



Heligan Kitchen

Breakfast (9am - 11.30am)

Breakfast Pastries

£2.50

pain au chocolat,
croissant with jam

Breakfast Bap £6

(any 2 items in a Heligan Bakery roll)

Pen 'n' Tinny sausage, smoked
bacon, tomato, mushroom,
hash brown, fried egg

NGO

Porridge £5

mixed fruit, maple syrup,
honey or cinnamon

VGO

Productive Garden

Breakfast £10

vegetarian sausages,
hash browns, mushroom,
tomato, beans, fried or
scrambled egg & toast

V NGO

Belgian Waffle £7

bacon and maple syrup,
or winter berries and cream

Extra Breakfast Item £1

choose from Pen 'n' Tinny or vegetarian
sausage, smoked bacon, hash brown,
mushroom, tomato, beans, egg, toast



Full Estate

Breakfast £11

Pen 'n' Tinny sausages,
smoked bacon, hash browns,
mushroom, tomato, beans,
fried or scrambled
egg & toast

NGO

Lunch (12pm - 3pm)

Soup of the Day £7

Heligan bread or
cheese scone

VG NGO

Soup of the Day & Toastie £11

see Specials Board for
toastie options

VGO NGO

Buckwheat Salad £11

Heligan garden vegetables,
nuts, seeds, pickles,
tahini dressing

VG NG NUT

Moving Mountains

Vegan Hot Dog £13

mustard, red onion chutney,
pickled gherkin, slaw,
potato wedges

VG

Heligan Root Vegetable & Cornish Cheese Crumble £13

seasonal vegetables

V

Heligan Hogget Kofta

Flatbread £15

pink onions, tomato salsa,
raita, buckwheat salad

NUT

Chef's Pie of the Day £15

potatoes, roasted winter vegetables

Little Gardeners

Pen 'n' Tinny Sausage & Potato Wedges £7

beans

NG

Soup of the Day & Toastie £7

choose from cheese, cheese
& tomato, ham & cheese

VGO NGO

Mac & Cheese £7

garlic bread

For detailed allergen information please ask a member of our team.

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.

NG Non-gluten
Containing Ingredient
VGO Vegan Options
NGO Non-gluten Containing
Ingredient Option
VG Vegan
V Vegetarian
NUT Nuts