oil, balsamic glaze

Paprika & Black Pepper Potato Wedges   £7

smoky BBQ sauce


Tempura Battered Garden Vegetables   £7

chipotle mayo

Kittow's Pork Pie £11

pickled vegetables, apple & cider chutney

Little Gardeners

Soup of the Day   £6

Heligan bread

Tomato Pasta with Cheddar Cheese  £7

Sausages, Potato Wedges & Baked Beans  £7

Small Portions of Any Large Plate £10

Bigger Bites

Soup of the Day   £7.50

cheese scone or Heligan bread

Halloumi Flatbread £10

khobez bread, salad, crispy onions, sweet chilli

Goddess Salad    £11

Autumn vegetables, feta, pomegranate, toasted seeds, garden herbs

Trio of Beetroot & Cornish Yarg Salad    £12

drunk raisins, maple dressing, walnuts, pickles

Roasted Cauliflower Dahl    £14

naan bread, pink onions, toasted almonds,

coriander yoghurt

Heligan Lamb & Pearl Barley Stew £15

braised greens in white wine, roasted celeriac

Chef's Special £13-£15

see specials board for dish of the day

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Containing Ingredient**

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Ingredient Option**

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 **Vegetarian**

 **Vegan Option**

 **Nuts**