



breakfast

in the 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 9am until 11.30am (Monday – Saturday)
Served 9am until 11am (Sunday)




To eat

Breakfast Pastries  £2.50
pain au chocolat or croissant with jam

Toast    £2.50
with strawberry jam or marmalade

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

Belgian Waffle £10
bacon and maple syrup or
winter berries and whipped cream

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

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

Chef's Breakfast Special £10
see specials board for today's dish

Extra Breakfast Items £1 each
choose from Heligan 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		80p
Syrups		60p

Rio Nuevo Hot Chocolate

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

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 – Saturday)
Sunday Roast available 12pm until 3pm (Sunday)

Small Plates

Soup of the Day £7.50
Heligan bread or cheese scone

Mushrooms on Toast £8
Heligan bread, spinach, garlic, mascarpone, chive oil

Griddled Pineapple Salad £10
chicory, kale, feta, cashew cream, citrus dressing

Little Gardeners

Soup of the Day £6
Heligan bread

Jacket Potato £7
cheese and beans

Small Portion of any Bigger Plate £10

Bigger Plates

Crispy Tofu and Vegetable Pad Thai £13
winter cabbage, beansprout, chilli, lime, peanut, rice noodles

Heligan Lamb Shepherd's Pie £15
rare breed lamb, sweet potato, seasonal greens, mint verde

Rare Breed Pork Schnitzel £15
celeriac remoulade, pickled vegetables, seasonal potatoes, sage butter

Chef's Lunch Special £13-£15
See specials board for today's dish

Desserts

Heligan Bakery Cakes £2.50 - £4
please view our cake display for today's cakes

Ice Cream Sundae £7
Heligan cake, Callestick ice cream, sauce

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Vegan



Vegetarian



Non-gluten Containing
Ingredient Option



Vegan Option



Vegetarian Option



Nuts